

# Background Information

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**Herbal Republic** was established in the beautiful city of Vancouver, British Columbia, when a group of young tea-loving friends gathered together to share their fine, rare teas on a bright sunny afternoon in the home of a tea master. In between casual conversations and tea ceremonies, the idea of bringing together the group's unique tea expertise and to bring in a distinctive line of fine quality teas bloomed.

After almost a year of research, tea garden visits and numerous tea tasting sessions, Herbal Republic finally opened its doors in January of 1999. Since then, we have adhered to our belief in sourcing and bringing in only the finest teas and herbals at honest prices, and have personally tasted every batch that comes through our doors.

Our Quality is assured by having all non-organic teas checked for residue of pesticides and herbicides by independent laboratories under strict EU standards. Teas that bear the "Organic" designation are all certified organic by accredited organizations that fulfill both EU and USDA Organic regulations. Others like our Formosa and Japanese teas, are flown in directly from tea gardens that do not employ the use of chemicals and we work closely with them and conduct yearly or bi-yearly tea garden visits to monitor their consistency and quality.

In addition, we always carry only the best harvest of the year (which is usually the spring harvest) by pre-booking a designated quantity with tea farmers who will store them for us in their temperature controlled "tea cellars". Small batches will be flown in when needed so each cup will be consistently fresh and flavorful throughout the year.

Herbal Republic has gained a strong following in Canada and can be found at many specialty c grocers including Whole Foods, Capers, IGA and others. The full line of Herbal Republic teas is sold at TEAZ Tea Boutique on South Granville Street in Vancouver and online at [www.herbalrepublic.com](http://www.herbalrepublic.com)

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## Tea 101

### What is tea?

The word “tea” refers to both a plant and a beverage made by processing the leaves or buds of the tea bush *Camellia Sinensis*. All of the various types of tea come from the same plant, which will have different characteristics due to differences in climate, soil, season, and care. The full flavor of the final product is developed from the freshly harvested tea leaves by oxidation (fermentation), heating and drying. Tea, like wine, will be named for the district where it is grown and each district is known for producing teas of unique characteristics and flavor. After water, tea is the most popular beverage in the world. Canadians drink more than 7 billion cups annually.

### What are the different types of tea?

There are more than 1,500 types of tea worldwide. Tea is generally broken up into four main categories, three of them depending on their oxidation level. The four main varieties are White Tea, Green

Tea, Black Tea and Tisanes. Black tea is currently the most common in the western world, but green tea and white tea are rapidly becoming popular for their health benefits. Herbal teas and tisanes are generally included when talking about tea, but are in fact made from fruits and herbs.

### Why are some types of tea so much more expensive than the others?

As with wine and cheese, prices for different types and grades of teas can vary drastically. Simply, some teas are rare and costly to produce and others are not. Another factor that contributes to the difference in price is the grade, or quality of the tea in concern. Even though the names may be the same, different tea houses carry different grades of teas. Therefore, a Dragon Well selling for \$15 per kilo will definitely be a lower grade to another Dragon Well that sells for \$15 per 100 grams, and their taste and aroma will be drastically different.

## Tea and Health

### Why is tea so good for us?

Tea is naturally rich in flavonoids and contains many anti-oxidant properties. Numerous scientific studies have shown that tea can have a variety of positive effects on our physical and mental health. Green tea and white teas have been effective in the prevention of certain types of cancers including lung, prostate and breast cancer.

The effect of green tea is said to increase our metabolic rate and can increase endurance in exercise by improving fat metabolism. It has also been shown that tea can boost our immune system and increase mental alertness, lower stress hormone levels and have a positive effect on oral health and bone density.

## How to brew the perfect cup of tea

### What type of tea should I use?

Start with a loose leaf variety of your favorite tea. Whole leaf tea is the least processed tea and maintains all of the natural oils, antioxidants and flavonoids of tea, increasing the health benefits and flavor of your beverage. The recommended ratio is one rounded teaspoon of tea to one 6 ounce cup.

### Isn't whole leaf tea difficult to work with?

Not at all. A satisfying and healthy cup of whole leaf tea can be as easy to make as a cup of coffee. Simply scoop the whole leaf tea from an airtight tin into an infuser ball or basket or a biodegradable

tea filters. Bring cold, fresh water to a rolling boil then steep for 30 seconds (green teas), 3 minutes (black teas) or 5 minutes (tisanes) and enjoy. There are also several thermal mugs and pots that make it easy for you to enjoy your tea on the go.

### How do I properly store tea?

Tea is extremely sensitive to light, oxygen and moisture so we highly recommend storing them in light-proof, airtight containers in a cool, dry place. A good airtight metal tin is recommended as plastic or glass is still porous so oxygen will still go through.

