



Devi Tea

Wishes you a Spectacular Summer!



## News From the Leaf Vol. II

Summer 2006

June 21, 2006 was the Summer Solstice and summer in the tea world means two things: the coveted spring harvests make it to the shores of America and elsewhere, and the second flush of the tea harvest is in full swing. At Devi Tea, we will get the first tastes of the coveted Yin Zhen Silver Needle, White Peony, and Dragon Well Teas and will proudly offer the best lot of each to our customers. We anxiously await samples of these second flush harvests from Darjeeling and will post our favorites on our website as soon as possible.

### Best Teas for the Season and Tips for Making Iced Tea

In the summer, one tends to think about iced teas more than hot teas. Though all teas can technically be iced, some taste better on the rocks than others. You can refer to the Tea Comparison Chart on our website to see which teas we recommend for serving over ice.

#### Sugary Simple Syrup for Iced Tea

This trick solves the problem of sugar granulates not dissolving in your iced tea:

1. Take one and one half cups of cold, filtered or spring water in a small sauce pan.
2. Add 1 cup of granulated sugar. We prefer an organically grown cane sugar.
3. Bring to a boil, then simmer for 10 minutes.
4. Let cool then add to your favorite iced tea.
5. Simple syrup will keep for about four weeks in the fridge.

#### Tips for Iced Tea

1. Use 7 grams of tea leaves for one quart of tea.
2. Cover the tea leaves with 2 cups of boiling filtered or spring water.
3. Steep for 5 minutes. Remove tea leaves.
4. Allow tea to cool before adding the remaining cold water.
5. Pour over ice, garnish and serve.

While drinking hot tea in hot weather it is important to select teas that are more cooling to the system such as white, green and oolong teas and the lighter 1st and 2nd flush Darjeeling and Himalayan varieties. For herbal blends follow the same advice and select floral and berry blends and spearmint rather than peppermint.

#### Tea & Cholesterol

When you do fire up your grill and throw on those steaks, having a pitcher of iced tea with it may have a healthy effect. Recent studies suggest that drinking tea may help lower cholesterol.

Scientists have observed in controlled population studies that there is a positive correlation between tea consumption and a lowering of LDLs (low density lipids, so-called "bad cholesterol"). The reason for this has not been clearly understood, but recent research out of India might have found why.

It appears that some of the catechins found in tea (*Camellia sinensis*) may alter the way in which the body metabolizes fats. The studies point to the catechins with a gallo moiety, such as EGCG and EGC. It is believed that these components slow down the release of enzymes from the pancreas that speed up the digestion of fats and facilitate the entry of fat into the bloodstream. A rapid rise in blood fat can contribute to the risk factors for coronary heart disease. It seems as though a slowing down of this process may be a good thing.

Armed with this knowledge, enjoy tea and your grill this summer.

\*The Journal of Nutrition. 2005 Feb; 135(2): 155-160.



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## Tea Forum

### Tea and American Independence

We have all heard of the Boston Tea Party, but did you know that was just one of many? Tea played a pivotal role in the American Revolution. King George III had repealed all but the miniscule 3 pence tax on a pound of tea, and the colonists continued to cry, "No taxation without representation!" Tea from England was boycotted. The colonists even preferred to pay more for the tea smuggled in by the Dutch or drink "Liberty Tea" made from hyssop and red raspberry vines than to pay the tax.

The British East India Company, with the help of King George, was determined to sell the tea they had originally purchased for export to the colonies. Hundreds of thousands of tons were going to go bad. A game of cat and mouse ensued and ship captains attempted to pay the duty before the colonists could stop them, and hence, by law, force them to buy the tea and pay the tax. Little did they know how determined was their foe. It is said that John Rowe's cry in December of 1773 "Who knows how tea will mix with salt water?" was the signal to the band of "Indians" waiting, perhaps in the Green Dragon Tavern, to rush the ships and dump over 30,000 pounds of tea into Boston Harbor.

Ship captains were kidnapped off ships and threatened with tarring and feathering if they did not leave immediately with the tea. In April of 1774 the poor Captain Stewart of the Peggy Stewart, who thought he had outsmarted the colonists by secretly paying the duty, was captured and forced to choose between swinging from the gallows pole and setting a torch to his own ship! The smart man chose the latter and returned to England convinced that the colonists were serious people. The civilized ladies of Edenton, North Carolina had their own "Tea Party" and wrote a letter to a London paper denouncing tea. Fifty-one prominent, local women who had family and social relations in London signed it.

Approximately two and one half years after the Boston Tea Party we won our independence from England. This, and every 4th of July should be celebrated with tea, a symbol of American determination. Try it iced with a shot of rum along side the grilled items at your July Fourth cookout.

### Devi Tea Community Support News

We had the good fortune to serve tea along side Jean-George Vongerichten's fantastic menu in the New York Central Park Conservancy's VIP tent for their "Taste of Summer" June 7th fund-raising event. We brewed up over 500 cups of our Jasmine Pearl and Caribbean Sunset teas for the guests. The unseasonably cool, rainy weather that evening made everyone delighted to have something hot to drink.

Coming soon to devitea.com "North to the Orient" tea. When you purchase a package of this special blend of Earl Grey and Lapsang Souchong teas you are making a donation to the Earth Shine Institute, an organization supporting the Charles A. and Anne Morrow Lindbergh Foundation. Named for the famous aviator and his wife, the foundation supports their vision of improving the quality of life through the balance between technology and nature. This blend was created for an event to honor the 100th anniversary of Anne Morrow Lindbergh's birth.



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