

TPOT Newsletter

TPOT

The Pleasures of Tea

Bringing together family & friends with a cup of tea

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Happy Chinese New Year! The year of the Tiger begins on February 14th and we've highlighted China's Anhui province in this month's *Spotlight on...* Section. In *Tea & Health*, we explore new findings about how drinking green tea may help to reduce stress and fatigue. Do you have a tea question that you need answered? If so, please 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...

The Anhui Province is a land-locked region in eastern China. It is China's largest tea-producing region and is comprised of flat land in the north and mountainous topography in the south. There are several mountain ranges in Anhui, with one of them being the world-famous and picturesque Huang Shan (Yellow Mountains) Range in the southeastern part of the province. The mighty Yangtze River also winds through southern Anhui.



Anhui is mainly a producer of black and green teas. Keemun (also spelled Qimen) is a black tea that originates from Keemun County in the Anhui province. Keemun is listed as one of the ten most famous teas of China and is the only black tea to have ever been included on the list. Production of Keemun black tea began in 1875 and it quickly became in demand for its high quality and alluring aromas and flavors. Keemuns are known for their small black leaves that create a naturally sweet and rich infusion. There are several grades of Keemun, among them Keemun Hao Ya-A, Keemun Hao Ya-B and Keemun Mao Feng. The difference between the Keemuns is reflected in the final size of the leaf, with the Hao Ya-A being the smallest leaf (highest grade) and increasing leaf sizes in the subsequent grades. The grade does not reflect quality; however, Keemuns continue to be considered a high quality tea, regardless of the grade.



Keemun Hao Ya-A

Among the green teas produced in the Anhui province, Huang Shan Mao Feng and Liuan Guapian are the most notable, both of which are also on the list of China's ten most famous teas. Huang Shan Mao Feng is produced in the areas around the Huang Shan Mountains. It's English translation is Yellow Mountain Hair Tip, a name that refers to the downy "hairs" that cover the tea buds used to produce this tea. This tea is known for its subtle aroma and delicate vegetal flavor.

Liuan Guapian is produced in Liuan County from the larger second leaf of the tea shoot. After the central vein of the leaf is removed, the leaf is pan-fired and shaped by hand. The shape is reminiscent of melon (or pumpkin) seeds; hence the name "Guapian" which translates into English as "melon seed" or "pumpkin seed". It is a hearty tea, lacking the refinement of Huang Shan Mao Feng, but it is notable nonetheless.

Tea & Health

A recent large scale study conducted in Japan, and whose results were published in the *American Journal of Clinical Nutrition*, found a connection between the consumption of green tea and a reduction in stress and stress-related fatigue. Of the 2,774 participants who suffered from psychological stress, those who consumed five cups of green tea each day exhibited considerably less psychological distress than those who consumed less than a cup. Unfortunately, the study did not seek to identify the bioactive components within tea that resulted in the observations; however, another Japanese study has indicated a potential link between EGCG (an antioxidant found in green tea) and the recovery from stress-induced fatigue. It may also be worth mentioning that the simple act of preparing and drinking a cup of tea is a relaxing process that may contribute to these results.



TPOT Specials

Please use the following coupon codes to take advantage of special savings this month:

- **February10** - celebrate the Chinese New Year by taking 10% off all Chinese teas. Please be sure to make your selections from the **Chinese Teas Category** in the Product Menu to receive the discount.
- **FreeShip** - 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 **February 28, 2010**.
Only one coupon code can be used per order.