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# Presents the four Ts of Tea

## one Type

*Tea can be separated into four types:*

**Black** – Generally characterized by a strong taste and higher caffeine levels, black tea is the most popular tea in the world. Types of black tea include: Cylon, English Breakfast and Earl Grey.

**Green** – Gaining popularity due their highly touted health benefits, green teas originate from China and Japan. Most popular types of green tea include jasmine, Matcha and Sencha.

**White** – Known to possess the highest levels of flavonoids and antioxidants, white teas are delicate and rare teas, and among the most expensive. This category includes Oolong and Darjeeling.

**Herbal teas and Tisanes** – Fruity and delicate, these “teas” do not originate from a tea leaf. They are traditionally made from aromatic fruits or herbs such as peppermint and chamomile. This category also includes Rooiboss and honey bush teas.

## two Taste

Tea, like wine, varies greatly in taste depending on the type of tea you brew, the region of origin and whether it is a whole leaf or ground variety. Whole leaf teas are the least processed of all teas and will maintain the original oils and flavours which will be experienced on different parts of the tongue.

Light teas, such as white, Oolong or Darjeeling are extremely aromatic and their taste will unfold on the front part of the tongue and should be enjoyed in small sips. Green teas are also first “tasted” through their aroma. Green teas are distinguished by their light, florid aroma with a light bitter note and tasted on the centre of the tongue. Black teas are known for their full-bodied aroma and pungent taste, best

enjoyed in larger sips, on the middle and back of the tongue. The aroma and taste of herbal and fruit teas will vary greatly depending on the type of tea but are they are often intensely aromatic and enjoyed on the middle and back of the tongue.

## three Temperature

Most teas are best enjoyed by adding freshly boiled water to the mug or pot. Green tea is the exception as boiling water will destroy the delicate tea. Water should be allowed to cool to approximately 70 degrees before brewing a green tea. Black teas are brought to the perfect temperature by adding a splash of cold milk after infusion.

## four Technique

- Start your tea experience with fresh, cold water brought to a rolling boil, except in the case of green teas.
- Preheat your tea pot to keep the tea warm longer.
- Choose your favorite whole leaf tea, adding one heaping teaspoon per cup.
- Choose your mug or pot. We recommend high quality porcelain products over ceramics or other materials which can leave traces of material and unwanted tastes in your tea. Porcelain will also maintain the temperature of the beverage for a longer period.
- Infuze in a tea ball, sieve or biodegradable tea filter for the recommended period – 30 seconds for green teas, 1-2 minutes for white teas, 3 minutes for black teas and 5 or more minutes for tisanes.
- Inhale deeply and enjoy!

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# Think you know how to make a cup of tea?

*Canada's most popular hot beverage is one of the most healthy, economical and sustainable drinks - when it is brewed properly.*

VANCOUVER – DATE, 2008 - Considering that after water, tea is the most popular beverage in the world, you would think that we would know how to make a cup of tea. But Canadians — who drink more than **7 billion cups of tea a year** — may be “leafing” out many of the health benefits of tea by drinking an over processed and over brewed cuppa.

Tea is well known to provide **many health benefits**: boosting your immune system, building bone density, protecting against heart disease and cancer, even eliminating bad breath. However, over processing or over brewing the delicate tea leaf strips away its natural oils and antioxidants, essentially killing the leaf – and all of the health benefits it can provide.

If you want to have your tea (and drink it too) **Anita Suri**, co-owner of **Herbal Republic** and **TEAZ Tea Boutique** says that the only tea to drink is **whole leaf tea**. “Whole leaf tea is the least processed of all teas and maintains the maximum benefits for tea drinkers,” says Suri. “Whole leaf tea is not dried, ground and bagged beyond recognition, like many teas you will find in your grocery store. It contains all of the natural oils, polyphenols, and antioxidants that other teas purport to contain and drinking whole leaf tea will help to ensure that most of the health benefits don't get thrown out along with the bag.”

Whole leaf tea is also the sustainable and economical choice. Whole leaf tea can be scooped directly from a sealed, reusable tin into a biodegradable filter or strainer and one teaspoon of some types of whole leaf tea can be brewed up to four times without sacrificing the flavor or health benefits.

*“Whole leaf tea really is the only choice for those looking to reap the health benefits of drinking tea,”* continues Suri. *“And it is especially beneficial during this time of year when our immune system could use the extra boost, “*

## About Herbal Republic

Herbal Republic is a Vancouver-based purveyor of whole leaf teas. Their line of fine, whole leaf teas is unique and diverse, personally sourced from small, specialty tea gardens around the world. Herbal Republic is committed to providing fine teas and herbals at honest prices and to changing the way we drink tea: one leaf at a time.

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