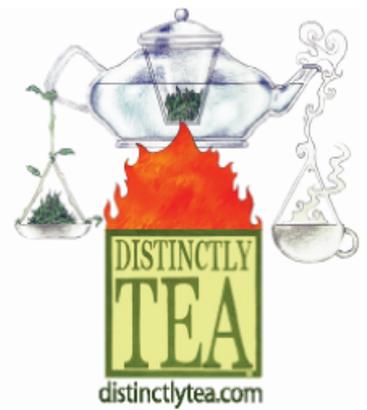


November 2012

Steeped!



What is Yerba Mate?

Part of the holly family, yerba mate is an evergreen tree that grows in the tropical climates of Argentina, Bolivia, Brazil, Uruguay and Paraguay. It is drank traditionally from a mate, or hollowed gourd. It is sipped through a bombilla, or a slotted straw and the gourd is continually refilled with hot water.

Mate is a great pick-me-up in the morning as it has about the same amount of caffeine as coffee, without giving you the jitters. It also helps you maintain energy throughout the day. Yerba mate extract (at Distinctly Tea), can help keep energy levels up throughout the day. Mix one small scoop into a 500 ml refillable water bottle and sip it through the day to keep hydrated and energized.

Beyond its stimulant benefits, mate is also full of a variety of nutrients needed to promote the health of your body. Mate contains antioxidants as well as vitamins B2, B3 and B5, Vitamins A, C, and E as well as a variety of minerals such as iron, calcium and potassium.

Mate has also been touted as a weight loss aid for its high antioxidant content, similar to green tea.

It may not be as well known as other herbal tisanes, but it is definitely worth exploring this exotic beverage.

Feeling stressed?

When we're stressed out, our entire bodies get thrown off kilter. Excessive stress can cause problems with immune function, insomnia and generally lead to declined health.

Our prescription is to raid your cat's stash. We're serious! Catnip has calming properties much like more commonly used valerian root with the bonus that all the neighbourhood kitties will love you. Prepared like any other herbal tisane, catnip can help calm you down and give you a good night's sleep.

Try Distinctly Tea's Kitea tea. With its light minty taste it is as enjoyable as it is relaxing.

Meow!



Have you Heard of Heather?

Heather's Natural Soap Co. is a great alternative for people who both want to get clean and stay healthy. There are a lot of additives in commercial soap products that can actually harm something as delicate as your skin. The products offered through heather's Natural Soap Co. avoid these harsh chemicals and strive to make a soap that is both free of unnecessary additives but is also luxurious and good for your skin.

Products in the line include body scrubs, shea butter, lip gloss and soaps, all lightly scented and naturally made.

FROM OVEN TO TABLE

Polish Pottery is more than just mugs and teapots. Because it is made with white clay Kaolin which takes high



temperatures very well, it is ideal for making baking dishes and casseroles. Round or oval, square or rectangular, deep or shallow, covered or open; we are sure you will find a favourite that will suit your needs. Our beautiful hand painted bakers heat evenly and retain temperature longer, making your baking process easier. Cleaning them will be a breeze; soaking with mild detergent for few minutes will do the job. True to our motto **FROM OVEN TO TABLE** ... serve your dinner Polish Pottery style !

All baking dishes are 15 % off in November.



Next time you're in Distinctly Tea, make sure to ask what new teas we have in stock! They could be the perfect opportunity to introduce the tea lover in your life to something new and fun!

Cranberry Apple crisp with Nut Crunch Infusion

Apples are in season; one of nature's most diverse fruits. Pair them with cranberries and it's a match made in Heaven. Add a bit of honey, cinnamon and nutmeg to the mix and you've reached Nirvana. Best of all, even with the extra step of softening the cranberries, this quick dessert is always a crowd pleaser and is especially great when you want to impress some last-minute guests!

Ingredients:

- 1 cup cranberries
- 4 cups peeled and cored organic apples
- 6 tsp. Nut crunch honeybush tea
- 1 tbsp. white granulated sugar.
- 2 tbsp. honey
- 1/2 cup white sugar
- 1 cup golden brown sugar, packed
- 1 cup quick cooking oats
- 1/2 cup whole grain flour
- 1/4 tsp. salt
- 1 tsp. distinctly Tea Organic Cinnamon Bark
- 1/2 Distinctly Tea Organic Nutmeg, grated.
- 5-6 tbsp. butter, softened



Directions:

Preheat the oven to 350 degrees Fahrenheit. Boil one litre of water and make strong tea using the Nut Crunch Honeybush. Pour the tea into a deep pot and throw in the cranberries plus the tbsp. of sugar. Boil the cranberries for about 5-7 minutes to infuse the flavour of the tea. In the last two minutes, add cored, peeled and cut apples to the broth. Strain the fruit and keep the tea to drink at a later time. Drizzle honey over fruit and toss. Do the same with the granulated sugar. In another bowl mix the rest of the ingredients until it forms a crumble. Spread the fruit in a greased 8x8 pan and cover with the crumble. Lightly pat down and place in the oven for 30-35 minutes. Serve warm with a dollop of homemade whipped cream or some organic ice cream.

Agave nectar can be substituted for honey, but slightly more will be needed to compensate for the difference in sweetness.