

Wishes you a Happy Chinese New Year!



Devi Tea

Year of the Dog
4703



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News From the Leaf Vol. I Winter 2006

In honor of the birthplace of tea, we are celebrating Chinese New Year. This celebration lasts for almost one week and dates back to 2500 BC, the advent of the Chinese Calendar and Zodiac cycle by Emperor Huang Ti. The Chinese New Year begins at sundown after the second new moon of winter. That occurred on January 29th of this calendar year. 4703 is the Year of The Dog and the wish is "Gong Xi Fa Cai - May you have wealth and prosper!" If you were born in a Dog year; 1922, 1934, 1946, 1958, 1970, 1982, 1994, or 2006, this should be an auspicious year for you, as well as for Tigers, Horses and Rabbits.

May you have a prosperous year full of joy and excellent tea.

Great Shopping Ideas for the Winter Holidays

Valentine's Day - Sweet and aromatic teas are perfect for this holiday. Try our Aphrodite's Delight, a blend of chocolate, caramel and rum flavored teas, or our Jasmine Pearl tea. The jasmine blossom has been used for centuries as an aphrodisiac.

Lent - Giving up coffee or alcohol? Tea is a great replacement. Our organically grown Keemun tea is a great eye-opener and our herbal blends are perfect for evenings.

St. Patrick's Day - Traditional Irish breakfast teas are made from tea grown in the Assam River Valley, so try our organically grown Assam tea. How about some Green Tea? We have five different kinds to choose from.

Best Teas for the Season

We believe any tea or tisane is the perfect drink for all seasons, but certain types can be more satisfying at different times of the year. For the winter months we find robust black and pu-erh teas to be particularly fortifying. Oolong teas are good anytime of the year, given their wide range in flavor, though the more oxidized varieties, e.g. Bai Hao, Five Dragon Mountain, and Four Seasons, are good choices for winter. These teas also go well with the richer foods we tend to consume during winter.

When choosing herbal blends, it is important to seek warming tonics, not just hot drinks. Anything with peppermint is great and rooibos tisanes are good for this time of year as well. Our Winter Spice, Peppermint, Spearmint, Red Vanilla, Red Mango, and Royal Velvet Lavender Rooibos are all great choices for a warming, caffeine-free beverage.

Tea & Reduced Risk of Ovarian Cancer

We have all heard that green tea may help reduce the risk of certain cancers. There is new evidence in support of this belief from Sweden*.

The study focused on the association between tea consumption (both black and green) and the risk of cancer. 61,057 women aged between 40 to 76 years were participants. While enrolled in the program from 1987 to 1990, they completed a 67-item food questionnaire. They were then followed through Dec. of 2004 for cancer incidence.

The women who drank less than one cup up to two or more cups of tea per day compared to women who seldom or never drank tea, had a lower risk of ovarian cancer. Two or more cups per day showed a 46% decrease in risk. Each additional cup further decreased the risk by 18%.

Though more research needs to be done, the results suggest an inverse relationship between ovarian cancer and drinking tea...so enjoy your tea!

*Conducted at the Division of Nutritional Epidemiology, the National Institute of Environmental Medicine, Karolinska Institutet, Stockholm, Sweden.

Source: Larsson, S. Archives of Internal Medicine, Dec. 12/26, 2005; vol 165: pp 2683-2686.



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Tea Forum

Never Over-steep Your Tea Again



Even the best teas can be ruined by over-steeping. I have to use a timer: if I do not, after pouring the water into my pot, I invariably get involved in something else and forget. Ten minutes later I find myself running back into the kitchen, mumbling a few expletives, to pour a bitter, over-steeped cup.



Some tea leaves seem to not be bothered by this, yet others are not as easy-going. **The perfect solution is the elegant yet practical Lu Yu Brewer. Use it and never drink an over-steeped cup of tea again.**



The Lu Yu Brewer was invented by our friend Jason Chen in 1998. Jason is a tea connoisseur, tea farm owner. He wanted to find a simple way of brewing tea so that anyone could enjoy a cup without having to learn the more complicated gungfu brewing method (see our website). The Lu Yu Brewer's function is based on that method. Through its proper use, the tea is brewed for approximately one minute and forty-five seconds, two or more times (depending on how much loose tea you use). Because it works like an hourglass you never have to worry about over-steeping your tea. A small hole at the bottom of the upper chamber where the leaves are held allows the water to drain completely through the upper chamber into a pitcher or cup below, resulting in perfectly brewed tea.



The brewer is made from Dehua porcelain and is hand-crafted and painted by skilled artisans in China. It is available in four different styles on our website.

New Things at Devi Tea

Our website has come a long way since its inception last year. Many of you have made great suggestions on how to make it better. In response, we have posted several new products and continue to add more.

On our home page are two new links. Clicking on these will take you to easy-to-read charts which allow you to see our extensive list of teas and tisanes, and be able to shop comparatively at a glance.

A limited selection of our teas are now available at the Suss Design knitting studio and shop in Soho, New York City at 281 Lafayette St. You can sip excellent tea while taking a knitting class. Call 212-226-1848 for details.

We truly appreciate your visits to our website and your insightful feedback. We hope to continue to hear from you.



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