

TPOT Newsletter

TPOT

The Pleasures of Tea

Bringing together family & friends with a cup of tea

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In this issue of the TPOT Newsletter, we focus on Oolongs and the effects of two of tea's components - caffeine and L-theanine. There are new specials this month...so be sure to check them out. Please feel free to e-mail any topics you would like included in future newsletters or submit short articles on tea that you would like to share with other newsletter subscribers.

Yours in tea...Kristine

Spotlight on...

There is no other type of tea that is quite as diverse as the Oolongs. These teas are partially oxidized anywhere in the range from 5% to 95%, which results in their diversity and complexities in aroma and taste. The characteristics of an oolong depend primarily on its level of oxidation - those that are lightly oxidized have characteristics closer to those of green teas, while those that are heavily oxidized have characteristics closer to those of black teas. Oolongs are traditionally produced in China and Taiwan (formerly Formosa), the island off the southeastern coast of China; however, other countries are beginning to produce this type of tea. Many oolongs are good for multiple infusions (re-steeping the leaves until all of the nutrients have been extracted and the leaves lose their flavor) and, in some cases, each infusion exhibits different characteristics.



The Pleasures of Tea offers several high quality Oolongs that represent different areas in the vast range of these wonderful teas:

- ◆ **Formosa Pouchong** (item #TO01) - floral aroma & fruitiness of an oolong, refreshing taste & lightness of a green tea
- ◆ **Formosa Fancy Oolong** (item #TO05) - fragrant & smooth, full fruity-sweet taste
- ◆ **Formosa Jade Oolong / Green Dragon** (item #TO06) - exquisite floral aroma, complex & delicate taste
- ◆ **Sie Jie Chun / Forever Spring Oolong** (item #TO07) - delightful blossom aroma, honey & pineapple notes
- ◆ **Fine Ti Kuan Yin / Iron Goddess of Mercy** (item #TO10) - refreshing, fragrant & fruity aroma, smooth orchid-like taste
- ◆ **Earl Grey Oolong & White** (item #TF65) - wonderful blend of Darjeeling oolong & white teas, bergamot oil & vanilla

Tea & Health

Tea contains caffeine; however, it does not contain as much caffeine as coffee. The caffeine content in tea is based on the type of tea (i.e. black, oolong, green, white) and the length of time the leaves are infused, with black teas generally containing the most and white teas the least. Even though tea contains caffeine, you won't get the "caffeine jitters" as you do when drinking coffee. The reason for this has to do with the presence of L-theanine.



L-theanine, also indicated as theanine, is an amino acid that has been shown in studies to reduce mental and physical stress and induce feelings of relaxation. Tea is unique in that the caffeine and theanine complement each other.

Caffeine reduces the feeling of being tired and improves awareness and the ability to focus, while theanine improves relaxation and reduces stress.

You get the best of both worlds!

TPOT Specials



- ◆ 5% discount on our entire category of Oolong teas. Coupon code **APR0801**.
- ◆ Free shipping on any order of \$50 or more. Coupon code **APR0802**.
- ◆ 10% discount on any order of \$100 or more. Coupon code **APR0803**.

Coupon codes can be used for orders placed:

- On our website www.pleasuresoftea.com, input one of the above codes at checkout.
- By phone **631-278-5755**, mention one of the above codes when placing order.

Coupon codes expire April 30, 2008. Only one coupon code can be used per order.