



Happy Spring! This month we focus on the herb yerba mate. Learn about the herb, its history and culture in this month's **Spotlight on...** section and its health benefits in the **Tea & Health** section. And be sure to take advantage of this month's specials in **April's Special Offers**. We continue to strive to bring you the latest information about tea each month and we look forward to your comments and suggestions. Thanks for reading!

Spotlight on... Yerba Mate

Ilex Paraguariense, more commonly known as yerba mate (pronounced yerba mahtay) or simply mate, is an evergreen shrub and member of the holly family. It is a subtropical species indigenous to the forests of Paraguay and southern Brazil, where it was first consumed and then cultivated by the native Guarani people. Its use spread to other native populations in South America and it was considered "the drink of the Gods" by many who consumed it. 'Yerba' is one of the forms of the Spanish word for 'herb' and 'mate' most likely is a derivation of the Quichua word 'mati'. 'Mati' refers to the gourd cup/bowl from which the beverage was, and still is, consumed. Today yerba mate is widely cultivated and consumed in Argentina, Paraguay, Uruguay, and southern Brazil.

Yerba mate is an herbal tisane, not a true tea. It is produced in a similar manner to green tea in that its leaves are harvested, heated to lock in the nutrients, and then dried. Mate's popularity is mainly due to its stimulating properties that are similar to those in coffee and tea, and which are derived from a caffeine-like compound that some refer to as mateine. Mate, like tea, is nutrient-rich and it contains approximately 196 active chemical compounds, 144 of which are also found in tea. Some of the nutrients found in mate include: polyphenols; amino acids; potassium; magnesium; manganese; selenium; iron; vitamins A, C, E, and the B vitamins.

Yerba mate is traditionally prepared in a hollowed out, hand-carved gourd (mate) and drank through a silver-plated straw (bombilla). The bombilla is not like a typical straw - rather the bottom end is closed to keep the leaves out and there are small holes that allow passage of the infusion. Alternately, an infusion can be prepared using any of the methods that are used to infuse tea - tea ball, other infuser products, etc. Yerba mate has an earthy, herbaceous flavor and is slightly bitter. The herb can also be found in the roasted form, but this is not typically consumed in South America. The roasted form

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Upcoming Events



Saturday, April 21st
Earth Day Celebration
Main St & Gillette Ave, Sayville
11:00 am - 4:00 pm
****rain date Sunday, April 22nd**

If you would like to pick up particular teas, including 4oz. pouches of your favorite tea, or other products, please e-mail kristine@pleasuresoftea.com or call 631-278-5755 at least one day before the event.

Can't make an upcoming show or can't wait to restock?
Feel free to place an order online or contact us for delivery options.

Are you new to loose tea or just want to try some different teas?
Then host your own private tea tasting!

Invite your family and friends for a relaxing, fun and informative afternoon or evening. Select from our menu of over 170 teas and herbal tisanes from around the world.

has a smoother and richer flavor that lacks the bitterness of the green form. Roasted mate is often recommended as an alternative to coffee. Both forms of the herb serve as a great base for blending with other ingredients and flavors.

Yerba mate plays a central role in hospitality and it is often offered to guests of South American households. It also serves a social role in which a group of people sit in a circle and pass around a single gourd of mate. They keep refilling the gourd with hot water until there is no more flavor in the leaves and they foster deeper relationships through the act of sharing.

Tea & Health: Yerba Mate Health Benefits

Yerba mate is predominantly used to improve mental alertness and focus, as a digestive aid, and as a source of energy to combat fatigue. Recent studies have shown that there are other potential benefits to consuming this healthy herb. Several studies have shown that yerba mate may have positive effects on weight management and metabolizing cholesterol. This may be a result from the saponin content, which has been shown to delay the absorption of dietary fats in the intestines and boost fat oxidation. Other studies have demonstrated that yerba mate has potential cancer prevention and anti-inflammatory properties. It seems to be most effective at destroying colon and liver cancer cells.



Yours in tea,

*Kristine Henderson
The Pleasures of Tea*

We carry the tried and true favorites, as well as some rare and unique teas.

Please contact us for additional information, pricing or to schedule a date.

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Proud Member



Contact Info

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April's Special

Offers:

- **Apr12** - save 10% on our selection of **Yerba Mate Tisanes**.
- **Ship2012** - free shipping on any order subtotal of \$80 or more.

Please mention one of the above codes when placing your order by phone or input it at checkout in our online shop www.pleasuresoftea.com.

Offer Expires: April 30, 2012

Only one coupon code may be used per order. Not to be combined with any other offers.