

# TPOT Newsletter

TPOT

## The Pleasures of Tea

Bringing together family & friends with a cup of tea

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Summer is almost here and this issue of the TPOT Newsletter focuses on an all-time American favorite - iced tea. Be sure to keep your iced tea safe to drink by checking out the useful information in the *Tea & Health* section. 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...

June is National Iced Tea Month! The "discovery" of iced tea has been credited to Richard Blechynden, an English tea plantation owner. His plan was to serve samples of his hot tea at the 1904 World's Fair in St. Louis, but unfortunately it was insufferably hot that year and nobody was interested in his tea - except for when he decided, out of desperation, to pour it over ice. The fair-goers found his "iced tea" to be very refreshing and the sensation quickly spread to the rest of the country. To this day, 80% of the tea consumed in the US is in the form of iced tea. I can't think of any better way to celebrate this month than to make a fresh pitcher of iced tea using loose whole leaf tea...you will certainly taste the difference!



Ceylon black teas, fruit-flavored black, green or white teas, oolongs, jasmine teas, herbal infusions, and fruit blends all make wonderful iced tea. The possibilities for freshly infused iced tea are endless! Here are just a few of our favorites, but be sure to check out our entire list of recommendations and full tea descriptions and ingredients in the **Seasonal Teas** section of our website [www.pleasuresoftea.com](http://www.pleasuresoftea.com):

- ◆ *Kenilworth Estate Ceylon Black Tea* (item #TB30)
- ◆ *Ginger Peach Apricot Black Tea* (item #TF05)
- ◆ *Mango Black Tea* (item #TF08)
- ◆ *Jasmine Green Tea* (item #TG40)
- ◆ *Tropical Paradise Green Tea* (item #TF36)
- ◆ *Melon White Tea* (item #TF50)
- ◆ *Tropical Fruits White Tea* (item #TF55)
- ◆ *Blackberry Twist Herbal Infusion* (item #TH01)
- ◆ *Summer Splash Herbal Infusion* (item #TH06)
- ◆ *Tropical Breeze Fruit Blend* (item #TT06)
- ◆ *Green Rooibos Key Largo Herbal Infusion* (item #TR20)

### Iced Tea Preparation Tips

- \* When making fresh iced tea, prepare the tea as you would hot tea. Then chill it in the refrigerator or let it cool slightly before pouring over ice.
- \* If using ice, be sure to infuse a stronger tea by doubling or tripling the tea leaves so that the tea doesn't get too diluted.
- \* Pour a splash of fruit juice over your iced tea to sweeten.
- \* Sweetened your tea with a homemade sugar syrup, which can also be flavored with lots of different fruits, herbs or spices.
- \* Iced tea can also be prepared using the cold brew method: add tea leaves and cold water to a pitcher and let infuse in the refrigerator for 8-10 hours, overnight is preferable.

### Tea & Health

Tea is loaded with healthy nutrients - polyphenols, amino acids, essential oils, vitamins, minerals, and the list goes on. In addition to providing healthy benefits to us, these nutrients provide a food source for bacteria if your infused tea is not consumed immediately or the remaining tea is not stored properly. The chance of getting sick is slim, but to minimize any associated risks, make sure left-over iced tea is covered, refrigerated, and consumed within 2-3 days.

Sun tea has been a popular beverage for many decades, but there may be some risks to making and consuming this favorite summertime refresher. The water heats up from the sun, but never gets quite hot enough to kill any bacteria that may be in the water or on the tea. In fact, the water heats to a temperature usually no higher than 130° F, which is ideal for bacteria to breed. If you do make sun tea, ensure that your pitcher and spigot (if there is one) are very clean, the tea steeps for no more than 3-4 hours, and you consume it the same day.



### TPOT Specials

Enjoy store-wide savings all summer long with our First Annual Summer Sale! As a TPOT Newsletter subscriber, enjoy additional savings by using the following codes:

- **June09** to take 10% 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 **June 30, 2009**.

Only one coupon code can be used per order.