



Winter is almost at an end and I am very much looking forward to longer and warmer days. In this month's **Spotlight on...** section we take a look at the Chinese tradition and history of flower-scented teas. In the **Tea & Health** section we explore whether there is truth in the claim that tea is rich in Vitamin C. And be sure to take advantage of this month's specials in **March'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... Flower-Scented Teas



Jasmine Phoenix
Pearls Green Tea

Scented tea, also known as flower tea, is a centuries-old tradition in China. Not to be confused with artisan teas, which are also known as flowering and blooming teas, flower-scented teas are created in order to provide an additional layer of aromatic enjoyment. The beginning of the tradition of scenting teas dates back

approximately 1,000 years to the Sung Dynasty in China. The practice continued and became much more popular during the Ming Dynasty 500 to 600 years ago. It continues to be a popular style of tea today, predominantly in northern China. There is a particular tradition in China to drink flower-scented teas in spring in order to activate the body's energy and assist in ridding the pent up cold from the winter months.

Flower-scented teas are produced when black, green, oolong, white or Pu-er tea is scented with flower blossoms. The most popular flower used to scent tea is jasmine, however, rose, osmanthus, and chrysanthemum are also used. There are many grades of flower-scented tea and the best grades use premium quality teas that are repeatedly scented. Higher grades of scented-teas are very labor intensive and they require a skilled tea master in order to create the delicate balance between the natural flavors and aromas of the tea and those of the flower with which it is being scented.



Rose Congou
Black Tea

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Upcoming Events



There are no scheduled upcoming shows.

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 information, pricing or to schedule a date.

Tea & Health: Tea & Vitamin C

I have recently seen several references made on television and in other sources that green tea is rich in Vitamin C, having even higher levels than that of citrus fruit. While I am not sure where this rumor started, I am concerned about its spreading without being fact-checked. So let's look at the facts. It is true that tea is rich in antioxidants and many other nutrients, and the fresh leaves have a fair amount of vitamin C. One source states that the Vitamin C present in fresh tea leaves amounts to approximately .0025% of the total weight (no levels in mg are available). The finished tea leaves and the infusion they create, however, do not contain significant amounts of vitamins. The amount of vitamin C decreases as the tea leaves are processed, especially when exposed to heat. Sources state that green and white teas contain higher levels of vitamin C (at most 150-300 mg per 100g of infused tea) than oolong and black teas. This may seem like tea is rich in vitamin C; however, it is important to note that 100g of infused tea is approximately 45 cups of tea. Converting this into a number that is more in line with daily consumption, we can estimate that one cup of tea would contain at most 3-6 mg of vitamin C. While this may contribute to your overall daily intake of vitamin C, it is recommended that tea is not to be considered a primary source of vitamin C.



Yours in tea,

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Proud Member



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BOTANICAL
COUNCIL

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March's Special Offers:

- **Mar12** - save 10% on our selection of Flower-Scented Teas.
- **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: March 31, 2012

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