

# TPOT Newsletter

TPOT

## The Pleasures of Tea

Bringing together family & friends with a cup of tea

August 2009  
Volume 2 Issue 8



In this month's issue of the TPOT Newsletter we focus on teas from the Nilgiri region of India and whether drinking tea counts toward the recommended daily fluid intake. Do you have a tea question that you need answered? If so, e-mail it to [customerservice@pleasuresoftea.com](mailto:customerservice@pleasuresoftea.com) and it will be covered in a future newsletter. Looking forward to hearing from you!

Yours in tea....Kristine

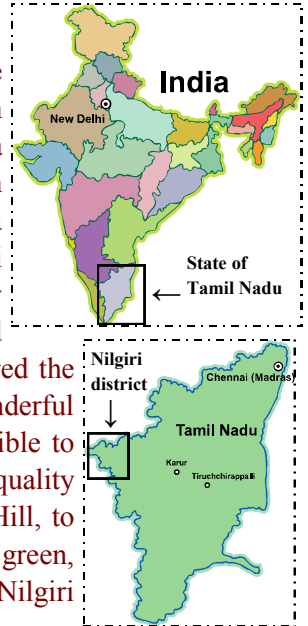
### Spotlight on...

Nilgiri teas are some of my favorites, but they have yet to receive the attention and acclaim that the teas from the Indian regions of Darjeeling and Assam have attained. The Nilgiri region is in southwestern India; it is the westernmost district in the state of Tamil Nadu. It is a mountainous area known as the Nilgiri Hills or Blue Mountains. The first experimental tea garden was planted in 1835, with the first established tea estate in 1854. Since then many large tea estates and smaller tea growers have planted tea bushes in approximately 15% to 20% of the land in this region. The Nilgiri region is ideal for growing tea due to its tropical climate and high elevation. It produces mainly black teas that are similar to Ceylons, but have a uniqueness all their own. Nilgiri teas are plucked year-round, but those plucked during the dry season from December through March are considered the best and are referred to as frost tea because of the risk of frost at this time of year. Nilgiris are wonderful teas, aromatic and flavorful. They are soft and contain few tannins, making them almost impossible to oversteep. In addition, they do not cloud; thereby making them good choices for iced tea. Top quality Nilgiri teas come from the tea estates of Burnside, Chamraj, Craigmore, Dunsandale, and Tiger Hill, to name just a few. In addition to black teas, some of these estates are also producing top quality green, oolong, and white teas. If you are looking for a new tea to try, I highly recommend those from the Nilgiri region of India.

The Pleasures of Tea offers two teas from Nilgiri:

- **Tiger Hill Estate Nilgiri Black Tea** (Item #TB15) - medium-bodied, smooth and refreshing, with notes of lemon and honey. Excellent iced!
- **Chamraj Estate Nilgiri Frost Oolong Tea** (Item #TO15) - large-leafed, medium-bodied, highly aromatic, wonderfully rich and sweet, aroma and flavor with notes of honey. Simply superb!

To view images of these teas and to order, please visit [www.pleasuresoftea.com](http://www.pleasuresoftea.com).



### Tea & Health

It appears that the long-standing debate about whether caffeinated beverages, including tea, should be counted toward daily fluid intake has finally been settled. The main focus of this debate has been whether caffeinated beverages serve to hydrate or dehydrate the body. The published findings of recent studies from the Institute of Medicine state that all beverages, including caffeinated ones, contribute to total daily water intake. Even though caffeine has a diuretic effect, it generally does not contribute to dehydration; in fact the fluid in the beverage counteracts any fluid loss. So it's important to ensure you are getting adequate daily fluid intake, whether it be water, tea, coffee, juice, any other beverage of your choice or even "watery" fruits and vegetables.



### TPOT Specials

This is the last month to enjoy store-wide savings with our First Annual Summer Sale. As a TPOT Newsletter subscriber, continue to enjoy additional savings by using the following codes:

- **August09** to take 5% off your order subtotal of \$50 or more.
- **FreeShip** to get free shipping on order subtotals of \$85 or more.

Coupon codes can be used for orders placed:

- On our website [www.pleasuresoftea.com](http://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, 2009**.  
Only one coupon code can be used per order.