

# **SUMMER CHILL OUT!**

## **The New Guide to Gourmet Iced Teas**



# CONTENTS

## **1. About Iced Tea...**

America's contribution to the global tea tradition

## **2. Why Drink Fresh, Full Leaf iced Tea?**

Flavor. Health. Value. Environment.

## **3. How to Make Gourmet Iced Tea**

Hot Brew and Cold Brew Methods

## **4. The Best Teas On Ice**

Classic Black, Pu'erh and Yerba Mate tea types

## **5. The Best Teas On Ice**

Green, White, Oolong and Herbal tea types

## **6. Gourmet Iced Tea Drinks**

Iced White Bliss & Iced Breakfast Tea Latte

## **7. Gourmet Iced Tea Sparklers**

New Moon Sparkler & Boulder Blues Sparkler

## **8. Frozen Iced Tea Treats**

Tea Popsicle Treats for the family

## **9. About The Tea Spot**

Making Loose Leaf Tea Your Everyday Luxury



## Iced Tea...

### America's contribution to the global tea tradition

The story of our nation's independence begins with tea. At the celebrated Boston Tea Party of 1773, three shiploads of tea were dumped into the harbor in protest over high taxes on the tea being exported from Britain to the American colonies. Interestingly, during colonial times, we were a green tea-consuming culture. Until WWII, tea was the most widely consumed hot beverage in the United States; it was not until trade was cut off with Japan in 1941 did coffee take over.

Most notably, the US has made its contribution to global tea culture by popularizing iced tea. It was first introduced at the 1904 World's Fair in St. Louis. A group of tea producers from India had set up a booth to promote their black teas. The sweltering summer heat and humidity prompted them to serve the tea over ice, just to get people to try it. It was a big hit! In the 100 years since that event, consumption of iced tea in the US has grown to over 40 billion cups per year.

In recent years, demand for gourmet teas in North America has risen dramatically. Restaurants, spas and cafes are now making quality loose leaf teas. Innovative tea drinks and tea-related products are now easily accessible to many Americans. Health and lifestyle trends have given tea new importance. Tea is now thought of as a stylish, healthy alternative to coffee and alcohol. It's widely available and ready for you to drink up and feel good about it!



## Why Drink Fresh, Full Leaf, Iced Tea?

Americans consume 20-25% of their calories through beverages\*. What better way to cut back than to replace soda pop with a delicious, natural alternative that costs far less per serving! Increased understanding of the role antioxidants play in the prevention of cancer and cardiovascular disease has made tea the perfect health beverage. It is fat-free and calorie-free, and untainted by additives and preservatives when prepared from fresh, full leaves.

When working out or living an active lifestyle, it's a good idea to up your intake of foods rich in antioxidants. Exercise generates oxidants, which can produce oxidative stress, which can damage muscle cells. Tea is a much sought-after beverage, since it ranks ahead of most others in terms of antioxidant potency. If tea is consumed about an hour before exercise, the caffeine content is likely to enhance performance in high-intensity athletic events. When taken after exercise, tea's rich antioxidant content has been shown to help boost recovery and limit the damage done by lactic acid to muscles.

### Flavor. Value. Health. Environment.

You can now enjoy steeping gourmet iced tea at home with ease. High quality whole leaf tea and traditional hand-crafting methods produce teas of superior freshness, flavor, aroma, and health benefits. These full leaf teas come at a fraction of the cost of teabags, and are fully biodegradable and compostable.

