

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 the oolong tea category and claims about tea's effect on weight loss. Check out our Holiday Teas and newly expanded line of Artisan Teas and Artisan Tea Gift Baskets and continue your holiday shopping with 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...

Oolong tea, also known as Wulong (Black Dragon) Tea or Blue Tea, is the third category covered in the six-part "Tea Categories" series. You are probably already familiar with oolong tea, but may not be aware of it. When you dine in a Chinese restaurant the majority of the tea brought to your table is oolong. While the green tea category is the most diverse in leaf styles, the oolong tea category is the most diverse in the level of oxidation that it goes through during manufacturing. Oolongs fall between black and green teas on the oxidation scale; they are partially oxidized anywhere in the range from 10% to 90%, which results in their diversity and complexities in aroma and taste. Traditionally, most oolongs went through a stage of processing that included some level of roasting of the leaves in bamboo baskets; today only oolongs that are made completely by hand undergo this process. The roasting process can vary from light to medium to dark, which imparts flavors that range from floral to deep and toasty. Oolongs as a category tend to be large-leaf teas; the leaves are not picked when they are young and there are no tea buds. The characteristics of a specific oolong depend primarily on its level of oxidation. Those that are lightly oxidized have characteristics closer to those of green teas - fresh with fruity or floral aromas. Those that are heavily oxidized have characteristics closer to those of black teas - deep, rich flavors and aromas. The leaf styles vary from open to twisted to nuggets and the leaf colors range from light olive green to dark brown. Oolongs can range from light- to full-bodied. The caffeine level of oolongs fall between those of green and black teas, with lightly oxidized oolongs containing less caffeine than those that are more oxidized. When preparing oolong tea, make sure to use water that is between 180° (for those that are lightly oxidized) and 195° (for those that are heavily oxidized). Many oolongs are good for multiple infusions (re-steeping the leaves until all of the nutrients have been extracted and the leaves lose their flavor) and, in some cases, each infusion exhibits different characteristics.



Formosa Pouchong



Formosa Fancy Oolong



Ti Kuan Yin

Oolongs have been prized in China for hundreds of years. It is believed that they originated in the Wuyi Mountain region of the Fujian province in China. Today, oolongs are mainly produced in China and Taiwan (formerly Formosa), the island off the southeastern coast of China; however, other countries are beginning to produce this type of tea. Notable oolong teas include: Ti Kuan Yin (Iron Goddess of Mercy), Da Hong Pao, Hairy Crab, and Orchid Oolong from China; Formosa Fancy Oolong, Tung Ting, and Bao Zhong (Jade Pouchong) from Taiwan.

Tea & Health

Recently I've been getting a lot of questions about tea and weight loss. You may have heard the "fat burning" claims by a company selling Wuyi Oolong or you may have read excerpts about studies proving a link between drinking tea and weight loss. Sad to say, but the truth is that I have not found any reputable studies that prove a link between drinking tea and losing weight. It is true that tea is healthy and it contains no calories if drunk without milk or other sweetener, but weight loss will only result from drinking tea along with eating a balanced diet and exercising regularly. Beware of companies making claims that their tea product will help you lose weight or cure other health issues...it may lead to disappointment and an empty wallet.



TPOT Specials

- ◆ Take 5% off our expanded selection of **Artisan Teas** (aka flowering or blooming teas) or Artisan Tea Gift Baskets. Use coupon code **November0801**.
 - ◆ Take 10% off your order of \$50 or more by using coupon code **November0802**.
- 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 **November 30, 2008**.
Only one coupon code can be used per order.

