

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 green tea category and the antioxidant EGCG. Start your holiday shopping and save 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...

Green tea is the second category covered in the six-part "Tea Categories" series discussed in August's newsletter. Green tea is the type of tea we associate as being the most healthy of all the teas; however, this is simply because researchers have mainly focused on the benefits of green tea. Unlike black tea, the leaves of green tea are unoxidized during the manufacturing process; the leaves do not undergo the same chemical process as black tea leaves and, therefore, have characteristics that differ from those of black tea. There are several methods of manufacturing green tea, but the most common are steaming and pan-firing. The green teas of Japan are steamed, while most of the teas from China and the majority of other green-tea producing countries are pan-fired. It is difficult to identify the typical characteristics of green tea because these characteristics depend on the method used to manufacture the tea and the style of the tea, of which there are many. Despite this fact, some basic generalizations can be made. The dry leaf of steamed green teas usually retain the green color and the aromas and flavors of the infused leaves and the tea liquor tend to be fresh and vegetal (many people use 'spinachy', 'grassy', or 'seaweedy' to describe these teas). The dry leaf of pan-fired teas usually take on various shades of olive green and the aromas and flavors of the infused leaves and tea liquor tend to have nutty or toasty notes. Green tea can range from light- to medium-bodied. Green tea is relatively low in caffeine, with a 6 oz. cup containing approximately 20mg; however, caffeine levels will vary greatly depending on the type of green tea and the length of time that the leaves are steeped. When preparing green tea, make sure to use water that is no greater than 180° or your infusion will be bitter.



Gunpowder



Genmaicha



Jasmine Phoenix Pearls

Green tea in the form that we drink today originates in the Ming dynasty (1368-1644). It was during this time that the Chinese began to unlock the secrets of oxidation, which is the basis for the different types of tea. Green tea is primarily manufactured in China and Japan; however, India, Sri Lanka, and other countries are producing it as well. Japanese green teas are named by the type of tea and sometimes the name of the originating tea garden will be included in the name. Chinese green teas, however, tend to have names based on their shape, a legend, and/or after the region from where they originate. Notable teas from these countries include: gunpowder, chunmee (precious eyebrow), lung ching (dragonwell), pi lo chun (green spring snail) from China; sencha, gyokuro, hojicha, genmaicha from Japan. In addition, countless other flavored green teas and green tea blends can be created using the more common green teas as a base.



Sencha

Tea & Health

You may have seen the 4-letter acronym EGCG, but what exactly is it? EGCG stands for epigallocatechin-3-gallate and it is an antioxidant that is five times more powerful than vitamins C and E. It supports the body's cells in the prevention of damage and premature aging and may prove to have anti-cancer benefits. Recent studies with mice have shown that EGCG may inhibit the growth of breast tumors and lung cancer cells and kill the most common form of leukemia cells in the US by affecting the communication signals needed to survive. Green tea contains higher levels of EGCG than black and oolong teas and drinking two to three cups a day may provide benefit.



TPOT Specials

- ◆ Take 10% off your order of \$50 or more by using coupon code **October0801**.
- ◆ Take 15% off your order of \$100 or more by using coupon code **October0802**.

Coupon codes can be used for orders placed:

- On our website www.pleasuresoftea.com, input one of the above codes at checkout.
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