
TEA TALK:

NEWS FROM ACQUIRED T

Issue 5

Winter 1999

Happy New Year!

under our belt, it's time to turn our attention to the tea events of 1999. We

at our March birthday party! In the meantime,

Valentine's Day teas & gift ideas for you, including those heart shaped tea

What's New?

New Bulk Teas:

-A new **Jasmine** green tea, made with jasmine blossoms.

-A new **Earl Grey**. Now you have 3 choices- Earl Grey, Earl Greyer, and Crème de la Earl Grey.

New From Murchie's:

-Two new Murchie's teabag blends became available to us just this month- English Afternoon tea & Green Springleaf Tea.

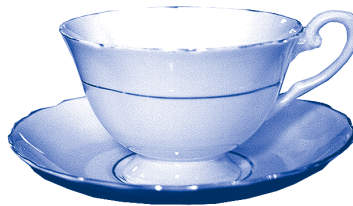
New From TRoT:

-The Republic of Tea has a new line of green teas in teabags, known as the "Daily Green" Line. Seven new blends such as Honey Ginseng & Apple Blossom have been created to encourage you to a healthy cup daily.

New From Wagner's:

-We began carrying more teas from this line last fall. Especially interesting are their decaffeinated teas and green tea blends in teabags.

ACQUIRED TASTES TEA COMPANY



"Savouring the Good Life"

The Top 10 List

Ever wonder how your favourite Acquired Tastes' blend rates with other tea drinkers? Here are the most popular bulk teas in the shop, as of Oct. 98.

1. Republic Chai
2. Buckingham Palace Garden Party
3. Ginger Peach
4. Blue Eyes
5. Gingia Estate Pure Assam
6. Monk's Blend
7. Blackberry Sage
8. Lapsang Souchong
9. Earl Greyer
10. Crème de la Earl Grey

Party Time!

Join us Saturday, March 13 for Acquired Tastes' Second Birthday Party, between 10 a.m. and 6 p.m. A light afternoon tea will be served with a sampling of teas throughout the day. There will be one-day store specials, and door prizes will be raffled off to mark the event!

Upcoming Events Tea Tastings

Thursday, February 18, 7 p.m.

Theme: All the Tea in China

China is the Motherland of tea cultivation and teawares. This tasting (held only a few days after Chinese New Year!) will celebrate green and black, everyday and rare Chinese teas. To celebrate the invention of China teaware, bring along your favourite teacup, and share its story with us.

Tuesday, April 13, 7 p.m.

Theme: Tea 101

Do you feel intimidated by all the choices of teas and tea equipment? Do you want to break out of your tea routine, but don't know where to start? This tasting will introduce participants to slightly more adventurous teas, and discuss how to brew a perfect pot. Common questions on loose tea, tea processing, tea equipment and tea drinking in general will be addressed.

Cost for Tea Tastings:

Cost for each tasting is \$5 per person. To guarantee your spot, payment must be made in advance, at the shop or over the phone by credit card. Should you need to cancel, you will receive credit to attend a future tasting, but no refunds. Attendance is limited, so please register early to avoid disappointment.

Feature Tea

Japanese Sencha

Sencha is a type of green tea, grown only in Japan. The tea leaves are pan-fired, and rolled out into long, green needles. (A very interesting looking tea, and thus not often found hidden in a teabag.)

There are several grades and qualities of Sencha, and therefore a wide range of prices. The mid grade Senchas are the everyday teas enjoyed by most Japanese at home or work.

Compared to some green teas, Senchas tend to have a grassier taste, but with a rich, sweet flavour and reasonable body. Like most green teas, milk and sugar are not usually added to Sencha.

If you enjoy Sencha, you may also want to try Genmaicha, which is Sencha with toasted rice added. The rice occasionally pops, resembling popcorn. (As you can imagine, this is also a visually intriguing beverage!)



"A Proper Tea is much nicer than a Very Nearly Tea, which is one you forget about afterwards."

-Pooh's Little Instruction Book

The Latest Tea & Health News

Last September, the **Second International Symposium on Tea & Human Health** was held in Washington D.C. Here is a summary of the studies presented at the symposium by scientists from around the world:

-For the first time ever, a study showed direct evidence of tea's protective effects against a pre-cancerous condition in humans.

-Tea may have protective effects against several types of cancer (oral, digestive, lung and colon) in humans and animals.

-Tea has greater antioxidant power than many fruits & vegetables. Drinking one cup of tea per day may equal the antioxidant intake in one serving of vegetables.

-Promising research that tea consumption may reduce the risk of heart disease and stroke.

-Black tea has antioxidants comparable to green tea, and also has a wide range of health benefits.

Did you Know?...

...a cup of tea has only about 1/3 of the caffeine found in a cup of coffee? Some confusion over the issue is caused by the fact that a pound of tea contains more caffeine than a pound of coffee. The explanation? - A pound of tea makes about 200 cups, but a pound of coffee only makes about 40 cups.

On average, 170 mL of tea contains about 34 mg of caffeine. According to Canada's Food Guide, a daily intake of up to 400-450 mg of caffeine per day is within the recommended limit for most people. Using this guideline, a person could drink up to 10-12 cups of tea per day!

For those of us who are somewhat more sensitive to caffeine, almost all herbal teas are naturally caffeine free, and decaffeinated teas contain only about 3% of a tea's original caffeine

Please forward newsletter ideas or questions, address updates as well as mail orders to:

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Thursdays 10 a.m. - 8 p.m.

Closed Sundays