

# 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 black tea category and the link between tea and oral health. 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.

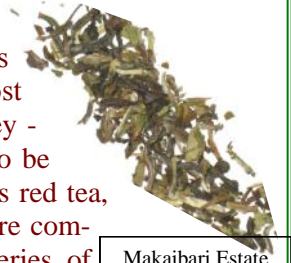
Yours in tea...Kristine

### Spotlight on...



Pleasures' Energizing  
Black Blend

Black tea is the first category to be covered in the six-part "Tea Categories" series discussed in last month's newsletter. Black tea is the type of tea we are most familiar with in the US. The most popular teas - English Breakfast and Earl Grey - are blends made with black teas. In China, black tea is known as red tea (not to be confused with the herbal infusion South African rooibos, which is also known as red tea, but is not a true tea). Black tea differs from other types of tea in that its leaves are completely oxidized during the manufacturing process. Oxidation is a complex series of chemical processes that are responsible for the characteristics of black tea's color, body, and taste. Typical characteristics of black tea include: dry leaf color ranges from dark brown to coppery; dark-colored infusion ranging from honey to burgundy tones; body can range from light to full; flavor profiles will depend on the region of origin and how the tea is prepared. Many black teas are medium- to full-bodied and stand up well to milk and sugar. Black tea is reputed to have the highest level of caffeine of all the teas, with a 6 oz. cup containing approximately 40mg.



Makaibari Estate  
1st Flush Darjeeling

Black tea was "discovered" in China during the 14th century. The Chinese considered it to be inferior, but realized its value in trade since this tea would not spoil on its long journey to Tibet and Mongolia and later to Europe in the early 17th century. Black tea is manufactured in only three of the five main tea-producing countries: China, India, and Sri Lanka (not Japan or Taiwan). In addition, there are many other countries throughout the world who currently produce black tea, including: Indonesia, Nepal, Kenya, Malawi, various countries in Asia and South America, and even in the US. Many times a tea is named after the country, region, estate, etc. from where it originates. Notable teas from these countries include: Keemun and Yunnan from China; Assam, Darjeeling, and Nilgiri from India; Ceylon from Sri Lanka. In addition, countless other flavored black teas and black tea blends can be created using the more common black teas as a base.

Nepal



Keemun Imperial

### Tea & Health



Research has shown a link between drinking tea and oral health. The compounds in tea, particularly catechins and theaflavins, were found to inhibit growth of three different strains of bad breath causing bacteria over a 48-hour period. These compounds are present in all teas, but are most abundant in black tea. Also, flavonoids in tea are believed to naturally inhibit the growth of bacteria that is responsible for the formation of dental plaque and cavities. In addition, naturally occurring fluoride may support healthy tooth enamel.

### TPOT Specials

- ◆ The fall teas have arrived! Check out the Seasonal Teas menu and order your favorites during our pre-season sale. Use coupon code **September0801** to take 10% off.
  - ◆ Get a start on your holiday shopping. Take 15% off your order of \$50 or more by using coupon code **September0802**.
  - ◆ We've recently added a **Clearance Section** for excess inventory, closeouts, and items with minor imperfections.
- 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 **September 30, 2008**.

Only one coupon code can be used per order.