



Autumn has arrived and so have our seasonal teas...perfect to warm you on the upcoming cooler days. We are getting closer to the official launch of our new website and an announcement will soon be sent out that outlines all of the new features. In this month's **Spotlight on...** section we visit and explore the teas of the island nation of Sri Lanka. This month's **Tea & Health** question comes from Linda in Bay Shore regarding tea and the effect it has on iron absorption. And be sure to take advantage of this month's specials in **October'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.

Spotlight on...Teas of Sri Lanka

Sri Lanka, formerly known as Ceylon, is a tropical island off the southeast coast of India. Most of the island is covered with plains that range from flat to soft hills; however, the center of the island is mountainous, with its highest point at an elevation slightly higher than 8,200 feet. Tea was first planted in the mid-1800's with cuttings that were brought from India in order to replace the failed coffee plantations. Today there are close to 500 tea manufacturers in Sri Lanka, making the tea industry one of the country's largest employers. The tea grown here is often referred to as Ceylon tea and it is harvested throughout the year because of the warm, tropical climate.



Sri Lanka predominantly produces orthodox teas in order to preserve the unique flavors and characteristics of the tea leaves. Some estates, however, have begun to produce CTC tea in order to increase their production. Ceylon black tea is popular around the world and accounts for the majority of Sri Lanka's tea production. Several estates also produce limited quantities of green and white teas. Ceylon teas are generally classified by the elevation at which they are grown, the region in which they are grown, and sometimes the name of the estate.

Elevation has the greatest influence on the characteristics of Ceylon teas. There are three elevation classifications, each of which produces teas with distinctive qualities: 1) low-grown, which are produced at elevations up to 2,000 feet; 2) mid-grown, which are produced at elevations ranging from 2,000 to 4,000 feet; and 3) high-grown, which are produced at elevations above 4,000 feet.

Low-grown teas account for about 55 percent of Sri Lanka's tea production and tend to be full-bodied and strong. Galle and Ratnapura are the two main tea-producing districts in the Ruhuna region. Lumbini is an estate in Galle that is known for producing elegant long leaf black teas and New Vithanakande is an estate in Ratnapura that produces popular teas that are rich and complex. Mid-grown teas account for only about 16 percent of tea-production and they tend to be rich and flavorful. Two of the main mid-grown regions are Kandy and Uda Pussellawa and their teas are mainly exported to Europe and Australia. High-grown teas account for about 25 percent of production and are the most sought-after. They tend to be highly aromatic, medium-bodied, and flavorful. Three of the main high-grown regions are Nuwara Eliya, Dimbulla, and

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Upcoming Events



Visit our booth at the following shows:

Thursday 10/6

11th Annual Women's Expo
Middle Country Public Library
101 Eastwood Blvd., Centereach
11:00am - 6:00pm

Sunday 10/9 & Monday 10/10
Fall Festival @ Deepwells Farm
497 Rte 25A (near Moriches Rd.
intersection), St. James
10:00am - 5:00pm

Thursday 10/13 - Sunday 10/16

Art & Gift Show

Smith Haven Mall
Middle Country Rd. (RT25) &
Nesconset Hwy. (RT347)
Lake Grove
10:00am - 9:30pm (Thurs-Sat)
11:00am - 6:00pm (Sun)

This will be the last Smith Haven show of the year

***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 have your order waiting

Uva. Kenilworth Estate is located in the Dimbulla region in an area that borders the Kandy (mid-grown) region. Its black teas are known for their consistent high quality and tend to have the characteristics of both growing regions.

Due to the varying elevations and climatic conditions on Sri Lanka, the characteristics of Ceylon black teas run the full spectrum of typical black tea characteristics. They can be consumed plain, with a slice of lemon, with milk and/or a dash of sugar or honey.

Join us next month as we explore a few other tea-producing regions....

Tea & Health: Tea & Iron Absorption

Linda in Bay Shore posed the question about whether or not tea consumption affects the body's ability to absorb iron. Several studies indicate that drinking tea ("true teas" such as black, green, oolong) may inhibit some absorption of dietary iron, but it depends mainly on the source of the iron. There are two types of dietary iron - one is from plant sources (non-heme iron) and the other is from meat sources (heme iron). Tea consumption has been shown to reduce the absorption of iron from plant sources, while the iron from meat sources is generally not affected.

One observation from several of the studies is that the inhibitory effects of iron absorption on long-term tea drinkers was much less than on those who consumed tea solely for the study. If there is concern about the potential affect tea may have on iron absorption, then follow these tips:

- Wait about an hour after a meal before drinking tea.
- Drink tea in moderation - no more than 6 cups a day.
- Get your iron levels checked at your next doctor visit.

Each of the studies draws a similar conclusion: even though drinking tea may inhibit some absorption of iron from plant sources, those who are healthy and have a varied (i.e. western) diet need not worry. Those who may need to be concerned would be vegetarians, vegans, and those who are prone to anemia.



Yours in tea,

*Kristine Henderson
The Pleasures of Tea*

**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.

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Proud Member



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October's Special Offers:

- **Oct11** - save 10% on all teas in the Seasonal Teas/Fall-Winter 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: October 31, 2011

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