\* Ref: UNC-Chapel Hill School of Public Health study published in the November 2007 issue of Obesity Research

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## Steeping Guide for Hot Brew Iced Tea Method



per 16 oz  
concentrate



additional  
infusions

<b>BLACK</b>	<b>4 level tsp</b>	<b>212F</b>	<b>3-5 min</b>	<b>0</b>
<b>OOLONG</b>	<b>4 rounded tsp</b>	<b>195F*</b>	<b>2-4 min</b>	<b>3-5</b>
<b>GREEN</b>	<b>4 rounded tsp</b>	<b>175F**</b>	<b>2-3 min</b>	<b>1-3</b>
<b>WHITE</b>	<b>4 heaping tsp</b>	<b>150F***</b>	<b>3-6 min</b>	<b>1-3</b>
<b>PU'ERH</b>	<b>4 level tsp</b>	<b>212F</b>	<b>2-6 min</b>	<b>2-3</b>
<b>MATE</b>	<b>4 level tsp</b>	<b>195F*</b>	<b>3-6 min</b>	<b>1</b>
<b>HERBAL</b>	<b>4 heaping tsp</b>	<b>212F</b>	<b>5-6 min</b>	<b>0</b>

\* to get water temp to 195F, boil, then let cool 1 minute

\*\* to get water temp to 175F, boil, then let cool 2-3 minutes

\*\*\* to get water temp to 150F, boil, then let cool 4 minutes



## How to Make Gourmet Iced Tea

### Hot Brew Method - requires boiling water

For best results, use premium loose leaf teas & filtered water.

Yield: 4 - 24 8-oz glasses gourmet iced tea (depending on how many infusions you can get from your tea type)

Ingredients: 4 tsp tea leaves, 16 oz boiling or hot water, 32 oz temp-resistant glass pitcher with 4 cups ice cubes

Method: Please see steeping guide at left for proportions, temperature and steeping times for your tea type.

Steep the tea leaves in boiling or hot water, per steeping guide for your tea type. Pour the concentrated tea over ice cubes in temp-resistant glass pitcher with ice cubes. Stir.

Optional: sweeten with honey or agave. Garnish: add citrus slices or mint sprigs.

**Note:** This method will work for all tea types.

### Cold Brew Method - doesn't require hot water

For best results, use high quality loose leaf tea and mineral water, which helps extract the tea better when doing a cold brew.

Yield: Four 8-oz glasses gourmet iced tea

Ingredients: 4 rounded teaspoons tea leaves, 32 oz water, 32 oz canning jar, strainer

Method: Place the tea leaves in jar. Pour water over the tea leaves. Cover. Let sit overnight at room temperature. Strain off tea leaves. Chill for at least 2 hours. Optional: sweeten with honey or agave.

Garnish: add citrus slices or mint.

**Note:** This method works well for green and white teas only.





## **The Best Teas on Ice - Classic Black Teas, Pu'erh, and Yerba Matè tea types**

**MANGO TANGO** (caffeine: 40-50 mg /16 oz glass): Ceylon black tea blended with mango and passionfruit - a fun-loving versatile tea that produces a subtle sweetness that's most refreshing when served over ice. Garnish with a slice of fresh mango and mint to help enliven the taste buds. \$0.15/serving

**ORGANIC BLUE MOUNTAIN NILGIRI** (caffeine: 40-45 mg/16 oz glass): These rich burgundy leaves from India's Nilgiri Mountains steep into a clear and bright amber color, with a well-rounded body that floats on your palate with hints of ripe summer blackberries. \$0.26/serving

**EARL GREY PU'ERH** (caffeine: 50-60 mg / 16 oz glass): An amazingly powerful combination. The classic bergamot fragrance on a bold, earthy tea. Slightly smoky. Revered by tea lovers from around the world for its reputation as a weight-loss and heart-healthy tea. \$0.09/serving

**BOLDER BREAKFAST** (caffeine: 50-60 mg /16 oz glass): Bold, black teas with the subtle hint of a dark chocolate essence. This tea yields a rich, dark hue and a well-rounded flavor that takes very well to milk and sweeteners, and tastes even better in the form of a tea latte. This is the perfect tea to help kick your iced coffee habit! \$0.14/serving

