



# TEA 101

An Intro to Loose Leaf Tea

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## Turn over a new [tea] leaf

1.

Looking for an iced drink that's as healthy as it is delicious – good for you and good for the environment? Tired of consuming those unappetizing health bars and drinks to help with stress to get your minerals and antioxidants? Whole leaf tea and traditional hand-crafting methods produce teas of superior freshness, flavor, aroma and health benefits. They're fat-free and calorie-free, and untainted by additives and preservatives when prepared fresh. These full leaf teas come at a fraction of the cost of premium teabags and are fully biodegradable and compostable. There's a wide variety of teas, each one with slightly different benefits. It's the way to drink up and feel good about it!

The carbon footprint of a cup of loose leaf tea is on average, about 20g CO<sub>2</sub>. In comparison, the carbon footprint of a cup of beer is 374g, a can of Coca Cola is 129g and a cup of cow's milk is about 225g. As such, loose tea is a far better choice environmentally than any of these. Loose tea has one tenth the carbon footprint of teabag tea. This means you (and the environment) are spared of a number of carbon-intensive packing materials like nylon or paper teabags, the box, and the plastic wrap around the box.

There are lots of reasons we enjoy a hot cup of tea: the aroma of various flavors of tea; holding onto a hot tea cup warms your hands on a cold morning; sipping tea in the afternoon is a great way to relax. And those are just the feel-good reasons. If you're not drinking tea daily yet, read on and see how tea does your body good! And what's more... you can enjoy all these benefits for well under \$1 a serving.



Tea is an infusion of the leaves of the *Camellia sinensis* plant and is the most widely consumed beverage in the world, aside from water. All non-herbal teas come from this plant, but different processing methods produce different types of tea. Freshly steeped tea contains a number of bioactive chemicals, including flavonoids, caffeine and theanine.

Flavonoids are antioxidants that inhibit the oxidation reactions caused by free radicals, thereby preventing damage to cells and tissues, and helping guard against everything from heart disease and cancer to stress relief and weight management. Flavonoids, which are polyphenolic compounds, exhibit antioxidant activity similar to that of fresh fruits and vegetables; 20 to 30 times more potent than Vitamin C or E.

All teas contain caffeine, unless decaffeinated in their processing. In general, a mug of tea contains about half as much caffeine as a mug of coffee. However, the profile of caffeine's effect on the human body is different for tea than it is for coffee. The buzz we get from tea doesn't spike as high as it does from coffee, but lasts over a much longer period of time.

Theanine is an amino acid found almost exclusively in tea. It has been shown to reduce mental and physical stress, can produce feelings of relaxation, and may improve cognition and mood when taken in combination with caffeine. Theanine increases brain serotonin, and may also improve the immune system, as seen in a comparative study between coffee and tea drinkers in which tea drinkers had up to 5 times the anti-bacterial proteins as coffee drinkers.

## Steeping Guide for Standard Hot Brew Method



  
per 16 oz  
serving



additional  
infusions

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



Tea's so simple really - just leaf & water. You can steep loose tea on your own with ease. It takes no more effort to produce an extraordinary cup of tea than it does a mediocre one!

### Hot Brew Method - requires boiling water

Yield: One 16-oz mug of tea

Ingredients: 2 tsp tea leaves

16 oz boiling or hot water, (see steeping guide for proper temperature).

Method:

1. Place the tea leaves in a tea infuser, set inside a 16 oz mug.
2. Pour correct temperature water to cover the leaves.
3. Steep the tea for the right amount of time, per instructions for your tea type (see steeping guide opposite).
4. Optional: depending on the type of tea, you may be able to re-infuse the leaves an additional 1-4 times.

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

### Cold Brew Iced Tea - doesn't require hot water

For best results, use high quality loose leaf tea and mineral water, which helps extract the tea better for this method.

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.



Many people are surprised to learn that all teas, white, green, oolong and black, are made from the leaves of the same plant: *Camellia sinensis*. While weather conditions and soil contribute to the final taste of the tea, the significant differences of tea type develop in the oxidation process of the leaves. Oxidation begins a process of drying and withering. A black tea is fully oxidized, causing it to turn black, while a white tea is barely oxidized at all, thus retaining its soft, silvery down.

