



Notting Hall, *The Place for Tea*

Spring 2005

Points of Interest

- Research continues on the health benefits of tea.
- Do you know how to brew the perfect cuppa?
- Since our last catalog, we've introduced many new teas.
- The caffeine controversy - do you really want "decaffeinated"?
- Those confusing tea terms are explained.

Meanwhile, let us have a sip of tea. The afternoon glow is brightening the bamboos, the fountains are bubbling with delight, the sighing of the pines is heard in our kettle. Let us dream of evanescence, and linger in the beautiful foolishness of things.

Okakura Kakuzo

Teas from Around the World

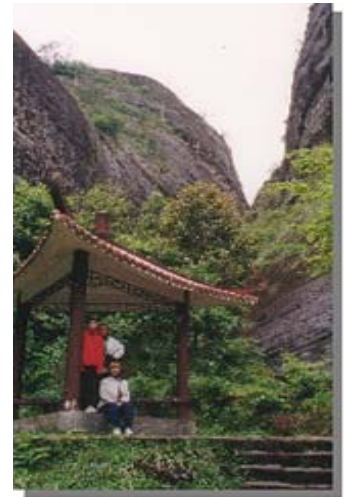
Tea, native to China, is now grown around the world. Tea plantations are in abundance in China, Japan, India, Sri Lanka, Taiwan, Africa, Indonesia, Argentina and even the USA. And all of the more than 3,000 different types of tea grown around the world come from the one tea plant, the *Camellia Sinensis*.

At Notting Hall, we strive to offer only the finest, loose leaf teas from all of these countries. We work closely with the plantations and with our importers to select the highest quality tea, offering the best taste for the best price. Some of the teas we offer are rare and difficult to obtain. If you find that we are out of a particular tea that you may want, please let us help you select another. We may find a premium tea and get so excited about it, it sells out quickly.

And, like fine wine, it may not be available to us again.

We have been very fortunate to have visited some of the most famous tea plantations around the world. In China we have learned first hand the process of plucking, withering, rolling and sorting. In India we learned about the tumor removal process to maintain the purity of the original tea bush. In Mongolia, we sipped brick tea brewed with yak milk and garnished with millet and butter. We have delighted in the opulence of Afternoon Tea in England with its traditional tea sandwiches, savory scones and Devonshire cream. We have shared high tea at kitchen tables in Ireland.

If tea is new to you, let us educate you about the different types of tea - black, green, oolong, pouchong, white, puerh.



A rest stop while climbing Mt. Mei in China with tea friends, Norma and Quincy.

Please learn with us as we continue our journey around the world of tea. Tea is a life-long learning process and we are enjoying every moment.

Health Benefits of Tea

Research continues to support the potential health benefits of drinking tea. Because tea is the second most consumed beverage in the world, the potential health benefits could have important implications on health and disease prevention.

Notting Hall does not mean to overstate the health benefits of drinking tea, but only to communicate to you what medical research is saying. Tea has been shown to calm upset stomachs,

relieve headaches and ease cold symptoms. Tea also slows the growth of certain bacteria and aids in the retention of Vitamin C. A good source of fluoride, tea aids in strengthening tooth enamel, while reducing plaque formation.

Tea is a rich source of the plant substances known as flavonoids, which have antioxidant properties to neutralize harmful molecules called

free radicals. These antioxidant properties help prevent the onset of chronic diseases.

Scientists recently found that tea may help protect against Alzheimer's disease. Green tea in particular inhibits the activity of certain enzymes which have been discovered in protein deposits in Alzheimer patients.

Published studies have also reported that women who drank tea daily had higher bone mineral density (BMD).

Research has also shown that people who drank black tea daily showed improved blood vessel function with an average 11% lower rate of heart attacks. Clinical trials also found that LDL (bad cholesterol) is reduced significantly by drinking black tea daily. The same amount of green tea daily significantly reduces the oxidative DNA damage which contributes to cancer development.

Tea drinking is part of a healthy lifestyle and contributes significantly to overall good health.

Introducing New Teas and Tisanes

Since our last catalog, we have been busy introducing new teas. From single estate teas, to hand-tied artisan teas, to wonderfully flavored and scented teas. They are listed on our website, but haven't made it to the catalog as yet. So, until our latest catalog is ready for mailing, we've listed them here for you.

Green Teas

Premium Mao Feng Green - This hairpoint is carefully made of very dark, green leaves, gently twisted during its firing.

Flavoured Green Tea

Bali Hai - Sencha delicately blended with coconut and pineapple. Simply amazing - hot or iced.

