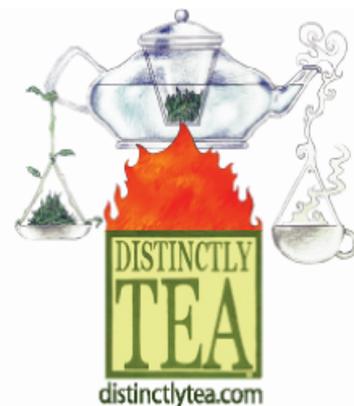


July 2012

Steeped!



Baby, it's hot outside:

Why you shouldn't rule out hot drinks in the summer

What's the first drink you reach for when the mercury rises? If you're anything like us, it will be something nice and chilly (like your favourite iced tea). Cold beverages are great for helping make the heat more bearable, but did you know that hot drinks can help too?

Definitely!

How does this happen?

Your body's temperature is always changing. It usually doesn't go up or down more than a degree, staying around the average 36 degrees Celsius. When it's hot outside, our bodies can't adapt, and we end up feeling hot. Drinking a hot beverage, like your favourite cup of tea, makes it feel like we're cooling down.

Caffeinated teas work better than non-caffeinated because caffeine naturally raises the metabolism, making you sweat. Added to the fact that you're taking in large amounts of hot fluids that are going to make you sweat anyway, you're going to feel much cooler very soon.

Don't be hasty to jump to this as a cure-all, though! It's really our bodies playing a trick on us. It's not that the tea is making us warmer; it's that the sweat we produce by drinking it makes us think we're cooler. The wives' tale is that the tea raises your internal temperature and helps your body adapt better to the weather. That's not quite true, but it doesn't mean that drinking a hot cuppa can't help you feel a little better!

What tea?

Really, any tea will help cool you down, but some may seem a little more refreshing. Light teas are really nice; Distinctly Tea's Marrakech mint green tea (or peppermint leaf tea) have a nice cooling sensation. The bright tastes of citrus or other summer fruits can also be very refreshing, and are found in a wide variety of Distinctly Tea's blends.

Whatever your choice, know that you're doing your body good and helping yourself beat the heat.

Source: Mahir. "Does Drinking a Hot Beverage Cool You Down?" [Chef Marcus Samuelsson](http://www.marcussamuels.com/news). www.marcussamuels.com/news

"The Physical Effects of Drinking Tea." [Teavivre](http://www.teavivre.com). www.teavivre.com

"Tea glossary and FAQ." [United Kingdom Tea Council](http://www.tea.co.uk). www.tea.co.uk

Mist Iced Tea Pitchers are Back!

Just in time for summer, the Mist iced tea pitcher by For Life Design is back in stock and just waiting to go home with you. It's simple, classy design makes it great for either storing in the fridge or showing off to your friends. The lid is made to stay in place while pouring, and its stainless steel filter will catch any tea leaves in your iced tea. Steep your robust teas (black, oolong, rooibos or fruit/herbal blends) in the jar! For more delicate teas, strain before you put it into your jug, or the tea might start to taste bitter or astringent. Experiment



Polish Pottery: Pure beauty



Beautiful and colorful POLISH POTTERY, also known as Bunzlauer pottery, is made in BOLESŁAWIEC, a small town in southern Poland. It carries on centuries-old tradition of pottery making and hand decorating it with sponged-on designs. Over the years many patterns have been created; some becoming trademarks – Peacock, Polka dot and Blue daisy – to name a few. Over time, all patterns have been divided into 3 groups: TRADITIONAL, UNIKAT and SIGNED. Due to the complexity of some patterns, time and skills needed

to paint them. Many TRADITIONAL patterns became all time favourites; UNIKAT (s) are known for their elaborate designs; and beautiful SIGNED patterns, created by master artisans, always carry their signature- thus the name. These are less common and call for the highest price. With all these pretty and colorful patterns, POLISH STONEWARE is great to collect, easy to mix and match and have fun finding new pattern or piece. Polish pottery is made with white clay KAOLIN, painted then glazed and fired twice at high temperatures, making it chip and scratch resistant.

POLISH POTTERY is OVEN, MICROWAVE and DISHWASHER SAFE.

Berry fun !

It's time for you to try very berry fruit tea from Distinctly Tea! Elderberries, raisins and black currants mix with hibiscus flowers to create a tart and tangy treat. Berries are known to provide large amounts of antioxidants, and hibiscus flowers are good for high blood pressure. It's also caffeine free, so it's great for the kids, too!

Enjoy it hot, iced, or add some honey pearls and freeze to create a healthy treat for those hot summer days!

Cranberry Orange Granola bars

These yummy treats are much healthier than anything you can get in the grocery store, and they'll keep the kids (and adults) asking for more! They're a great addition to any summer picnic!

Ingredients:

- 2 cups rolled oats (not instant)
- 1/3 cup light brown sugar, packed
- 1/2 cup wheat germ
- 1 tsp. Distinctly Tea organic cinnamon bark powder
- 1/4 tsp. Distinctly Tea whole nutmeg (grated)
- 1/2 cup whole wheat flour
- 1/2 cup of dried cranberries
- 1/4 cup Distinctly Tea organic orange peel
- 3/4 tsp. Salt
- 1/2 cup organic honey (+1 tsp. for soaking the orange peel)
- 1 egg
- 1/2 cup canola oil
- 1 1/2 tsp.. Pure vanilla extract.



Instructions:

Preheat oven to 350 degrees F. Take some boiling water and pour over your 1/4 cup of orange peel. Dissolve 1 tsp. of honey in the hot water/peel mixture. Let it sit while you mix the other ingredients. Combine all of the dry ingredients minus, adding the cranberries last. In another bowl, whisk together the honey, canola oil, vanilla and egg. Drain any unabsorbed water from the peel, then add to the dry mix. Create a well in the centre of the dry mix and add the honey/egg/oil mixture. Mix until everything is moist.

Line a 9x9 pan with foil, then press the granola mixture firmly into the pan. Bake for 20-25 minutes. Let the granola cool for 5-10 minutes, then cut into bars. As they cool, they do get firmer and harder to cut, so don't leave them too long!