



TEA *Facts & Figures*

Five Facts That May Just Be Your Cup Of Tea

(NAPSA)—How much do you know about tea—the second most consumed beverage worldwide?

Taking this quick quiz from Celestial Seasonings, the largest specialty tea manufacturer in the U.S., may provide you with some refreshing information.

True or False?

1. Black and green teas come from the same plant.
2. Two cups of tea equal one serving of fruit or vegetables in terms of antioxidant power.
3. Tea is primarily grown in England.
4. The latest tea trend is using tea in other food and beverage recipes.
5. When brewing tea you should watch the color.

Answers

1. True. Tea, both black and green, comes from the *Camellia sinensis* plant. Black is the fermented type, providing the most full-bodied flavor. Green is steamed immediately after picking to stop fermentation. Steeped beverages made with anything but *Camellia sinensis* are technically called tisanes, a combination of herbs, fruits or flowers infused in water to make delicious beverages.
2. True. Black and green tea contain a powerful class of antioxidants called catechins, which are even more effective than vitamins A, C, E and beta carotene in combating harmful molecules known as free radicals.
3. False. There are 3,000 varieties of tea, grown primarily in India, Sri Lanka, Indonesia, Africa, Japan, China, New Guinea, Formosa and South America.
4. True. Every day more delicious recipes incorporating tea are served at stylish restaurants, tea parties, events and daily meals. You



According to recent studies, tea may be one of the healthiest beverages available.

can try tea in a variety of new recipes found at www.celestialseasonings.com, including a Devonshire Fruit Cooler or Green Tea Tropical Smoothie.

5. True or False, depending on personal preference. Experts at Celestial Seasonings recommend steeping four to six minutes for green and black teas in order to get more of the antioxidant benefits, and three to five minutes for herb teas (the longer, the stronger). After steeping, gently squeeze the tea bag before removing from the cup.

Celestial Seasonings makes drinking teas easy. With more than 70 all-natural unique teas brimming with flavor, Celestial Seasonings creates an experience to enhance every moment of the day. New flavors include black teas: Tuscany Orange Spice Black Tea and Golden Honey Darjeeling; green teas: Honey Lemon Ginseng Green and Raspberry Gardens Green; and herbal teas: Tangerine Orange Zinger and Honey Vanilla Chamomile.

For more information, call 1-800-351-8175 or visit www.celestialseasonings.com.