



January was an exhilarating month for me and I spent a lot of time furthering my own education about tea. I started Level IV of the STI Tea Certification Program, during which we got to process fresh tea leaves into finished tea (black, green, oolong, and white) that we then infused. In addition, I spent time at a tea garden on Kauai and got to learn more about the challenges of growing and processing tea. These were great experiences as I continue along my own tea journey and I am excited to share some of the highlights and pictures with you in this month's **Spotlight on...** section. In the **Tea & Health** section we discuss whether it is safe to consume tea if taking blood thinners. And be sure to take advantage of this month's specials in **February'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... Cultivating & Processing Tea



Fresh tea leaves

In prior newsletters and in tea tastings and seminars, I have talked about how terroir (soil, climate, cultivation, and manufacturing techniques) affects the characteristics in the finished dry tea leaf and resulting infusion created from steeping the leaves. The class I took last month delved a little deeper into the cultivation and manufacturing processes that are involved,

and provided insight into how all of the compounds - including polyphenols, alkaloids, carbohydrates, amino acids, minerals - present in the tea plant are responsible for creating the unique flavors and aromas of tea. During the few months that I studied for my class, the 97-page manual brought me back to my college bio and chem courses learning about cell walls, cytoplasm, chemical reactions, etc. One of the highlights of the class was processing our own tea out of fresh tea leaves that were flown in from a few tea gardens in Hawaii. One of the Hawaiian tea growers was taking the class, and over the two days she showed us how to use different processing steps and techniques to make black, green, oolong and white teas. We then infused and tasted the teas - they were delicious and I've never tasted such fresh teas before. The pictures below show just a few of the steps we employed to turn fresh tea leaves into a wonderfully rich and aromatic black tea.



Rolling leaves to break the cell walls



Pan-firing leaves to stop oxidation & reduce moisture



Finished black tea

The following week I visited the Cloudwater Tea Farm on Kauai. There are a total of 17 tea gardens in Hawaii - 15 on the big island of Hawaii, one on Oahu and one on Kauai. Established a little more than ten years ago, Michelle Rose of Cloudwater Tea has been growing and producing extraordinary teas for the past few years (it takes at least five years to begin to produce tea from the plants after they are planted). She gave us a tour of part of her 10-acre farm, which has stunning views of the mountains and stream that runs through her property. Her tea garden is quite small and she produces only about 10 pounds of tea each year, which is typical of the 40-50 pounds of fresh "two leaves and a bud" that she harvests. All cultivation, harvesting and processing of the leaves is

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Upcoming Events



February 15th - 19th

Craft & Gift Show

@ Smith Haven Mall

Middle Country Rd (Rt 25) &
Nesconset Hwy (Rt 347),
Lake Grove

Wed - Sat 10:00 AM - 9:30 PM

Sun 11:00 AM - 6:00 PM

*Please note that this is a 5-day show.

***If you plan to pick up any specific teas/items at the show, please call or e-mail us at least one day ahead and we'll have your order waiting for when you arrive.

Please note that we will be closed 2/22 through 2/29. Orders may be placed in our online shop during this time, but they will be shipped beginning 3/1. Any orders placed by 2/20 will be shipped before we close. We apologize for the inconvenience.

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

done by hand. After the tour, she cupped some teas for us to taste, among which were a few of her teas, one from a garden on Hawaii and the rest were from other origins. Michelle's teas were highly aromatic, rich, smooth and satisfying, with a natural sweetness and no bitterness or astringency.



Small plot of tea plants



New growth - 2 leaves & a bud

I knew that producing good quality loose leaf tea is quite labor intensive and time consuming, but this experience has enabled me to see and experience first-hand the effort and challenges that go into each batch. It renews my appreciation for those around the world who dedicate their time and effort to produce so many wonderful teas - teas that I have the opportunity to enjoy and share with all of you.

Tea & Health: Tea & Blood Thinners

Many people on blood thinners have been advised to reduce their consumption, or avoid entirely, tea and other Vitamin K-rich foods, such as dark green leafy vegetables. This is because of the perception that tea has high levels of Vitamin K, which is key in blood coagulation and may reduce the efficacy of the medication. Recommended levels of Vitamin K are 90-120 mcg/day and data have shown that tea leaves contain anywhere from 1,036-3,049 mcg/100g. It appears that tea is quite high in Vitamin K; however, this number is misleading in two ways. First, 100g of tea leaves makes approximately 45 cups of tea, which should never be consumed by one person in a single day. The amount of Vitamin K in 2.2g of tea leaves (the amount that is used for one cup) is approximately 23-67 mcg. Second, we generally do not consume tea leaves - only the infusion that is created from steeping them. Vitamin K is fat soluble, not water soluble; therefore, very little is extracted from the tea leaves into the water. Data show that there is less than .1mg of Vitamin K in a cup of tea, a negligible amount and well below the recommended allowance. Reports have been made linking tea consumption and reduced effectiveness of blood thinners, but it must be pointed out that this occurred as a result of gross over-consumption of tea (one-half to one gallon each day). Here are a few tips to keep in mind if taking blood thinners:

- Moderation - limit consumption to 3 cups each day
- Do not consume tea leaves, including matcha (powdered Japanese green tea)

If you or someone you know has been advised to reduce tea intake because of prescribed blood thinning medication, it is important to speak with the doctor before adding tea back into your diet or increasing consumption of it.



Yours in tea,

Kristine Henderson

The Pleasures of Tea

**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. 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.

631-278-5755

kristine@pleasuresoftea.com

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Contact Info

631-278-5755

kristine@pleasuresoftea.com

February's Special

- **Feb12** - save 10% on our [Chocolate Teas & Tisanes](#).
- **Ship2012** - free shipping on any order subtotal of \$80 or more.

Offers:

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: February 29, 2012

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