Dragonflower - Chinese green scented with jasmine and hibiscus, and flavored with luscious sweet mango.

Black Teas

Nine Bend Black Dragon - The Wuyi Mountains in China are spectacular and so is the brew from this full-bodied tea.

Ching Wo - You'll love this full-bodied Chinese black with its coppery colour, winey flavour and pronounced aroma.

If there's a tea that sounds irresistible and you'd like to try it, just let us know. We love sending samples.

Flavoured Black Tea

Kanchanaburi - Thailand's beauty will come to mind when you enjoy this blend of cinnamon, ginger, vanilla and cardamom with distinctive black tea.

Earl Grey Raspberry - Tart, sweet raspberries blended with China black and oil of Bergamot for a delightful brew.

Victorian Earl Grey - Delicate rose hips and rose petals enhance this classic black blend for a brew with a fragrant bouquet.

Lemon Ginger - Tangy, pungent ginger and sweet, tart lemon combined with high-quality Ceylon black.

Strawberry Cobbler - Plump, red, juicy strawberries and kiwis with Ceylon black for a slightly sweet, fragrant brew.

It's the Berries - This wonderful blend of high quality Ceylon black tea with the fruity, flavorful goodness of blueberries is to be enjoyed all year long.

Estate Teas

Castleton Estate Darjeeling - The most prestigious of all black teas, this second flush Darjeeling is sure to become one of your favorites.

Tukvar Estate Darjeeling - This is the first estate to be planted and the only estate to reach a world record price for its tea.

The Lovers

Long green leaves unfurl to produce two beautiful flowers in one.



Margarets Hope Darjeeling - Complex and fragrant, this estate has been enchanting tea lovers for years. A classic.

Artisan Teas

The Lovers - Long green leaves are hand-tied to form two rose-colored flowerettes opening from one body.

Peony Waterfall - This hand-tied green tea provides a dazzling display as this magnificent peony opens and reveals its beauty.

Budding Sydney - Tiny, delicate, white blossoms emerge from the cocoon of the beautiful long green hand-tied leaves.

Tisanes

Tiki Torch - The tropics come to mind with the natural sweetness of pineapple and coconut with Rooibos in this caffeine-free beverage.

NOTTING HALL

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The Place for Tea

*Specialty Loose Leaf Teas
Tea Essentials
Imported Foods*

Teapots and Tea Essentials

Have you checked out our teapots online? Whether you choose glass, stainless steel or fine porcelain, teapots are meant to be used and enjoyed. And we have them all, from classic looks to whimsical designs. Each month we feature a "Teapot of the Month" and if you purchase during that month you will receive 20% OFF the purchase price.

And don't forget our mugs, cups, infusers, and other tea essentials. If you can't find it elsewhere, we probably have it. www.nottinghall.com

Tea-Mail Newsletter

If you would like to receive our monthly Tea-mail News with more information on Notting Hall and the 'world of tea', please let us know. Simply provide us with your email address and we will do the rest.

Email: sales@nottinghall.com



How to Brew the Perfect “Cuppa”

*“Women are like teabags.
We don’t know our true strength
until we are in hot water.”*
Eleanor Roosevelt

Brewing vs. steeping. Whatever term you use, do not be intimidated. Tea is not difficult to prepare and should not be approached cautiously. Throw caution to the wind and have fun!

You need water, tea and a pot. Nice to have, but not necessary, are an infuser (ball, basket or filter bag), a tea strainer and a timer. When using an infuser, remember tea leaves double or triple in size during steeping. Use an infuser large enough for the leaves to swirl around in the brew.

Water- The water is very important when making a good cuppa, but, unless you have very poor tap water, it’s not necessary to purchase bottled water. From the cold water tap, let the water run freely for a minute or two. This will allow the water to become fully aerated.

Temperature- Water temperature should vary slightly with the type of tea. Black tea requires a rolling boil; oolong tea requires water that has just reached the boil; and green tea requires water that is just below the boil.

Tea- Always use top quality, full leaf tea. How much leaf to use is a matter of taste. Start with one level teaspoon for every 8 ounces. Your taste will eventually determine how much tea to use. You may spoon the leaves directly into the pot, or place the leaves into an infuser or filter bag.

Warm the pot or cup first by pouring in hot water, swirling it around, letting it sit for a moment or two and then pour the hot water off. Into the warmed pot or cup, add your tea.

As soon as the water reaches the correct temperature, turn the heat off. Pour the freshly boiled water from the kettle over the leaves in the warmed teapot or cup. Put the lid on, steep and enjoy.

