



Our holiday tea shop is open! We rented a retail space for the entire month of December. Please see the Upcoming Events section for details. In this month's **Spotlight on...** section we finish our year-long journey to tea-producing countries by visiting a few other areas of note that are located around the world. In this month's **Tea & Health** section we look at the correlation between tea consumption and cancer prevention. And be sure to take advantage of this month's specials in **December'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...Teas from Other Origins

The tea plant *Camellia sinensis* thrives in a subtropical climate and is grown in many countries around the world. Last month we explored other tea-producing countries in Southeast Asia - Nepal, Vietnam, and South Korea. This month we visit other tea-producing regions and countries, including Indonesia and Kenya.

Indonesia is an island-nation in the Pacific. The cultivation of tea began on the island of Sumatra by the Dutch in the early 1700's; however, today most of the tea is grown at elevations up to 5,000 feet on the volcanic hills of the island of Java. While most of the tea that is produced is CTC (crush, tear, curl) black tea, there are some high quality orthodox-production teas. The black teas from Indonesia are quite distinct from the black teas produced elsewhere. They tend to be full-bodied and flavorful, reminiscent of Ceylon teas with a spicier note. Our Java OP is typical of Indonesian black teas - full-bodied, smooth and flavorful, with notes of spice and fruit.

Even though tea production was established in Kenya by the British only in the early 1900's, today Kenya is the third largest producer of black tea in the world. The climate of Kenya is ideal for the Assam tea bushes that were transplanted there and the majority of the tea gardens are situated at higher elevations between 4,900 to 8,900 feet. Kenyan teas historically have been known more for the strength they add to the cup than for being refined or complex. These teas are predominantly processed as CTC (crush, tear, curl) teas and used in teabags, although a very limited amount of good quality orthodox teas are produced. Milima Estate is at an elevation above 6,000 feet and produces teas of consistently high quality. They are full-bodied and strong with notes of fruit and spice.

High quality specialty tea is grown in many other countries around the world. These teas, however, may not be as readily accessible in the global market due to their recent establishment, lower yields and/or inclination to be kept solely for domestic consumption. Teas to look out for include those from Turkey and other countries in the Middle East, Bangladesh, Bolivia, and Hawaii.

## Tea & Health: Tea & Cancer Prevention

While many people tout tea consumption as a way to prevent cancer, there is little evidence that proves a definitive correlation between the two. Even though tea is rich in several types of antioxidants and other beneficial nutrients, the results of studies to find a link between tea and cancer prevention have been inconsistent, and mainly inconclusive. The reason for this is mainly due to the lack of standardization and control in the design and execution of the numerous studies that have been

## In This Issue

Spotlight on.... Teas from Other Origins

Tea & Health: Tea & Cancer

## Upcoming Events



### Holiday Tea Shop

December 1st - 31st

4639 Sunrise Hwy, Bohemia  
at Exit 48 in Bohemia Commons  
Shopping Plaza - North Sunrise  
Service Rd. between Locust &  
Ocean Aves.

\*Near Saviano's Italian Restaurant

Daily - 10:00 AM - 8:00 PM

10:00 AM - 3:00 PM 12/24

Closed Christmas Day

10:00 AM - 6:00 PM 12/26-12/30

10:00 AM - 3:00 PM 12/31

\*\*\*If you plan to pick up any specific teas/items at the shop, please call or e-mail us at least one day ahead and we'll have your order waiting for when you arrive. Or place your order online and select "Pickup from shop" as your delivery option, along with a comment letting us know when you would like to pick up your order.

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

conducted. Despite these inconsistencies, several studies have indicated a potential correlation between drinking a minimum of five cups of tea each day and a reduction in the risk of getting certain types of cancer - predominantly oral, prostate, liver, endometrial, lung, and ovarian. There are still too many inconsistencies to determine whether tea has an effect on reducing the risk of skin, breast, stomach, colon, and pancreatic cancers.



*Yours in tea,*

*Kristine Henderson  
The Pleasures of Tea*

teas and herbal infusions from around the world. We carry the tried and true favorites, as well as some rare and unique teas.

Please contact us for pricing or to schedule a date.

**631-278-5755**

**kristine@pleasuresoftea.com**

**Proud Member**



**Contact Info**

**631-278-5755**

**kristine@pleasuresoftea.com**

## December's Special Offers:

- **Dec11** - save 10% on our Seasonal Tea-Fall/Winter teas.
- **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: December 31, 2011**

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