**MATE LIMON CHAI** (caffeine: 30-40 mg/16 oz glass): A tea for those who need a jump-start on their way to early morning kickboxing class, endurance for lunch-hour spin class and focus for late-afternoon yoga class. This blend of Brazilian yerba matè, lemongrass, ginger, and chai spices hydrates the body, awakens the soul, and focuses the mind. \$0.09/serving



## **The Best Teas on Ice - Green, White, Oolong and Herbal tea types**

**GREEN ROASTED MINT** (caffeine: 10-15 mg / 16 oz glass): An amazingly refreshing blend of peppermint & roasted Japanese green tea. Naturally lower in caffeine than other green teas, it aids in muscle relaxation and digestion. The tawny taste of the roasted green tea creates a nutty base that is brightened by the vibrant peppermint leaves. Brews into a clean, amber color with a most inviting aroma. \$0.13/serving.

**JAPANESE SENCHA** (caffeine: 15-20 mg / 16 oz glass): This Japanese tea maintains a deep green luster with a lively, fresh cut, grassy taste. Emerald green in color, it's the ideal tea to cold brew. It yields a very rich body with grand aroma and a bright, brisk flavor. \$0.06/serving.

**WHITE PEONY** (caffeine: 10-15 mg/16 oz glass): This tea simultaneously refreshes and calms. The taste is round and fresh. It makes a rehydrating and hearty iced tea, due to its natural sweetness and high antioxidant content. \$0.11/serving.

**VINTAGE OOLONG** (caffeine: 30-35 mg / 16 oz glass): A pure Taiwanese medium-bodied oolong. With a sweet flavor, this tea captures the subtlety of an exquisite, full-leaf tea. Hints of ripe apricots and lilacs combine to produce a smooth and classic green oolong. \$0.08/serving.

**RED ROCKS** (naturally caffeine-free): Get a great immunity boost when you need to be energized naturally. A blend of Rooibos (a South African bush), vanilla and almonds, it creates a smooth, creamy-sweet, thirst quencher you can enjoy any time of day. Full of antioxidants and other healthy minerals (such as calcium, potassium, magnesium, iron, zinc, copper and fluoride) it rehydrates & recharges. \$0.14/serving.



## Gourmet Iced Tea Drinks

### Iced White Bliss

Yield : 64 oz (four 16-oz glasses)

#### Ingredients:

32 oz white grape juice (bottled, or made from concentrate)

32 oz white peony tea cold brewed overnight

Optional: sprigs of mint for garnish

#### Method:

Combine and stir. Serve over ice with a sprig of mint, if desired.

### Iced Breakfast Latte

Yield: Single 16 oz serving

#### Ingredients:

4 tsp BOLDER BREAKFAST tea leaves

8 oz boiling water

2 oz milk or milk substitute (soy, almond or rice milk)

martini shaker filled 2/3 with ice cubes

optional: sweetener, such as honey, agave or vanilla

#### Method:

Steep an 8oz concentrate of 'BOLDER BREAKFAST' using 2 teaspoons of tea leaves in boiling water for 5 minutes. Strain tea leaves. Pour into 16oz shaker filled 2/3 with ice cubes & shake well. Steam or froth 2 oz milk or milk substitute to twice its original volume. Add iced tea concentrate to milk or milk substitute and sweeten with honey, agave or vanilla, if desired.



## Gourmet Iced Tea Sparklers

**Boulder Blues Sparkler** Servings: 6

Ingredients:

- \* 1/2 cup sugar
- \* 2 TBS BOULDER BLUES, yielding 4 oz tea concentrate\*
- \* 1 1/2 cup strawberries, chopped and hulled
- \* 6 lemon slices
- \* 1 750-ml bottle chilled Prosecco or 1 liter ginger ale

Preparation: 1. Make BOULDER BLUES concentrate:

Place 2 TBS of BOULDER BLUES green tea leaves in an 8 oz measuring cup. Bring 5 ounces of water to boil and cool water for 3 minutes bringing water down to about 174°. Pour hot water over tea leaves and steep for 2-3 minutes. Strain out tea leaves and add enough ice to yield 6 oz of tea.

