

TPOT Newsletter

TPOT

The Pleasures of Tea

Bringing together family & friends with a cup of tea

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This issue of the TPOT Newsletter focuses on Japan's Cherry Blossom Festivals and discusses the different processes used to commercially decaffeinate tea. Do you have a tea question that you need answered? If so, e-mail it to customerservice@pleasuresoftea.com and it will be covered in a future newsletter. Looking forward to hearing from you!

Yours in tea...Kristine

Spotlight on...



Spring has sprung and I cannot think of anything that signifies springtime more than blossoming cherry trees. Japan, in particular, celebrates this time of year with the Cherry Blossom Festivals that are hosted throughout the island-nation during the spring. These festivals are gestures of goodwill and friendship and celebrate various aspects of Japanese culture, food, and history. The Cherry blossom viewing, or Hanami, is an important custom dating back to the 7th century. During these festivals, tea ceremonies, traditional music and dances are performed and many people have picnics under the blossoming trees.



In honor of the Cherry Blossom Festivals, The Pleasures of Tea has reduced the price of our Japanese Cherry Green Tea (item #TF31) by 15% this month. This intoxicating tea is a blend of sencha Japanese green tea, cherry pieces and rose petals. Share in the festivities with this delicious, delicate tea that is bursting with the fruity flavors and aromas of sweet cherries.



Tea & Health

This is the second installment of a three-part series on tea and caffeine. This month we're going to cover the three main methods that are utilized to commercially decaffeinate tea. Each of these methods involves the use of organic solvents to reduce caffeine and there are pros and cons to each:



1. **Methylene chloride** - an inexpensive method that is used in many decaffeinated teas and coffees; may leave residue on the tea leaves that affects the flavor. Many consumers, myself included, are concerned about this chemical in tea because it is the same chemical that is used in paint strippers, degreasers, and aerosols.
2. **Ethyl Acetate** - another inexpensive method; may leave residue on the tea leaves that affects the flavor; removes other healthful tea compounds in addition to caffeine; only about 30% of the polyphenols remain in the tea leaves.
3. **Super Critical Carbon Dioxide** - more expensive than the other methods and only used in higher quality teas, thereby limiting the selection; doesn't leave any residue on the tea; doesn't affect the flavor of the tea; most of the tea compounds remain in the leaves; approximately 95% of the polyphenols remain in the leaves.

The Pleasures of Tea only sells teas that have been decaffeinated using the Super Critical Carbon Dioxide method. It is important to note that decaffeinated teas are not caffeine-free; they may still contain a small amount of the caffeine that was originally in the tea leaves. For those who are caffeine-sensitive, caffeine-free herbal infusions and fruit blends are a better option.

TPOT Specials



- Mother's Day is May 10th. Place your order by **April 27th** to ensure prompt delivery. Check out our new items and specials or order a custom tea gift basket.
- Use coupon code **April09** to take 10% off your order subtotal of \$50 or more.
- Use coupon code **FreeShip** to get free shipping on order subtotals of \$100 or more.

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 your order.

Coupon codes expire **April 30, 2009**.
Only one coupon code can be used per order.