

January 2013

# Steeped!



## Start your resolution right using tea!

We've just come out of the season of indulgence. Turkeys brimming with stuffing, decadent desserts and enough bad-for-you food to make anyone wear of junk for at least a little while. It's no wonder the number one new year's resolution is to get healthy/ lose weight.

Regardless of what journey you are embarking on, there are a variety of teas and tisanes that can help you on your way. Green tea is the most popular tea used in weight loss and other healthy lifestyle changes, but it's not the only option!

Yerba Mate is an excellent choice for those trying to get away from those high fat drinks. With about the same amount of caffeine as coffee per cup, it makes a great and tasty substitute. There are also a lot of Mate blends (like Salante, sold at Distinctly Tea) that are geared toward people trying to cut back on their food intake by helping them feel fuller longer.

Pu-Erh teas are also awesome weight loss teas. Pu-Erh comes from the same plant as white, green and black teas, but undergoes an extra step where the leaves are stored and fermented. It is one of the few teas that gets better with age. It also helps cleanse the body and might aid in weight loss. With its slightly sweet, earthy taste you can enjoy a cup and know you're doing your body good.

Regardless of your resolutions, Distinctly Tea wishes you a happy and healthy 2013.

## Chilly winter nights call for cocoa!

A healthier alternative to grocery store hot chocolate, ours I made with real cocoa and sweetened with honey pearls. Available in two additional flavours, Peppermint and Hot Pepper



## Time to take a time out for tea!

You survived December. The holiday shopping, crowds and noisy get togethers have no doubt taken their toll. It's time to enjoy a bit of me time. The Me Tea line has a variety of delicious teas that not only taste good, but are packed with nutritious side effects!



Come check out the Me Tea line and accessories. There will be great specials happening all through the month of January. Happy sipping!

Happy New Year  
From the staff at  
Distinctly Tea.  
We look forward  
to seeing you in  
2013!



## UNIKAT Patterns

**SUMMERJOY** pattern represents a line within Polish Pottery called **Signed** or **Signature** decorations.

**Signed patterns** are usually created by senior decorators with a degree in ceramic arts and years of experience working with pottery. Sometimes tough patterns are designed by truly talented painters working at the factory with a passion for ceramics. In each case their unique style and character is reflected in the patterns they create and sign. They are more intricate, and require more skill, planning and time to be painted. The pottery pieces they create are most sought after, are less common and call for a higher price. Collectors usually build their collections based on a favourite pattern or certain artisans work. Those pieces can be recognised by a word **UNIKAT** and a **hand signature** (as opposed to a stamped name) on the bottom of each piece. Interesting facts about Polish Pottery are that it gives employment opportunities mostly to women, and gives them a great venue to express their talent and passion for artistic painting.

Currently we have pieces in six **Signed** patterns available in the store: our beautiful **Summer Joy**, **Iris**, **Mardi Gras**, **Summer Blossom**, **Apple blossom**, and **Wild Roses**. However, our collection is not limited to what pieces we have in stock. We will gladly order any piece in any pattern from the factory catalogue we have in-store.

Our **Signed** patterns are best viewed in person, so we invite you to visit us in the New Year.



## Salad dressings to jazz up your new year's resolution!

The holiday season is over, and it's time to get back to eating well. After all the rich, fatty foods we consume during the month of December, wouldn't a salad be nice for a change? The best way to jazz up your salads is with a fun dressing! Dressings are extremely easy to prepare and can be refrigerated for about a week after you make them. The golden rule for dressings is 2/3 oil to 1/3 acid, but after that, feel free to add your own seasonings to make that dressing your own! Distinctly Tea has a variety of different organic herbs and spices that work well in all cooking, so come in and check them out! We've put together one dressing for you to try, but don't be afraid to experiment with your own flavours!

### Ingredients:

- 1/2 cup extra virgin olive oil
- 1/4 cup equal parts lemon and lime juice
- 2 tsp Distinctly Tea Organic Cajun spice
- 1/4 tsp Distinctly Tea lemon peel powder
- Ground black pepper to taste



### Directions:

In a deep bowl, combine all the citrus juice and olive oil. Put in about half of the dry ingredients and blend using an immersion blender. Once the mix has emulsified, taste, then continue adding the dry ingredients until you reach the desired flavour. Store in a dressing jar. The dressing can be kept for about 1 week.

### Tips and tricks:

This recipe is great for experimentation. Adding a bit of buttermilk will give it more of a southwest feel, while adding some cayenne pepper will kick up the heat profile. Dicing in a touch of fresh hot pepper will do the same thing as well as bring out a slightly different flavour. It's a lot of trial and error with dressings. This simple recipe will give you a great starting-off point so that you can make it your own.