

# Salada Tea News



Winter '07  
Issue 17

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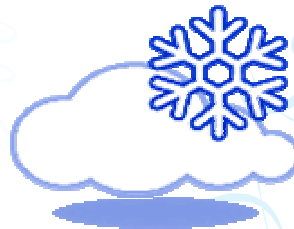
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## Thank You Salada Tea Lovers!

Thank you for being such a loyal Salada Tea Drinker and making Salada Tea your tea of choice. Consumer feedback is a valuable factor in helping us produce the best possible products and is greatly appreciated. Should you ever have any questions or comments, please call us at our toll free number 1-800-645-1190, or write to:

**Salada Foods Division**  
**100 Northfield Drive**  
**Windsor, CT 06095**

Visit our website at [www.greentea.com](http://www.greentea.com). Check out the latest health news, tea history, what's new, brewing tips, our Salada store and new to the site, Ask Nadine!



### Did you Know???

- You can brew more than **200** cups of tea from one pound of loose tea leaves. That works out to less than **ten cents** a cup !
- **China** makes only about ten percent of the tea sold throughout the world. **India** produces about a third of the world's tea and is currently the market leader.
- Until the nineteenth century, solid blocks of **tea** were used as **money** in Siberia.



## Winter Tea Fun!

Plan a relaxed **tea trivia game** the next time you get together for an afternoon of socializing with your friends. The questions will make for great **conversation starters** and you might all learn something about this delicious, **healthy beverage**.

Tea Trivia Questions

1. Did the British prefer black, green, Oolong or white tea?

2. What famous tea party was held in the United States in 1773?

3. What tea that is still very popular today is named after a British Royal?

4. How many tea farms are in the United States?

5. What is referred to as the champagne of tea?

6. What did the English drink for breakfast before tea became popular?

7. In what country was iced tea first introduced?

08. Which beverage contains more caffeine, coffee or tea?

09. What tea is often used to sooth the nerves?

10. What water temperature should be used to brew green tea?

**Answers:**  
10. The British favor black tea with milk and sugar / **02**. The Boston Tea party to protest unfair taxation / **03**. Earl Grey / **04**. Carolina / **05**. Darjeeling tea grown in India / **06**. Ale / **07**. The United States in 1904 / **08**. Coffee with 60-120 mg / **09**. Chamomile and Lavender teas / **10**. 180 degrees Fahrenheit or 82.22 degrees Celsius

## Green Tea for Winter Health

Green tea is a popular beverage in Asian cultures, where many people drink eight or more cups per day. It has become increasingly popular in the West, owing in part to reports of its health benefits, such as preventing heart disease and cancer. Studies have suggested that the powerful antioxidants in green tea can stimulate the immune system.

A new study, published in the *Journal of the American College of Nutrition*, looked at the effect of a green tea extract on the occurrence and severity of the common cold. The study included 118 healthy adults who took one capsule of green tea extract or placebo twice per day for three months during the flu season. The decaffeinated green tea extract contained standardized amounts of two immune-activating plant components: L-theanine and epigallocatechin gallate (EGCG).

Throughout the study, the people kept a daily log of cold and flu symptoms including fever, runny nose, stuffy nose, sore throat, cough, headache, diarrhea, and nausea. Compared with placebo, 32.1% fewer people in the green tea group experienced any cold and flu symptoms. Green tea users reported 22.9% fewer illnesses lasting two or more days, and only 5.7% of them sought medical care, compared with 12.7% in the placebo group.



The study's authors noted that the degree of symptom prevention observed in this study could have an enormous impact on public health. "Cold and flu symptoms can be perennial sources of misery and lost productivity for most healthy adults, and the introduction of a safe, effective, and natural source that can prevent

such symptoms represents a significant breakthrough in preventive medicine." How much tea should you drink to get its remarkable benefits? Two cups a day will certainly help, but drinking four or five is better. To keep antioxidants at optimal levels, drink at least seven cups a day.

To sidestep the cold and flu, many doctors recommend that you eat lots of fruits and vegetables, avoid sugar, get plenty of sleep, wash your hands frequently, gargle with plain water twice a day, and take 1 to 4 grams of vitamin C each day.

And now you can add the benefits of drinking green tea!

Because green tea has caffeine (between 15 and 50 mg, depending on how it is prepared), people who are sensitive to caffeine should look for decaffeinated green tea.

## Plum Pudding

### INGREDIENTS

- 1 package Chocolate Junket
- 1 pint milk
- 1/3 cup raisins
- 1/3 cup dates
- 1/3 cup figs
- 1 cup Salada White Tea Asian Plum
- 1/4 cup sugar
- 1 Tablespoon lemon juice
- 1/4 teaspoon cinnamon
- 1/8 teaspoon clove

### DIRECTIONS

1. Cut raisins, dates, and figs in small pieces.
2. Put into a saucepan and add water. Cook slowly until tender.
3. Add sugar and boil until thick.
4. Add lemon juice, cool slightly, and place in bottoms of individual dessert glasses.
5. Warm milk until slightly more than lukewarm, remove from stove, and add Chocolate Junket mix.
6. Add the cinnamon and clove, pour over the fruit, and let stand until firm.
7. Chill before serving. Top with whipped cream and maraschino cherry.

