



Summer is in full swing and I hope you have been enjoying some fun and relaxation. In this month's **Spotlight on...** section we take a look at how terroir influences the characteristics that are expressed in a finished loose leaf tea and the infusion that it creates. In the **Tea & Health** section we explore the possibility of tea's effect on reducing functional disability as we age. Be sure to take advantage of this month's specials in **July's Special Offers**. We continue to strive to bring you the latest information about tea and tisanes each month and we look forward to your comments and suggestions. Thank you for reading!

Spotlight on... Terroir & Tea

Terroir is a French word that translates into English as "soil"; however, it also carries a connotation that refers to the influence of agricultural factors within a particular region. "Terroir" is used extensively in the wine industry to refer to regional environmental and climatic conditions that are responsible for the aromas and flavors of a particular wine. It is used similarly in the tea industry, where it also refers to how the tea leaves are processed.

There are many factors that affect the aromatic and flavor profiles of tea. Some of the primary factors include: type of soil and its mineral content; temperature; elevation; amount of sun; moisture in the air and soil; insect predation; time of year the tea leaves are harvested; which leaves are harvested; and processing techniques. These factors result in a unique expression of characteristics that differ from tea to tea, and which are evident in single origin and estate teas. Let's take a look at a few of the more well-known teas that represent the uniqueness of their terroir.

- Darjeeling teas originate from the Darjeeling region in northeastern India at the foothills of the Himalayas. These are classic high-grown teas that are cultivated at elevations of 2,500 to 7,000 feet in a climate that is drier than lower-grown teas. The high elevation stresses the tea plants and influences them to produce highly aromatic teas and black teas that are not as strong and robust as typical black teas.
- White Tip Bai Hao (Oriental Beauty) Formosa Oolong gets its unique characteristics from the predation of an insect that is encouraged by the Taiwanese tea farmers. After an insect bites the tea leaves, the plant responds by activating its chemical defense mechanisms. This reaction results in a unique flavor profile and sweet aromatic notes of peach and honey.
- Lu Shan Yun Wu (Cloud Mist) green tea originates from the mountainous Jiangxi Province in China.

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Upcoming Events



Friday 8/3 - Sunday 8/5

Sayville Summerfest

**Gillette Ave & Main St,
Sayville**

Friday 5:00pm-9:00pm

Saturday 10:00am-7:00pm

Sunday 11:00am-5:00pm

If you would like to pick up specific teas, 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

These teas are grown at elevations where there is extensive cloud cover that partly shades the tea plants. This shading encourages the plants to produce higher levels of caffeine and theanine, which results in a medium-bodied infusion with rich, vegetal aromas and flavors.

It is interesting and fun to learn about the various factors that influence the characteristics of tea - and it is a unique way to experience tea. It is sometimes hard to identify a tea's characteristics or even to find words to describe it. If you decide to conduct your own personal tea tasting, it may work better to taste a couple of teas simultaneously. This provides a comparison and contrast of the teas and allows the differing characteristics of each tea to "pop".

Tea & Health: Tea & Functional Disability

A recent study conducted in Japan explored the potential relationship between regular tea consumption and a reduced risk of functional disability in the elderly. The study followed 13,988 people over age 65 for three years. Taking diet and lifestyle into account, the researchers found a correlation between high green tea consumption (a minimum of five 3.5 ounce cups per day) and a reduced risk of being afflicted by the diseases that may lead to the inability to perform basic functional tasks (i.e. walking up stairs, shopping, doing household chores, etc.) Black and oolong teas were also included in this study, but no similar correlation was found. The researchers of this study recommend that further clinical studies be conducted in order to more accurately control some of the variables and confirm the findings of this study.



Yours in tea,

*Kristine Henderson
The Pleasures of Tea*

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

Proud Member



Contact Info

631-278-5755

kristine@pleasuresoftea.com

July's Special Offers:

- **July12** - save 10% on teas in our **Spring/Summer Teas** category, all of which make great iced tea.
- **Scone** - save 15% on all **scone mixes**.
- **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: July 31, 2012

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