

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 the definition of tea (what is and is not tea) and tea's beneficial effects in vascular health. And be sure to check out this month's specials. 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...

What is tea? We tend to use the word "tea" loosely and use it to refer to any beverage that is created by pouring hot water over leaves. For example, we have black tea, green tea, chamomile "tea", peppermint "tea", and so on. I guess this greatly simplifies matters, but it is technically not accurate terminology. True teas all come from the same plant - *Camellia sinensis*. The *Camellia sinensis* plant is a tree in its natural form, i.e. when left to grow wild. However, in tea gardens throughout the world the *Camellia sinensis* plant has been cultivated into a bush for easier plucking of its leaves and buds (new, unopened leaf). It is these leaves and buds that become the many varieties of the tea that we enjoy. There are thousands of varieties of tea, all of which are created by processing the leaves and buds of the *Camellia sinensis* plant. Based on the processing method, the resulting tea will fall into one of the following categories: black; oolong; yellow; green; white; or pu'erh.

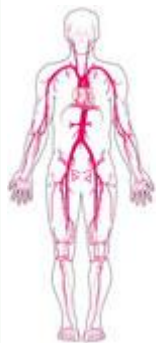


Rows of tea bushes in a Japanese Tea Garden

All other "teas", those not made from the *Camellia sinensis* plant, are actually classified as herbal infusions or tisanes. Tisanes can be made from herbs, flowers, fruits, or an infinite combination of any of them. These ingredients can also be blended with true teas to make a loose tea blend that is truly spectacular to look at and enjoy in the aroma and flavor of the infusion. Herbal infusions are especially popular as nighttime "teas" because they are naturally caffeine-free (except for maté), whereas all true teas contain caffeine.

In the next several newsletters, each tea category will be discussed. Each edition will cover a single category and will highlight the popular varieties of teas in the category along with notable facts and information about the category and its teas.

Tea & Health



In a French study, whose results were published earlier this year, evidence for a link between tea consumption and a reduced risk of vascular disease was uncovered. It was determined that drinking three or more cups of tea daily reduced the build up of plaque in the arteries, especially the carotid arteries. This reduction in build-up of plaque may in turn reduce the risk of cardiovascular disease, atherosclerosis, and stroke. The study participants included both men and women; however, these results were only seen in the women. Researchers are unclear why this association did not present itself in the male participants.

TPOT Specials

Great news!! Many of our teas are now available in an economical 4oz size pouch. We will continue to add this package size option to our remaining teas over the next several months. Check to see if your favorite teas are offered in this new size.

- ◆ Continue to take 15% off our **Seasonal Teas** category. Use coupon code **ICEDTEA** through August 31st.
- ◆ All **Scone Mixes** are **10% off!** Use coupon code **August0801**.
- ◆ Get free local shipping on any order of \$50 or more. Use coupon code **August0802**.

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 **August 31, 2008**.

Only one coupon code can be used per order.