

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 making fresh iced tea to celebrate National Iced Tea Month, and tea's beneficial effects on the brain. 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...

June is National Iced Tea Month...and what better way to celebrate than to make your own fresh iced tea? Most iced teas are made from Ceylon black tea, but so many other teas are wonderful when iced. Try fruit-flavored black, green or white teas, oolongs, jasmine teas, herbal infusions, or fruit blends. The possibilities for freshly infused iced tea are endless!

Here are some of our favorites:

- ◆ **Ginger Orange Peach Black Tea** (item #TF18)
- ◆ **Ginger Peach Apricot Black Tea** (item #TF05)
- ◆ **Mango Black Tea** (item #TF08)
- ◆ **Pleasures' Black Currant Black Tea** (item #TF11)
- ◆ **Pleasures' Energizing Black Tea** (item #TF13)
- ◆ **Jasmine Green Tea** (item #TG40)
- ◆ **Raspberry Green Tea** (item #TF38)
- ◆ **Tropical Paradise Green Tea** (item #TF36)
- ◆ **Peach Blossom White Tea** (item #TF37)
- ◆ **Pomegranate White Tea** (item #TF54)
- ◆ **Rooibos Lemon Chiffon Herbal Infusion** (item #TR03)
- ◆ **Green Rooibos Key Largo Herbal Infusion** (item #TR20)
- ◆ **Pleasures' Honeybush Blend Herbal Infusion** (item #TR26)
- ◆ **Blackberry Twist Herbal Infusion** (item #TH01)
- ◆ **Pleasures' Lemon Myrtle & Mint Herbal Infusion** (item #TH05)
- ◆ **Summer Splash Herbal Infusion** (item #TH06)
- ◆ **Tropical Breeze Fruit Blend** (item #TT06)



Iced Tea Tips

- * When making fresh iced tea, prepare the tea as you would hot tea. Then chill it in the refrigerator or let it cool at room temperature and pour over ice. If using ice, then infuse a stronger tea.
- * Pour a splash of fruit juice over your iced tea to sweeten.
- * Make sure left-over iced tea is covered, refrigerated, and drunk within 2-3 days.
- * Check out the **Seasonal Teas** section on www.pleasuresoftea.com to view descriptions of these teas or to view our entire tea menu.

Tea & Health



Research conducted over the past few years has found that drinking tea may have beneficial effects on the human brain. Not only is tea soothing to the body and mind, but neuroscientists believe that drinking tea regularly could help improve alertness, paying attention, and memory. It has also been found that tea inhibits the activity of certain enzymes that are associated with the development of Alzheimer's Disease. Green tea continued to have the inhibitive effect for a week, while those of black tea lasted for only a day. Another study showed that antioxidants in tea have an ability to reduce brain cell death and encourage neurons to repair themselves.

I'll drink to this!

TPOT Specials



- ◆ 15% discount on our entire category of **Seasonal Teas**, all of which make great iced tea. Coupon code **JUNE0801**.
 - ◆ 10% discount on any order of \$50 or more. Coupon code **JUNE0802**.
- 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 **June 30, 2008**.

Only one coupon code can be used per order.