**Pu'erh teas** are aged and fermented. 60-70 mg of caffeine per 8 oz cup.

**Black teas** are fully oxidized teas. 40 - 60 mg of caffeine per 8 oz cup.

**Oolong teas** are semi-oxidized, which places them mid-way between green and black teas. The caffeine content and antioxidant level is also mid-way between that of green and black teas, 25 - 35 mg caffeine/8 oz cup.

**Green teas** are only very slightly oxidized. 20 - 30 mg caffeine/8 oz cup.

**White teas** are the least processed of all teas. They release the least amount of caffeine of all teas, 10-15 milligrams per 8 oz cup.

Sipping a cup of tea at every afternoon will begin to bring you some of the feelings of well-being from tea, but to reap the full protective rewards of tea, you need to drink at least 5 to 10 cups a day. This level of tea consumption is not uncommon in many parts of the world, but for most Americans it probably represents a significant shift.



**Black Teas and Puerh**

Caffeine is well recognized as increasing both alertness levels and attention spans. A cup of coffee or tea is often recommended to counter sleepiness, especially for those driving long distances and many people resort to an afternoon "cuppa" to get back on top of their workload.

Black tea provides many of the health benefits originally attributed solely to green tea. Additionally, black tea appears to repair blood-vessel damage in people who have had coronary artery disease. Another health benefit unique to black teas: Black Tea Helps Prevent Cavities. New studies found several doses of black tea every day not only reduced plaque build-up but also helped control bacteria.

Hailed for its medicinal properties, Puerh is commonly used in China to detoxify the body and aid digestion. It cleanses the bloodstream of fat and toxins from meat and fatty foods. Tests have also shown that Puerh can lower the alcohol level in the bloodstream, which is why it's considered the best cure for a hangover in Asia, where it is consumed as a "detox tea".

**BOLDER BREAKFAST** (caffeine: 100-120 mg /16 oz serving): Bold, black teas and Puerh with the subtle hint of dark chocolate essence. This tea yields a rich, dark liquor and a well-rounded flavor that takes very well to milk and sweetener, and tastes even better in the form of a tea latte. This is the perfect tea to help kick your coffee habit! \$0.28/serving

**MANGO TANGO** (caffeine: 80-90 mg /16 oz serving): Full Ceylon black tea leaves blended with mango and passionfruit - a fun-loving versatile tea that produces a subtle sweetness, and a nice morning perk. \$0.30/serving



**Green Teas**

The most direct benefits from tea for athletes arise from tea's amazingly rich antioxidant content. Many studies have demonstrated that intense or prolonged exercise generates considerable amounts of reactive oxygen species (oxidants) within the human body. These reactive oxygen species can produce oxidative stress, i.e. damage to fats, proteins, nucleic acids and - ultimately - muscle cells. Tea is thus a sought-after beverage for endurance athletes, since it may rank ahead of all others in terms of antioxidant potency. Green tea produces a nearly steady, mild high with no big peaks or plunges, and makes an great choice for increasing activities.

**GREEN ROASTED MINT** (caffeine: 20-30 mg / 16 oz serving): An amazingly refreshing blend of peppermint and roasted Japanese green tea. It is naturally lower in caffeine than other green teas, and aids with 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 liquor with a most inviting smell. \$0.26/serving

**BOULDER BLUES** (caffeine: 50-60 mg / 16 oz serving): Wild strawberries and rhubarb grace fine Japanese Sencha and high grade Chinese Dragonwell teas in our smoothest of blends, Boulder Blues. The elegant, dark green leaves of Sencha yield a highly fragrant and delicately refreshing cup. The narrow and flat Dragonwell leaves produce a soothing aroma when brewed, and provide rich taste, with a slight hint of chestnut flavor. \$0.30/serving



**White Teas**

White tea is the perfect meditative aid: it acts as a mild stimulant, without causing insomnia or nervousness. It can create a calmer but more alert state of mind. Studies have shown that amino acids in white tea alter the attention networks in the brain and can have demonstrable effects on the brain waves. More simply, white tea can help you relax and concentrate more fully on tasks. Buddhist monks drank white tea to keep them from falling asleep during meditation.

White tea burns calories by boosting the metabolism. That means that the body burns energy faster, and since the tea contains no calories itself, it is sometimes called a calorie-negative drink. In addition, white tea prevents the cells in the body from making and storing fat.

