

TPOT Newsletter

TPOT

The Pleasures of Tea

Bringing together family & friends with a cup of tea

July 2008
Volume 1 Issue 5



In this issue of the TPOT Newsletter, we focus on teas of the Darjeeling region in India and tea's beneficial effects on bone health and potential to reduce the risk of osteoporosis. 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.

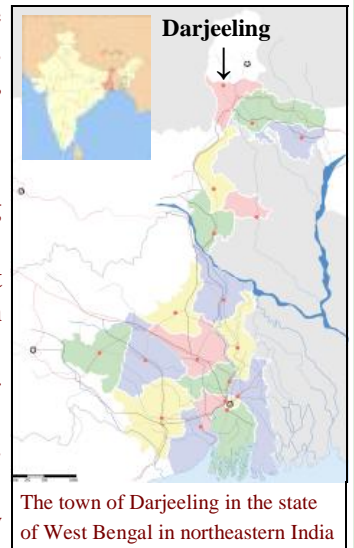
Yours in tea...Kristine

Spotlight on...

Darjeeling is the home of what's known in the tea world as the "champagne of teas". Located in the northeastern part of India among the foothills of the Himalayan Mountains, the town of Darjeeling produces some of the most exquisite teas in the world. Many Darjeelings are grown at high elevations and on steep terrains, an environment that contributes to the sought-after characteristics of muscatel taste and floral aroma. Darjeelings are categorized into flushes, which is based on when they are plucked. The first flush is plucked from late March through April and is highly prized by tea connoisseurs. These are the first new shoots of the tea plant after the long winter, and they pack lots of fresh flavors and aromas. The second flush is plucked in May and June and it has much of the character of a typical first flush, but is more developed. The autumnal flush is plucked during the autumn months of October and November, after the heavy monsoon rains between June and September. Autumnals are usually full-bodied, with a well-developed, mature taste, and are aromatic.

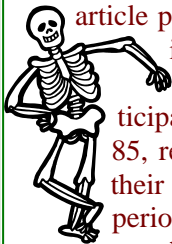
The Pleasures of Tea offers a core selection of Darjeeling Black Teas:

- ◆ **Goomtee Estate First Flush** (item #TB10) - consistently ranked among the top Darjeeling tea gardens each year; aromatic, sweet muscatel taste
- ◆ **Makaibari Estate First Flush Organic** (item #TB06) - world-renowned tea garden that pioneered the use of biodynamic agricultural practices; exquisite medium-bodied tea with fresh, floral aroma
- ◆ **Margaret's Hope Estate Second Flush** (item #TB07) - another top tea garden; fruity-muscatel taste, pleasant floral aroma
- ◆ **Selimbong Estate Second Flush Organic** (item #TB08) - highly ranked tea garden growing organic teas; smooth, well-balanced, sweet fruity notes, sweet floral aroma
- ◆ **Margaret's Hope Estate Autumnal** (item #TB09) - full-bodied, smooth, sweet & fruity aroma



Tea & Health

In *The American Journal of Clinical Nutrition* in 2007, an article published the results of an Australian study that identified a possible link between tea consumption and bone health. In this study, whose participants were women between the ages of 70 and 85, regular tea drinkers had higher bone density in their hips and loss less bone density over a 4-year period than non-tea drinkers. It is unclear why tea may have this effect on the bones, but researchers theorize that it may be a result of the flavonoids and fluoride naturally found in tea. Flavonoids are a phytochemical that have estrogen-like properties that may be the cause of the bone-protecting benefits. Another benefit is the potential reduction in the risk of osteoporosis.



TPOT Specials

- ◆ The 15% discount on our **Seasonal Teas** category has been extended so you can continue to keep cool and hydrated all summer long. Check out our new arrivals and use coupon code **ICEDTEA**.
 - ◆ Take 15% off **Darjeelings**. Use coupon code **JULY0801**.
 - ◆ 10% discount on any order of \$50 or more. Coupon code **JULY0802**.
- 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 **July 31, 2008**.

Only one coupon code can be used per order.