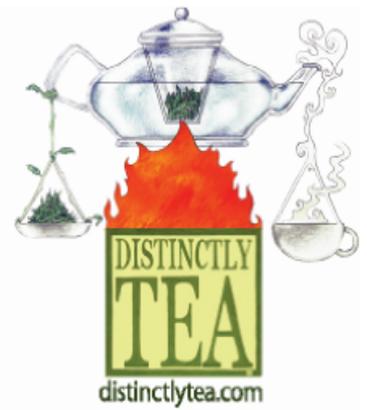


May 2013

# Steeped!



## Give mom a little love this Mothers Day with the gift of tea!



What do you get for the woman who has everything?  
A gift of health, of course!

Distinctly Tea carries a line of herbal teas made specifically to suit HER health needs. This newly expanded line of Women's Teas is formulated to help with many situations that "only a woman would understand," from feeling off-kilter and moody to dealing with the ever-changing times that accompany menopause, these teas cover all of Mom's needs.

As well as our original "Herbs for Women" tea, we now carry others such as "Wise Woman Tea" which includes herbs such as motherwort, nettle leaf and vitex berries in a delicious tea to be used as menopause support. If mom has a bit too much on the go, "Women's Balancing Tea" might be a good option. The herbs in this tea are made to support her normal body function and keep her body happy while she works away at being the superwoman that she is. With herbs like rose petals, peppermint and ginger working to keep her in tip-top shape, she will feel like a million bucks! Other teas to try include "Women's Freedom Tea" and "Flashes Tea."

Regardless of which tea you get mom, she will love that you took the time to get her this beautiful beverage; because tea not only says "I love you," but also that you care about her health and want her around for a long, long time.

### Do you use Emu Oil?

It is what it sounds like; emu oil is an oil rendered from the fat of the emu, and you use it to live a better life!

We know this is a huge claim, but emu oil has been proven to reduce inflammation in joints, moisturize skin and can help heal wounds. Best of all, it's all natural!



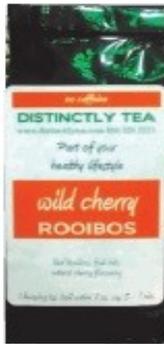
At Distinctly Tea, we love the Simply EMUzing line by Tavistock Emu Products, and carry a variety of their products in the store. We have pure emu oil for general use as well as ointment, shampoo, soaps and moisturizers to help keep you looking and feeling your best naturally. So come try them out! You won't be disappointed.

# POLISH POTTERY – BY HAND AND FIRE

**MAY SPECIAL**



Purchase a **Polish Pottery TEAPOT** and receive a **FREE Polish Pottery Mug** of your choice and a **50 gr bag of Rooibos or a Fruit Tea!**



Great **Mother's Day** gift idea  
**MAY 12 th**  
We will be happy to gift wrap it for you.

## Lapsang Souchong poached Basa (Catfish)

Lapsang Souchong is a Chinese black tea that sets itself apart due to its smoky flavour. The leaves are dried over a pinewood fire, picking up the aromatics of the smoke as it passes over the leaves. When you poach meats in this beautiful broth, it too takes on a beautiful smoky undertone. Suggested by Debby, one of our Distinctly Tea gurus, this recipe will have your family asking for it again and again.

Ingredients:

- Distinctly Tea's Lapsang Souchong Black Tea
- 2 Cloves garlic, crushed
- 4 Basa fillets
- Salt
- Pepper



Directions: Brew a double-strength pot of Lapsang Souchong (about one litre). Once it has steeped about three minutes, transfer the tea into a shallow pan. Add your garlic to the broth. Sear your basa fillets (about one minute per side) and transfer into the broth. Poach the fillets for about 10 minutes, then enjoy!