



June is National Iced Tea Month. In this month's **Spotlight on...** section we explore the history of iced tea and provide some tips for making fresh and cooling beverages all summer long. In the **Tea & Health** section we look at some tips for keeping your iced tea safe to consume, particularly sun tea. Be sure to take advantage of this month's specials in **June'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... Iced Tea

The "discovery" of iced tea is attributed to Richard Blechynden, an English tea plantation owner. He wanted to provide samples of his tea at the 1904 World's Fair in St. Louis. Unfortunately, it was very hot and the fair-goers did not want to try any of his hot tea. Out of desperation, he decided to pour the tea over ice...and it was a success! Richard Blechynden is given credit for inventing iced tea; however, there are earlier references of the refreshing beverage. One appears in a Southern cookbook from the 1870's and another is in an 1842 journal detailing travels in Saint Petersburg, Russia.

Making a pitcher of fresh iced tea using loose leaf tea is quick, easy, and healthy - and nothing tastes better! There is a limitless selection of teas that can be used - black, green, oolong, white, fruit-flavored, jasmine-scented, herbal and fruit tisanes. Iced tea can be prepared using the traditional hot-brew method or the cold-brew method, the latter of which is recommended for green, oolong and white teas. **Please click here to see how to prepare iced tea using these methods.**

When your iced tea is ready, garnish it as desired. Slices of fruit and mint sprigs add flavor and color. Use a simple syrup or fruit juice to sweeten, if necessary. Unleash your creativity!

Tea & Health: Iced Tea Safety

Tea is full of healthy nutrients - polyphenols, amino acids, essential oils, and minerals. In addition to providing healthy benefits to our bodies, these nutrients provide a food source for bacteria, if the infused tea is not consumed immediately or stored properly. The chance of getting sick is slim, but to minimize any potential risk, be sure to cover and refrigerate left-over iced tea and consume it within two to three days.

Most of us have prepared sun tea at least once and for many

In This Issue

[Spotlight on.... Iced Tea](#)

[Tea & Health: Iced Tea Safety](#)

Upcoming Events



Friday 8/3 - Sunday 8/5
Sayville Summerfest
Gillette Ave & Main St,
Sayville

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 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

it is a tradition that is synonymous with summer. It is important, however, to be aware of the potential risks that may be associated with consuming this favorite summertime beverage. As the sun heats the water, it reaches a temperature that is ideal for bacteria present in the water or on the tea leaves to rapidly multiply - it never gets hot enough to kill off any bacteria that may be present. To minimize any risks, it is important to follow these steps:

- Use a very clean container.
- Use fresh cold water.
- Steep the sun tea for no more than three to four hours.
- Consume the sun tea the same day. If any tea remains, refrigerate it and consume the next day. Discard any tea that remains after the second day.



Yours in tea,

*Kristine Henderson
The Pleasures of Tea*

information, pricing or to schedule a date.

631-278-5755

kristine@pleasuresoftea.com

Proud Member



Contact Info

631-278-5755

kristine@pleasuresoftea.com

**June's
Special**

Offers:

- **June12** - save 10% on teas in our **Spring/Summer Teas** category, all of which make great iced tea.
- **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: June 30, 2012

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