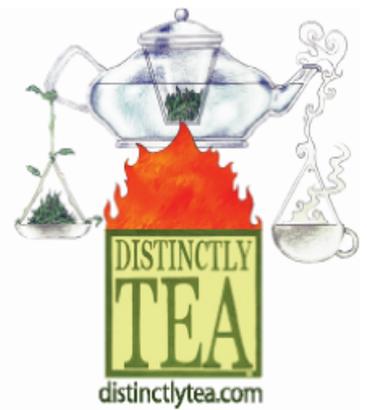


August 2012

Steeped!



Herbal Haven:

Here at Distinctly Tea, we want to help you with every part of your healthy lifestyle.

It's all about your health.

Distinctly Tea's herbal section can be a haven for people looking to get healthy naturally. We take great pride in being able to help our customers find the right herb for the right symptom, and would be more than happy to assist you with any questions.

Some of the products found in our herbal section include:

- **Catnip:** Not only will your kitty go crazy for it; you will too! It's great for helping to relieve mild insomnia, stress and restlessness, but it's also great for helping to sweat out those pesky winter colds!
- **Chlorella:** A single-celled algae that packs a big punch! Full of vitamins, nutrients and antioxidants, it's being touted as one of the best super foods. It can also be very helpful in detoxifying the body.
- **Organic Lemon Peel:** Available both in pieces and powder form, never underestimate the goodness of the peel. It is packed with vitamins and minerals, some of the most prominent being calcium, potassium and fibre (not to mention tons of vitamin C).

These are only three of the many options available at Distinctly Tea, so come in, take a look around and let us help you find the herb that's right for you!

Sources:

<http://www.herbal-supplement-resource.com/catnip.html>

<http://www.livestrong.com/article/476501-nutritional-benefits-of-lemon-peels/>

http://www.naturalnews.com/036086_chlorella_superfood_algae.html



Time for a Fruit-Tea drink!

Refreshing, fun and great for everyone! At Distinctly Tea, we have a large selection of fruit teas (some pictured left).

These teas are awesome for a variety of reasons. They're great starter teas for kids (or adults new to the tea world) because of their fun and fruity flavours, and are virtually calorie free, just like other teas. They're also great for later in the evening if you're looking for something to soothe before bed, as all of the fruit teas are caffeine-free.

Great hot or iced (blueberry lime shown in Mist jug) and filled with a variety of different health benefits, these teas are a wonderful addition to any collection.



Enjoy our Peacock collection at 25% off in August!

Inspired by the peacock's tail, this pretty pattern dates back to the early eighteenth century. Local potters started decorating their ceramics with sponges in an effort to compete with porcelain products that were becoming more and more affordable. It is probably the most recognized pattern of all Boleslawiec ceramics. With its mesmerizing display of blue circles, parallel lines and many variations to the original designs it is a great collection.



Examples of early pieces are on display in the Ceramics Museum in Boleslawiec in Poland. Polish pottery is oven, microwave and dishwasher safe, however, it is NOT made for stove top use.



NEW! Distinctly Tea glass travel mug!

We're introducing a whole new way to take your tea on the go! This new travel mug lets you enjoy your favourite beverage anywhere. The double-walled glass keeps your tea hot for hours after you pour it, and it's BPA free, so you're not hurting yourself or the environment.

It's really easy to use, too! Just place your favourite loose-leaf tea in the bottom of the bottle, pour in your water and go! The mesh strainer at the top of the bottle keeps any of the leaves from getting in your mouth while still allowing you to enjoy your favourite drink.

Easy local taco dip

The end of summer is creeping closer, and that usually means that it's time for some very fun deck parties. When you don't feel like showing up empty-handed, this quick and easy taco dip will not only be a hit at the party, but you can share how great it is to buy local! Monty's is a food company based in Guelph, Ont., churning out some fantastic (and healthy) treats!

Ingredients:

- 250g softened organic cream cheese (light or regular)
- 3/4 cup light sour cream
- 1 cup old cheddar cheese (grated)
- 1 1/4 tsp. Distinctly Tea organic Cajun spice.
- 3/4 jar Monty's salsa (mild or medium)
- 1/2 bunch of green onion

Instructions:

Using a blender, mix together softened cream cheese and sour cream until thoroughly incorporated. Next, blend in the Cajun spice. Take the grated cheddar and mix it into the cream cheese mixture using the blender (it helps break apart any bigger pieces of cheese as well as making sure it's mixed evenly).

Smooth mixture into the bottom of a clear 9x9 Pyrex baking dish. Add a layer of salsa. To finish, sprinkle the top with 1/2 a bunch of chopped green onion. Enjoy with Monty's tortilla chips, available at Distinctly Tea.

Tips and tricks:

- Make sure to make the dip at least a couple hours before you're going to eat it. That gives the seasoning time to flavour the sour cream/cream cheese mixture. And don't be afraid to get creative! Add your own flares! Some of our favourites include: diced jalapeño peppers, diced onion and/or chili flakes.