**MEDITATIVE MIND** (caffeine: 10-30 mg / 16 oz serving): A combination of white and green teas with aromatherapeutic florals to sharpen the mind and arouse the senses. This blend has a delicate hint of rosebuds and jasmine pearls. Jasmine's warm, floral and exotic aroma is uplifting and soothing, and is used as an antidepressant. Roses are used to ease nervous tension and stress, and to lift the heart: their aroma has a calming effect for grief, resentment, anger and depression. \$0.60/serving

**MONKEY-PICKED WHITE** (caffeine: 20-30 mg / 16 oz serving): Pure, organic white tea leaves steep into a beautiful light amber color. Delicious hot, it also makes a surprisingly refreshing and hearty iced tea, due to its natural sweetness. Perfect for rehydrating and improving mental alertness. \$0.52/serving



## Time to Chill? Herbal Teas

8.

Herbal Infusions are not tea, per se, as they are not made from the *Camellia sinensis* plant. Many host a variety of health benefits, and many deliver a sensational experience in aromatherapy and taste. Rooibos is a naturally 100% caffeine free herb grown in South Africa. It contains essential rehydrating minerals such as iron, zinc, calcium, potassium, and fluoride, as well as Vitamin C and alpha-hydroxy acid. Its mineral content helps maintain healthy skin, teeth and bones as well as assisting in metabolic processes. It is also an adaptogen, known to help reduce and increase resistance to stress. Its antispasmodic properties can help relieve stomach and digestive discomfort. Its antihistamine properties are known to help relieve, and even prevent, allergy symptoms. Rooibos is also known to help increase iron absorption. With all of its unique health benefits, and while sharing many of the same antioxidants found in green tea, Rooibos is emerging as a delicious caffeine-free alternative to traditional teas.

**RED ROCKS** (naturally caffeine free): Get a great immunity boost when you need to be energized naturally. A blend of Rooibos, vanilla and almonds, it makes for a smooth, creamy-sweet, thirst quencher. Full of antioxidants and other healthy minerals (such as calcium, potassium, magnesium, iron, zinc, copper and fluoride). \$0.28/serving

**CHAMOMILE** (naturally caffeine free): This timeless herbal boasts simply gorgeous flowers. An excellent refresher, with soothing and calming effects, making it the perfect nightcap. The light golden brew has a soothing aroma and light sweet taste. It even makes a refreshing thirst quencher when served as iced tea. \$0.04/serving

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The story of tea reads like a fairy-tale. According to Chinese legend, tea was born in 2727 BC, when the Emperor Shen Nong was purifying water in the shelter of a tea tree, and several leaves blew into the pot. The resulting brew, of superb fragrance, color and taste, made the emperor rejoice. Tea soon became a daily drink in Chinese culture. In India, another legend tells the story of Prince Dharma, who left his homeland for China, to preach Buddhism. He vowed not to sleep during his 9-year mission. Toward the end of his third year, when he was overtaken by fatigue, he grabbed a few leaves of a tea shrub and chewed them up. They gave him the strength necessary to stay awake for the remaining 6 years of his mission. The Japanese version of this story has the exhausted Bodi Dharma falling asleep, however. Upon awakening, he was so disgusted with himself, he tore off his eyelids, to ensure that they would never inadvertently close again. The place where he threw them on the ground produced enchanted (tea) shrubs with leaves having the power to keep eyelids open.

Today, the world's second-most popular beverage next to water has strong ties to many cultures around the globe. The diverse tea-drinking rituals and histories remind us that tea is much more worldly than people sometimes think. Without these cultural differences, we might not think of tea as more than something to keep us warm or quench our thirst. The ideal is to combine the practicalities of the drink with the beauty of unique and inventive serving and use methods. In doing so, we not only pay tribute to this age-old beverage, but enlighten and hopefully enliven those who consume it.

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



**BOULDER BLUES**

FRUIT FLAVORED | 1.5 OZ (42.5g) | 20 SERVINGS



**GREEN ROASTED MINT**

ROASTED GREEN TEA | PEPPERMINT | 1.5 OZ (42.5g) | 20 SERVINGS

**THE TEASPO.T.COM**

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 STEEP-WARE™ 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!