



Happy New Year and I hope you had a wonderful holiday season. January is National Hot Tea month, so be sure to celebrate it with a cup or two of tea! This month's **Spotlight on...** section begins a year-long series showcasing the many tea-producing countries and regions of origin, along with their notable teas. Cold and flu season has arrived, so check out this month's **Tea & Health** section to see how you might be able to get through it unscathed. We strive to bring you the latest information about tea each month and we look forward to your comments and suggestions.

Spotlight on.... Teas of China: Anhui Province

A good quality tea, like a fine wine, is meant to be experienced...and savored. As with wine, the characteristics of tea may be unique to where they are grown. The first stop on our year-long journey of tea-producers is where, as legend has it, tea was first discovered - in China.

Perhaps because of its tea-producing traditions that span millenia and the expanse and diversity of its lands, China manufactures the greatest variety of tea. It is currently also the greatest producer of tea, surpassing India only within the past few years. Most of China's provinces produce tea; however, the primary tea-producing provinces are Anhui, Fujian, Zhejiang, and Yunnan. In addition, China is the only country that produces tea in all six categories: black; oolong; green; yellow; white; and Pu'er. Since there is such variety among Chinese teas, we will take the next several months to explore this country and its teas.

Our first stop is Anhui, a land-locked province in the eastern part of China and major producer of black and green teas. More than half of the province is mountainous and it is the home of the world famous Huang Shan (Yellow Mountains). Anhui is esteemed to have three of its teas on the various "Ten Most Famous Teas of China" lists: Keemun black tea; Huang Shan Mao Feng and Liuan Guapian green teas.

Keemun's origins date back only to 1875 and demand rose sharply due to its high quality, alluring aromas and naturally sweet and rich flavor. Keemuns are available in several grades (leaf size). Keemun Hao Ya-A (smallest leaf) is the most prized, followed by Keemun Hao Ya-B (larger leaf) and Keemun Mao Feng (largest leaf).

Huang Shan Mao Feng is produced in the area around the Huang Shan Mountains. Its name translates as "Yellow



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Upcoming Events



Visit our booth at the following show:

[Art, Craft & Gift Expo](#)

Smith Haven Mall

Thursday 2/3 - Sunday 2/6
during mall operating hours

For order pick up at the above show, please call in or e-mail your order at least 1 day ahead.

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 120 teas and herbal infusions

Mountain Hair Tip", referring to the downy "hairs" that cover the buds used to make this tea. It is known for its subtle aroma and delicate vegetal flavor. Liuan Guapian is translated as "Melon Seed" because of its shape. It is known for its soft, concentrated flavors and earthy notes.

Tea & Health: Tea and Flu Season

Cold and flu season is upon us again and tea may be just what you need to prevent getting infected. A study conducted in Japan found that gargling with green tea catechin extract three times a day reduced infection of the influenza virus among elderly nursing home residents. Catechins are the predominant type of healthy nutrients found in tea and the concentration used in the study was about half of what is contained within a typical green tea beverage. A larger clinical trial is currently being conducted here in the US to see if the results can be replicated. We will be sure to keep you updated on the findings.



*Yours in tea,
Kristine Henderson
The Pleasures of Tea*

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.

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Proud Member



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January's Special Offers:

- **Tea** - celebrate National Hot Tea Month by saving 15% on any online order in the **Tea** category.
- **Jan11** - save 10% on any order subtotal of \$60 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: January 31, 2011

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