

# TPOT Newsletter

TPOT

## The Pleasures of Tea

Bringing together family & friends with a cup of tea

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In honor of Mother's Day, this issue of the TPOT Newsletter discusses the tradition of Afternoon Tea. Check out the *Tea & Health* section to learn how to use the Water Method to reduce the amount of caffeine in your tea. 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...

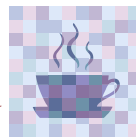
Happy Mother's Day! Mother's Day brunches and teas have been popular for many years. There's an elegance, sophistication, and culture associated with the ritual of tea, and these attributes are at the core of the British Afternoon Tea tradition. In the early 1800's, Anna Maria Stanhope, Duchess of Bedford, began the tradition of Afternoon Tea that we are familiar with today. At that time in Britain, there was a long period of time between a very small lunch and a dinner that would usually take place after 8:00 PM. The Duchess of Bedford decided to drink tea and nibble some small savory snacks around 5:00 in the afternoon to help alleviate the "sinking feeling" that she would get at that time of day. She began inviting friends for her afternoon tea and it quickly became a social event that included a menu of tea, small cakes, sandwiches of bread and butter, and sweets. Other women of the aristocracy began to copy this tradition and Queen Victoria introduced Afternoon Tea receptions at Buckingham Palace in 1865. The tradition of Afternoon Tea continues to this day and usually takes place in mid-afternoon. A selection of teas is served, along with a combination of sweet and savory foods that include tea sandwiches, scones, fresh fruit, small cakes, pastries, fruit curds, double devon cream or clotted cream, and other dainty and creative foods. It is a formal and social affair that focuses not only on the tea and food, but also on creating a beautiful and elegant setting through the use of fine linens, fine china, silver ware, and fresh flowers.



Afternoon Tea is also sometimes referred to as High Tea, but this is a misuse of the term. So what is High Tea? And Low Tea? The difference between the two has to do with the height of the table that is used for each meal. Low Tea is a formal affair where the food is served on low tables that are next to armchairs and sofas. It takes place in the afternoon and includes tea and a combination of sweet and savory foods. High Tea is a less formal affair for workers coming home after a long, hard day's work, usually around 5:30 or 6:00. The family sits together at a kitchen or dining room table, drinks tea, and eats a combination of heartier fare such as meat, soup, and sweets. Low Tea may also be referred to as "Meat Tea" because meat is served.

### Tea & Health

This is the third installment of a three-part series on tea and caffeine. This month we're going to cover how you can use the Water Method to quickly and easily reduce the amount of caffeine in your cup of tea.



Caffeine is a water soluble compound; as your tea leaves infuse in hot water they release the caffeine into the infusion that you will drink. You can use this to your advantage in order to reduce the level of caffeine that you actually consume. To naturally reduce the level of caffeine in any tea, follow these steps:

1. Prepare your tea as usual, whether making tea from loose tea or tea bags
2. Pour off the infusion after 30 seconds of steeping time, instead of steeping for the full length of time
3. Pour fresh hot water over the moistened tea leaves
4. Steep for the full length of time that is recommended/preferred to taste
5. Enjoy your tea!

The Water Method will reduce up to 95% of the amount of caffeine in your tea.

### TPOT Specials



- Use coupon code **May09** to take 10% off your order subtotal of \$50 or more.
  - Use coupon code **FreeShip** to get free shipping on order subtotals of \$100 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 **May 31, 2009**.  
Only one coupon code can be used per order.