



This month in the **Spotlight on...** section we visit one of my favorite tea-producing regions - Nilgiri, India. In this month's **Tea & Health** section, we explore the effect that black tea may have on DNA damage. And be sure to take advantage of this month's specials in **September's Special Offers**. Our new website is nearing completion and we are anticipating it to be launched toward the end of the month. An update will be e-mailed to you outlining all of the new features and extensive information about tea that you will be able to access. 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 Nilgiri

The Nilgiris district is a lush and tropical region located in the westernmost part of the state of Tamil Nadu in southern India. Nilgiri is a hilly area that is dominated by the Nilgiris, which means Blue Mountains. After Assam and Darjeeling, Nilgiri is the third largest tea-producing region in India, although it is not nearly as well-known as the other two regions. The first tea estates were established in the mid-1800's with the planting of both the small-leaf Chinese varietal *Camellia sinensis var. sinensis* and the large-leaf Assam varietal *Camellia sinensis var. assamica*. Nilgiri is a small region, covering a little more than 900 square miles, but almost a quarter of its land is devoted to tea production.



State of Tamil Nadu - Nilgiris district is the western arm between Mysore & Coimbatore

The majority of the tea in Nilgiri is grown on small, privately owned gardens; however, there are a handful of large estates that are located at elevations between 3,300 and 8,200 feet. As a result of the tropical climate, tea is harvested throughout the year. The tea that is harvested from December through March is known as frost tea because of the chilly winter weather and threat of frost. As with Assam, Nilgiri produces mainly CTC black teas, but several high quality orthodox teas are also produced. During orthodox tea production, care is taken to preserve the unique flavors and characteristics of the tea leaves, while the focus of CTC (crush, tear, curl) tea production is to quickly process as many tea leaves as possible. In addition to black tea, several tea gardens also produce limited quantities of orthodox-production green, oolong, and white teas.

Nilgiris are high-grown teas that are known for being aromatic and having unique flavors that may carry notes of

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Upcoming Events



Visit our booth at the following shows:

Sunday 9/4

Ronkonkoma Street Fair
Hawkins Ave., Ronkonkoma
11:00am - 6:00pm

*our booth will be between Portion Rd. & Division St.

Sat 9/24 - Sun 9/25

Long Island Fair @ Old Bethpage Village Restoration
1303 Round Swamp Rd.,
Old Bethpage
10:00am - 5:00pm

Sunday 10/2

St. James Day
Lake Ave., St. James
11:00am - 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. Can't make an upcoming show**

lemon, mint, or wood. Its black teas tend to be medium-bodied with a brisk, bright character and little to no tannins or astringency. They can be consumed plain, with a slice of lemon, and/or a dash of sugar or honey. They are ideal for iced tea, since they remain clear when chilled.

Several of Nilgiri's tea estates are world renowned. Among these estates, we offer a black tea from the Tiger Hill Estate, a decaffeinated, organic, fair trade green tea from the Korakundah Estate, and a frost oolong from the Chamraj Estate.

Join us next month as we continue on to Sri Lanka....

Tea & Health: Black Tea & DNA Damage

The vast majority of the studies conducted on the potential health benefits of tea have focused solely on green tea. It is worth noting, however, that close to 80% of all tea produced and consumed worldwide is black tea. Since all of the categories of "true" teas are produced from *Camellia sinensis*, it stands to reason that each type of tea has potential health benefits. To prove this, the National Cancer Institute in India conducted a study to identify whether black tea consumption would have an effect on DNA damage associated with tobacco use and infection by HPV (Human papillomavirus).

The findings of this study suggest that habitual consumption of black tea may provide protection against DNA damage and possibly reduce cancers that may result from this damage. Researchers found that study participants who consumed at least four cups of black tea each day had significantly lower DNA damage than those participants who consumed less black tea. This correlation was identified regardless of whether or not the study participants had a tobacco habit. There was no correlation between black tea consumption and HPV infection. In addition, no correlation between black tea consumption and lower DNA damage was identified in the participants included in the study because of their oral cancer diagnosis. This indicates that tea's benefits are preventive instead of curative, and are more effective with habitual use.



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Kristine Henderson
The Pleasures of Tea*

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September's Special

Offers:

- **Sept11** - save 5% on all teas.
- **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: September 30, 2011

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