



In the **Spotlight on...** section we visit the world-famous Darjeeling region of India. We continue our exploration of the potential health benefits of one of black tea's antioxidant compounds in this month's **Tea & Health** section. We are half way through summer, so don't miss out on the last month for special savings on summer teas in **August'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.

## Spotlight on...Teas of Darjeeling

Darjeeling, which is located in the northernmost area of West Bengal State in northeastern India, is one of the most famous tea-producing regions in the world. Tea production began in the mid-1800's with the planting of the small-leaf Chinese varietal *Camellia sinensis* var. *sinensis*; however, most of today's tea is produced from hybrids that developed from these original plants. Darjeeling is a small region, covering a little more than 1,200 square miles, and there are only 87 tea gardens located within its boundaries. As with Champagne, which can only be produced in the Champagne region of France, Darjeeling tea can only be produced in the Darjeeling region. As a result, Darjeeling is referred to as the "Champagne of teas".



Darjeeling is a high-elevation area at the foothills of the Himalayas. Its tea gardens are located at elevations between 1,500 and 6,000 feet, each one having its own unique microclimate that contributes to the characteristics of its teas. There are four harvest seasons, known as flushes, that run from March through November: 1) the first flush is plucked from late March through April; 2) the second flush is in May and June; 3) the summer or monsoon flush is from July through September; and 4) the autumnal flush is plucked in October and November. The gardens in Darjeeling predominantly produce black teas; however, there are a few that produce very limited quantities of green, oolong, and white teas.

The high-grown black teas of Darjeeling are generally characterized as being lighter in color than typical black teas, medium-bodied with a clean crispness and slight astringency, and having concentrated flavors and aromas known for their woody, nutty, and floral notes. In addition, each flush has its own characteristics. The eagerly awaited first flush tends to be the most delicate and astringent with a fresh, floral aroma. The abundant second flush has a similar character to the first flush, but the flavors and aromas are much stronger. The productive summer, or monsoon, flush is

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## Upcoming Events



Visit our booth at the following shows:

**Friday 8/5-Sunday 8/7**

**Sayville Summerfest**

Gillette Park

Gillette Ave. & Main St., Sayville

Fri 8/5 5:00pm - 9:00pm

Sat 8/6 10:00am - 9:00pm

Sun 8/7 10:00am - 5:00pm

\*our booth will be near the white house in the park

**Thursday 8/18-Sunday 8/21**

**Art, Craft & Gift Show**

**@ Smith Haven Mall**

Middle Country Rd. (Rte 25) &

Nesconset Hwy (Rte 347),

Lake Grove

Thurs-Sat 10:00am - 9:30pm

Sun 11:00am - 6:00pm

**\*\*\*If you plan to pick up any specific teas/items at any of our shows, please call or e-mail us at least one day ahead.**

**Can't make an upcoming show or can't wait to restock?**

not always top quality due to the dilutive effect of the rains on the compounds that create the tea's flavors and aromas. The autumnal flush tends to have lighter aromas and more balanced flavors than the second flush. As noted above, the unique micro-climates of each tea garden also contributes to the character of the tea. The characteristics will change from year to year due to varying climatic conditions, so no tea will ever be the same. In fact, teas within the same flush of a given year may have different characteristics! These teas are usually consumed plain, but lemon and/or sugar or honey may be added.

The name of high quality Darjeeling teas always includes the flush and tea garden, unless it is a blend. Teas named simply "Darjeeling" are either from the summer flush or they were grown and produced in tea gardens located around, but not in, Darjeeling. These latter teas should not command the higher price of an estate tea.

Join us next month as we wrap up our exploration of India in the Nilgiri region....

### Tea & Health: Theaflavins

Last month, we discussed two groups of black tea polyphenols - theaflavins and thearubigins. This month we delve a little deeper into theaflavins, which is the dominant class of polyphenols present in Darjeeling black teas and other high-grown black teas. Theaflavins are responsible for the complex aromas and flavors and the bright golden amber color of the infusion.

A recent study conducted in Taiwan has shown a correlation between theaflavins and the reduction of fatty acid synthesis and accumulation in the liver. While this is not immediately a life-threatening condition, it may lead to liver disease if it persists and is not treated. The researchers of the study found that theaflavins may stimulate the body's production of an enzyme that has been linked to the regulation of carbohydrate and fat metabolism. This finding is important not only for its potential in reducing the risk of liver disease, but also as a possible treatment for obesity.



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### Contact Info

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## August's Special Offers:

- **August11** - save 10% on teas in the **India-Darjeeling Region** category.
- **Icedtea** - celebrate National Iced Tea month and save 10% on teas in the **Iced Teas** category.
- **Ship2011** - 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](http://www.pleasuresoftea.com).

**Offer Expires: August 31, 2011**

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