2. Stir sugar and tea concentrate in small saucepan over medium-low heat until sugar dissolves. Cool.

3. Divide strawberries among 6 8 oz glasses; add 1 TBS tea syrup to each glass and mash. Add lemon slice, ice cubes and fill with Prosecco or ginger ale.

**New Moon Sparkler** Servings: 6

Ingredients:

- 8 oz chilled NEW MOON DARJEELING tea concentrate, chilled\*
- 1 bottle Champagne, chilled
- Pomegranate seeds for garnish

Preparation: 1. Make NEW MOON DARJEELING tea Concentrate: Bring 4 oz water to a boil. Place 2 TBS of tea in an 8 oz measuring cup. Pour 4 oz hot water over tea leaves and steep for 4 minutes. Strain tea leaves add enough ice to yield 8 oz of tea.

2. Pour champagne in flutes, fill about 2/3 full and add NEW MOON DARJEELING tea concentrate. Garnish with a heaping teaspoon of pomegranate seeds.

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## Frozen Iced Tea Treats

Making cool tea treats at home is easy, healthful, and economical. Brew tea according to the Hot Brew Instructions in this guide. You can simply use a Popsicle mold, pour in the tea, insert the sticks, and freeze. Plastic molds make the process a snap, but small paper drinking cups work just as well. Put into a freezer for at least 4 hours to freeze. To unmold, run under hot water for just a few seconds.

Here are some helpful tips:

- Fruit and flavored teas make good flavored popsicles.
- You can add lemon or pureed fruits for a refreshing change.
- To keep the popsicle sticks upright, freeze the mixture until half frozen before inserting. You can find popsicle sticks at craft shops or grocery stores.
- You don't need to add sugar! But if you choose to sweeten your popsicles, make sure that the sugar crystals dissolve completely before putting the mixture into the freezer.
- To get a smoother consistency, add just a little dissolved flavored or unflavored gelatin to the mixture before freezing.

Making Loose Leaf Tea Your Everyday Luxury.



**STEEPWARE**

Signature Blends for your SENSES  
ORGANIC Single Estate FULL LEAF

INFUSING Modern Design &  
INNOVATION with Tradition

**LOOSE TEAS**



**MEDITATIVE MIND**

WHITE TEA | 1.5 OZ (42.5g) | 20 SERVINGS  
2.5oz LOOSE LEAF TEA | 20 SERVINGS



**BOULDER BLUES**

2oz (56.7g) | 1.5oz (42.5g) | 20 SERVINGS  
2.5oz LOOSE LEAF TEA | 20 SERVINGS



**GREEN ROASTED MINT**

ROASTED GREEN TEA | PEPPERMINT  
2.5oz LOOSE LEAF TEA | 20 SERVINGS

**THE TEASPO.TCOM**

## About The Tea Spot

The Tea Spot grew out of a passion for tea, and is fueled by a most personal desire to provide the health benefits of tea in a simply enjoyable form. Our co-founders initially met in a unique quest for health – as a personal fitness trainer and one outstanding client, a cancer survivor on her journey back to health. Their love of tea and commitment to health led to a great friendship and creation of this unique tea company that fulfills both passions. As a woman-owned and operated company locally founded and organically grown in Boulder, Colorado, we strive to educate consumers about the benefits of loose leaf tea. Our message is a simple and powerful one: Tea in its freshest form renders superior quality and flavor, unmatched health benefits, and is eco-friendly.

This is not your grandma's cup of tea. Eco-conscious STEEPWARE™ and teas—handcrafted in Boulder, Colorado—modernize the full leaf tea experience with design and style, making loose leaf tea easy for today's savvy tea drinkers. Indulge in simplicity. Enjoy the extraordinary health benefits. Discover The Tea Spot. A portion of each sale goes to cancer wellness programs. So drink up and feel good about it!