



June is National Iced Tea Month and the summer season will begin in just a few more weeks. Our new summer teas have arrived, so be sure to check out special savings below in the **June's Special Offers** section for teas that will keep you cool and refreshed all summer long. In this month's **Spotlight on...** section we move on to visit the next of the five traditional tea-growing countries - Taiwan. In the **Tea & Health** section we take a look at claims that drinking oolong tea can help with weight loss. 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 Taiwan

Taiwan is a relative newcomer in the commercial production of tea; however, its top-quality teas are among the most famous in the world. It is a mountainous island located off the coast of China, directly across the Taiwan Strait from the Fujian Province of China. Prior to Dutch rule from 1624-1662, the indigenous Taiwanese produced tea from the wild tea trees growing in the upper elevations of the mountains. During Dutch rule, many Chinese laborers were relocated from Fujian to Taiwan and they brought their tea-making knowledge with them. In the mid-1800's the first tea bush varietal used to make oolongs in Fujian was planted in Taiwan, thereby starting their modern commercial tea industry.



While Taiwan produces black, green and oolong teas, it is the oolong teas for which it is most famous. In fact, many tea manufacturers produce competition-grade oolongs that are among the most expensive teas, some of which sell at auction for hundreds of dollars for just over a pound of tea!

Prior to the mid-1600's Taiwan was known as Formosa and today many of its teas contain "Formosa" in their name. Formosa oolongs are known for their floral aromas and complex character, which occur, in part, as a result of the range in oxidation levels from about 12% to 70%. There are five main tea-growing regions in Taiwan, but only four of them produce the notable oolongs:

Northern Taiwan

Baozhong (Pouchong) - slightly twisted leaves that are the least-oxidized (12%-15%) of oolongs; similar to green tea, but more complex with floral aromas.

Jade Oolong - loosely rolled leaves that have been lightly-oxidized (15%-20%); delicate and smooth.

Tao-Chu-Miao Area (northwest coast of Taiwan)

White Tip Oolong Bai Hao (Oriental Beauty) - softly-twisted leaves that are highly-oxidized (55%-75%); one of the most famous of the Formosa oolongs, known for its aromas and notes of honey,

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Upcoming Events



Visit our booth at the following shows:

Saturday 6/4

Deborah Hospital Craft Fair

Babylon Town Hall

200 Sunrise Hwy, Lindenhurst

10:00am - 5:00pm

Sunday 6/5

Smithtown Festival Day

Main Street, Smithtown

*our booth will be near the Waldbaums Shopping Center

9:00am - 5:00pm

Saturday 6/11

Americana Fair

The Islip Grange

Broadway & Main St., Sayville

10:00am - 4:30pm

****We will be selling only tea & a few infuser products****

Saturday 6/18

Kings Park Day Street Fair

peaches, and apricots.

South-Central Taiwan

Tung Ting (Dong Ding) - loosely rolled leaves that have been low mid-oxidized (20%-40%); one of the most famous of the Formosa oolongs, known for its smooth, rich flavor; sweet, nutty, toasty notes result from a final baking of the leaves.

High Mountain (Gao Shan) Regions

These teas are known as High Mountain oolongs, as they are grown and manufactured at Taiwan's highest elevations. They range in oxidation levels, are complex with intense floral aromas, have a full mouth-feel and long-lasting sweet aftertaste. They can be found under the name Gao Shan or High Mountain oolong, or as the mountain from which they originate, such as Ali Shan or Li Shan.

Join us next month as we continue to the first stop on our three-month journey in India - the Assam region....

Tea & Health: Oolong & Weight Loss

There have been many claims that drinking oolong tea is an effective way to lose weight. I have to admit that I am currently not completely convinced of such claims, mainly because I have yet to find any **reputable** studies that support it. The studies that have been conducted involved such a small number of subjects and were not well-designed, being rather incomplete and lacking a thorough comparison of teas. Some of these studies concluded that caffeine boosts metabolism and other studies concluded that the combination of caffeine and the antioxidant EGCG are even more effective for losing weight.

It is important to note, however, that tea can be an important part of a well-balanced diet and exercise program for losing weight. It contains fewer than 4 calories if consumed plain. And drinking hot liquids makes you feel full - drink tea throughout the day and especially before a meal.

Additional studies are currently underway and I will be sure to bring you the results as they are made public.



Yours in tea,

*Kristine Henderson
The Pleasures of Tea*

Kings Park Library Parking
Area
Church St. & Main (Rte 25A),
Kings Park
10:00am - 5:00pm

*****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.**

**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 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.

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Proud Member



Contact Info

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June's Special Offers:

- **June11** - save 5% on teas in the **Oolong Teas** 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.

Offer Expires: June 30, 2011

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