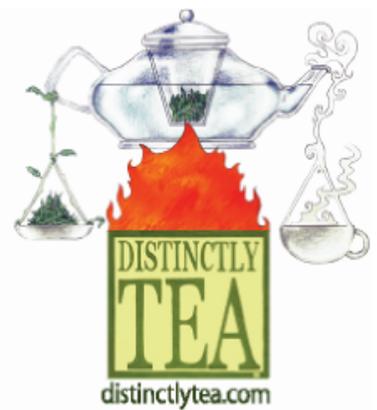


July 2011

Steeped!



Those hot, sticky, summer days are now upon us and with pool party and barbeque season in full swing, people are looking for ways to cool down. Let's have a quick look at the history of our favorite summer beverage, iced tea!

- ◆ **Early 1800's:** American and British cookbooks often included recipes for iced green tea that was usually spiked with alcohol or wine and made as "punch". These concoctions were often named after members of the British Monarchy, or patriotically after regions in the Southern States.
- ◆ **1870's:** "Thé a la Russe" - a sweet drink of iced black tea served with lemon wedges and sugar - was trendy in the United States
- ◆ **Early 1900's:** The use of black tea in iced tea drinks was becoming far more common than green tea and Americans were importing the less expensive Ceylon, Indian, South American and African teas.
- ◆ **1904:** Iced tea becomes a commercial success at the World's Fair in St. Louis when extreme heat prompted concessioner Richard Blechynden (India Tea Commissioner and Director of the East Indian Pavilion) to allegedly fill several large bottles with his brewed India tea, turning them upside down so that the tea flowed through chilled lead pipes below - much to the refreshment of the fair-goers
- ◆ **1920's-30's:** During prohibition, iced tea became more widely served and far more affordable than the contraband alcohol.
- ◆ **1940's:** Popular taste changed out of necessity in the 1940's when the Western world was warring with the tea-producing nations of Japan, China, Africa and other parts of Asia, as most green tea suppliers were no longer able (or welcome) to do business in North America and England - thus most tea was then supplied by Indian tea plantations (making black tea the go-to base for the summer drink)



"Sweet tea": black tea chilled with plenty of sugar (or honey), ice and often garnished with lemon and lime wedges in the United States —although drinking hot tea in these same regions is quite uncommon. In Canada, although we drink tea year round, it is assumed that iced tea should be sweet.

"Iced tea": served almost exclusively unsweetened or "black" in the Northern States (or more correctly, anywhere outside of the Southern-most states)

"Sun tea": probably the most well-known at-home recipe for making iced tea in the United States. This is made by filling a pitcher with cold water, adding tea bags (usually two or three) or loose leaf tea (about a tablespoon or two for a pitcher) to the water and placing in the sun for an hour or two. The liquid is then strained and poured over ice. Some variations include adding double the amount of tea to boiling water and pouring over ice and letting the concoction sit in a pitcher.

The **simplest way of making iced tea**, however, is to make a pot of tea and let it cool on the counter or in the refrigerator. It can be sweetened with honey to taste.

For some simple entertaining ideas, turn to the next page!

Although almost any tea can be used to make an iced tea, Distinctly Tea carries some blends that make an especially great summer time treat:

- ◇ Fruit teas such as our **Ginger Lime, Grapefruit Ice and Strawberry Fruit**
- ◇ Rooibos blends like **Fruity Orange Rooibos or Lemon Mulberry**
- ◇ Any **Green Teas** or our **Green and White Blends**—think **Pomegranite, Lemon or Peach**
- ◇ **Antarctica Iced or Spring Iced blend**—both are black teas that are even more delicious served cold. For something different, consider serving **Cinnamon Chai chilled**.
- ◇ If you simply cannot decide or are looking for a unique gift, we also carry a sampler pack of iced tea containing five of our most popular black and fruity iced tea blends.

