



We are excited to announce that our new website www.pleasuresoftea.com has finally been launched. A separate e-mail will be sent out shortly that outlines all of the new features. In this month's **Spotlight on...** section we begin our two-month journey to other tea-producing countries around the world. In this month's **Tea & Health** section we look at the correlation between tea consumption and kidney stone formation. And be sure to take advantage of this month's specials in **November'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...Teas from Southeast Asia

Aside from the five traditional tea-producing countries that we visited so far this year, there are many other countries throughout the world that grow *Camellia sinensis* and produce high quality, unique teas. This month we are going to briefly visit three other tea-producing countries in Southeast Asia - Nepal, Vietnam, and South Korea.

Nepal is a small country in the Himalaya Mountains. Tea is cultivated on approximately 40,000 acres which range in altitude from 3,000 to 6,000 feet. There are no large-scale tea plantations in Nepal, so all tea is grown on small tea farms. Nepal produces black tea and the most notable teas are grown on farms in the Ilam and Dhankuta regions, which are located in the eastern part of the country. Given the high elevation and its proximity to the Darjeeling Region of India, Nepal's teas have characteristics similar to those of Darjeeling. Our Himalayan Mountain Tips embodies the typical complexity of a Nepalese black tea - beautiful multi-colored leaves yield a medium-bodied and highly aromatic infusion with floral and spicy notes.

Tea consumption in Vietnam has a long history, but large-scale production began only in the early to mid-1800's. Vietnam's subtropical to tropical climate is ideal for tea cultivation and it is estimated that approximately 108,000 acres are devoted to tea. The majority of the tea that is produced is black tea; inexpensive CTC teas predominate, but good quality orthodox teas are also produced. Vietnam also produces green tea, oolongs, jasmine scented green tea, and the famed Lotus Tea in which green tea has been scented with lotus blossoms. Our Vietnam OP Black Tea creates an interesting and unique infusion that is highly aromatic, medium-bodied, smooth and balanced, with notes of earth, fruit and spice.

South Korea has a tea history and culture that span 2,000 years. Tea is produced in tea gardens and small farms throughout the southernmost part of the country, the only part of the country that is warm enough to grow *Camellia sinensis*. There are three primary tea-producing regions - Boseong, Hadong, and Jeju-do. South Korea produces only green tea, of which there are several styles. The most classic style is known as Jaksul Cha (translated as Sparrow's Tongue Tea), which is comprised of delicate and small young leaves and buds. This green tea is processed in a way that combines both the Japanese and Chinese tea-producing methods. The leaves and buds are steamed immediately after plucking (Japanese) and are pan-fired (Chinese) in a later processing step. Our Boseong South Korean Green Tea is representative of this classic style. The small, intensely green, curly leaves yield a strong and medium-bodied infusion with

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Upcoming Events



Visit our booth at the following shows:

Saturday 11/12 & Sunday 11/13

Autumn Art & Craft Festival
Stony Brook Univ. Sports Arena
Nichols Rd. North Entrance, Stony Brook

Sat 10:00am - 6:00pm

Sun 10:00am - 5:00pm

*There is a \$5 admission fee for event

Saturday 11/19

8th Annual Holiday Shopping Extravaganza

First Presbyterian Church
175 East Main St., Smithtown
near intersection of Rte. 111 & North Country Rd./25A

9:00am - 3:00pm

**Fundraiser - a portion of sales will be donated to the Presbyterian Women for the many causes that they help to support throughout the year.

Friday 11/25 - Sunday 11/27

Holiday Extravaganza

Centereach Fire Department
9 South Washington Ave (just south of Middle Country Rd.),
Centereach

10:00am - 5:00pm each day

***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 and we'll

vegetal/spinachy and spicy notes.

Join us next month as we wrap up our year-long journey in a few other tea-producing countries....

Tea & Health: Tea & Kidney Stones

Those who are prone to kidney stone formation have been advised to reduce or avoid their consumption of oxalate-rich foods. Among these foods are dark green leafy vegetables, soy products, certain fruits and grains, chocolate, and tea. Unfortunately tea has become a "casualty" being incorrectly classified with these other oxalate-rich foods and many doctors have told their patients to avoid tea altogether. The reason for this is that tea has been indicated to have high levels of oxalates, anywhere from 70-200 mg. However, what is not made clear is that this level is the total of multiple servings of tea, not per cup. While I agree that it may be wise for people prone to kidney stones to reduce consumption of tea, I believe that it is unnecessary to avoid tea entirely. Even though dried tea leaves have moderately high levels of oxalate, studies have shown that minimal levels of oxalate get extracted into the infusion that is consumed - approximately 3g to 17g of oxalate per cup. In fact, some studies suggest that moderate tea consumption may actually reduce the formation of kidney stones. In addition, the type of tea and steep time affect the amount of oxalate that is present in the infusion, with green and oolong teas having less oxalate than black tea and longer steep times extracting higher levels. If you or someone you know is prone to forming kidney stones, here are a few tips that may help:

- Drink no more than one cup of black tea per day
- Drink green, oolong, and white teas
- Drink black tea with milk since the calcium in the milk binds with some of the oxalate in the tea
- Steep black tea for 3-4 minutes, no longer than this
- Do not consume tea leaves and matcha (powdered green tea)

If you are prone to kidney stone formation, it is important to speak with your doctor before adding tea back into your diet or increasing your consumption of it.



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

have your order waiting for when you arrive.

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 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.

631-278-5755

kristine@pleasuresoftea.com

Proud Member



Contact Info

631-278-5755

kristine@pleasuresoftea.com

November's Special Offers:

- **Nov11** - save 10% on any order subtotal of \$50 or more.
- **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: November 30, 2011

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