Time- Your taste will again determine the ideal time. The longer the leaves steep, the stronger the brew. Start with

*3 to 4 minutes for black
and oolong teas and
1 to 2 minutes for green
and white teas.*

Over brewing may result in a bitter cup. If using an infuser or filter, remove the leaves and enjoy. If the leaves are to remain in the pot, use a strainer to catch the leaves.

If the pot is to sit for a period of time, cover it with a tea cozy or towel to keep the brew warm.



*The
better the
water,
the better
the tea,
the better
the taste.*

The Caffeine Controversy

More and more customers are inquiring about decaffeinated teas. But before you decide that “decaffeinated” is what you want, we thought we’d share with you a bit of information.

Caffeine occurs naturally in over 60 plants, including coffee beans, cocoa beans and tea leaves. Caffeine is a stimulant and has been shown to increase alertness and concentration, quell headaches and to speed reaction time. It also increases digestive juices and helps the kidneys eliminate toxins.

The average tea drinker consumes about 80 mg. of caffeine per day as compared to the average coffee drinker’s 220 mg. The longer the infusion, the greater the caffeine content. And tea bags, which contain broken leaves, produce an infusion with far more caffeine than loose leaf tea.

The three most widely used methods used to decaffeinate tea (and coffee) are carbon dioxide (CO2), water processing, and ethyl acetate. With each of these processes, there are significant differences in the taste, the residual chemicals, and in the environmental repercussions. It is also important to remember that in any decaffeination process, some caffeine remains, and the levels of antioxidants and other health promoting components can be impacted by the extraction.

On our website we explain, in detail, each of the decaffeination processes. Please log on for more information.



Decaffeinate Your Own Cup

Put the kettle on. Measure the tea into an infuser and place in your cup or pot. As soon as the water reaches the correct temperature for the tea you are going to brew, turn the heat off. Pour the water from the kettle over the tea leaves. Put the lid on and let steep for 30 seconds. Remove the leaves and pour out the brew. Put the leaves back in the cup or pot and refill with hot water from the kettle once again. Let it now steep for the correct amount of time for the tea you are brewing.*

**From this first infusion, you will pour off approximately 75% of the caffeine from the leaves.*

NOTTING HALL

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*In the 16th century
when London was
full of coffee houses,
Thomas Twinings
decided to serve tea.
Thus, a new tradition
was formed.
Join us now as we
invite you to
re-experience this new
tradition . . .
tea with
Notting Hall.*



Notting Hall

The Place for Tea

*Specialty Loose Leaf Teas
Tea Essentials
Imported Foods
Books
Giftware
Children's Tea Sets*

Tea Terms

*Do you know what "congou" means?
How about "tannin"? These terms
may be familiar to some of you and
quite confusing to others.*

Agony of the leaves - the swirling around in the water of the leaves.

Assam - large leaf tea produced in the northeast region of India.

Bergamot - a small pear-shaped fruit, native to Italy, used to flavor Earl Grey.

Camellia Sinensis - the evergreen plant used to produce tea.

Cha - Mandarin for "tea".

Chai - in India and Russia, this is the word for "tea".

Complex - tea with many layers of flavors.

Congou - the Chinese term for "skilled" which is required to make black tea.

CTC - the method of manufacturing by cutting, tearing and curling the dry leaf.

Down - the fine hair-like growth on the underside of the leaf or bud.

Dust - the very smallest siftings of dry tea.

Fannings - the tiny bits of dry tea.

Fermentation - after withering and rolling, leaves are allowed to oxidize.

First Flush - the new tea shoots picked from May through June.

Flavanoids - a polyphenol found in tea and known as "catechins".

Gaiwan - the Chinese three-piece teacup.

Gongfu - from the Chinese "kung fu" which requires special skill.

Grade - after manufacture, leaves are divided into grades based on size.

Gunpowder - tea shaped like round pellets.

Infusion - the liquid obtained by brewing.

Lapsang Souchong - large leaf tea from China, produced from smoked pine.

Liquor - the liquid obtained by brewing tea.

Mao Feng - Chinese term for "hairpoint".

Orthodox - the traditional method of manufacturing tea.

Oolong - tea partially fermented between black and green.

Oxidation - exposing the leaves to air to change the leaf from green to brown.

Pekoe - the size of the leaf, not the quality.

Polyphenols - compounds found in tea, now known as antioxidants.

Second Flush - second sprouting of tea leaves.

Tannin - the chemical component of tea known as polyphenols.