For an easy entertaining idea, try adding fresh mint leaves, sprigs of lavender, thin slices of lemon, or frozen berries to the iced tea and serve in a pretty crystal pitcher. Either way, take the opportunity on these hot summer days to experiment and discover the world of iced tea...a healthy, delicious and inexpensive beverage that your whole family will love!

Jiaogulan, “Herb of Immortality”

Grown throughout southern China, Vietnam and parts of Japan, jiaogulan is sometimes described as “like ginseng, but better than ginseng”. Both herbs are considered adaptogenic which means that they essentially help the body to maintain homeostasis under stress, and both contain tripterene saponins as the class of “active” components. Ginseng, is quite well known, but *Gynostemma pentaphyllum* is not as familiar. It wasn’t until the 1970’s that the herb started to receive attention after it was observed that the provinces of Guangxi and Shicuan in Southern China had a large population of centenarians—one of the largest groups in the world—and one of the only common factors amongst everyone was the habit of regularly drinking tea made of the “herb of immortality”.

The gypenosides (saponins) have been the focus of research in recent years and indeed, there do seem to be some very promising benefits to enjoying a cup of this tasty leaf. In a 2008 study from Sweden¹, two groups of randomly assigned patients diagnosed with Type 2 Diabetes Mellitus were given either 6 grams of jiaogulan tea or a placebo tea each day, counseled about diet and exercise, and observed for twelve weeks. At the end of the period, the group of patients drinking jiaogulan had significantly improved their fasting plasma glucose levels, decreased their HbA1C levels (a marker for measuring the progression of diabetes), and had decreased resistance to insulin compared with the placebo group. No adverse side effects were noted—thus the tea may be beneficial in the treatment of Type 2 Diabetes. In a 2010 study², it was observed that the gypenosides in jiaogulan actually helped to kill several types of cancer cells, including some breast cancer samples—helping to stop the spread of cancer. Another study from 2006³ showed a similar effect in lung cancer cells. The herb also seems to be helpful in the treatment of non-alcoholic fatty liver disease (NAFLD)⁴—a growing concern in our heavy-set society—and significantly reduced Body Mass Index, liver enzyme, insulin resistance and other parameters used to track the disease as compared to a placebo group. The herb also contains antioxidants, like all tea, and is thus beneficial to one’s health. Other traditional uses include its consumption to help with insomnia, to boost the immune-system, to combat fatigue, to slow hair loss, lower cholesterol and blood pressure.



Distinctly Tea carries jiaogulan leaf in store. Try it for yourself! It is a delicious way to start *and* finish your day. We recommend using cooler water (160-175 F) and pouring it over the leaf and allowing to steep for 2-5 minutes. Enjoy!

All articles written by Keila Roesner, BHSc ND (candidate)

1 “Antidiabetic effect of *Gynostemma pentaphyllum* tea in randomly assigned type 2 diabetic patients.” Huyen VT, Phan DV, Thang P, Hoa NK, Ostenson CG. *In Vivo*. 2008 Mar-Apr;22(2):215-21.

2 “Gypenosides causes DNA damage and inhibits expression of DNA repair genes of human oral cancer SAS cells.” Lu KW, Chen JC, Lai TY, Yang JS, Weng SW, Ma YS, Tang NY, Lu PJ, Weng JR, Chung JG. *In Vivo*. 2010 May-Jun;24(3):287-91.

“Gypenosides induced G0/G1 arrest via inhibition of cyclin E and induction of apoptosis via activation of caspases-3 and -9 in human lung cancer A-549 cells.” Lu HF, Chen YS, Yang JS, Chen JC, Lu KW, Chiu TH, Liu KC, Yeh CC, Chen GW, Lin HJ, Chung JG. *In Vivo*. 2008 Mar-Apr;22(2):215-21.

4 The add-on effects of *Gynostemma pentaphyllum* on nonalcoholic fatty liver disease.” Chou SC, Chen KW, Hwang JS, Lu WT, Chu YY, Lin JD, Chang HJ, See LC. *Altern Ther Health Med*. 2006 May-Jun;12(3):34-9.

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