

The Art of Tea

Refreshing, Relaxing, Satisfying. A simple pleasure of life, a fine cup of tea leads to reflection and companionship. At My Cup of Tea, we've assembled a collection of rare, fine quality loose-leaf teas from around the world. Their flavors will tickle your tongue and soothe your soul.

The Source of Tea

All tea comes from a single botanical species—Camellia Siniensis. Yet, there are more than 2,000 varieties of drinking tea. The differences between them arise from soil, climate, and the processing of tea leaves after they have been harvested. The four common methods of processing give us the four basic tea families: black, oolong, green and white.



All truly fine teas are composed of only the top two leaves and the unopened leaf-bud of a young tea plant. That's where the aroma is concentrated. Up to 80,000 hand-picked shoots may be needed to produce one pound of top grade tea. The production of fine tea is a precise and labor-intensive process.

Bringing You Fine Tea

We send our buyers to remote mountain regions to find family-owned tea plantations where tea is grown organically and harvested by hand. High altitudes allow for slow growth, which enhances the flavor. In addition, tea growing needs a subtropical climate, pristine water supply, and rich soil. Ideal growing conditions make for one of a kind, top-grade teas.

During the harvest season, tea samples are flown to us from across the globe. Every day we cup dozens of teas from every tea-growing region. We rely on the senses and experience of our tasters who must decide quickly, as good tea is always in a highly competitive demand.

Our Promise to You

You deserve the finest service. It's as simple as that. At My Cup of Tea we strive to exceed your every expectation. If you call our 800 number, or visit our web site, you'll come away impressed by our knowledge of tea. We guide your purchases to give maximum satisfaction whether you're



selecting a special gift for a special someone or simply just choosing something for yourself.

All sales are unconditionally guaranteed. We want you to be completely happy with everything you buy from us. Should you decide to return anything within 30 days of receipt, we will refund the purchase price.

So, visit our web site (www.MyCupofTea.com), look over the variety of teas we carry, and choose what you like. Then, once the tea arrives, brew a pot and enjoy. You are sure to exclaim, "Aah, this is my cup of tea!"

Black Tea Varieties

Assam
Assam teas are rich, hearty, full-bodied teas, ranging in color from golden amber to deep copper-red. The fragrance can range from honey to molasses, the latter being especially sought-after. Enhanced by the addition of milk, Assam makes a sturdy, satisfying cup. It's a refreshing way to start off the day.

Ceylon
The teas of Sri Lanka are still called after their former colonial name. Ceylon, Sri Lanka is a mountainous island paradise in the Indian Ocean, just north of the equator. A fine, high grown Ceylon is a flavorful, elegant tea, with flowery and sweetish notes that don't fail to intrigue. Not as strong as Assam, or as delicate as Darjeeling.

Ceylons enjoy a solid following among tea lovers. They are great for breakfast or—as is the tradition in Sri Lanka—the afternoon cocktail hour.

Darjeeling

Located in northeast India, in the Himalayan foothills, the Darjeeling tea region spans altitudes of over 6,000 feet. Due to its unique characteristics and delicate aroma, Darjeeling teas have been called the Champagne of tea. Unlike other tea regions that lie closer to the equator, Darjeeling has a very limited harvest period. There are only four annual crops: First Flush, in Between, Second Flush and Autumnal—each a distinctively different tea.



Blue Black

China, the cradle of tea, traditionally favors green tea. But it also produces a variety of black teas that are among the best in the world. Typically, they are soft, flavorful teas of low astringency.

Night

Night tea estates are located in southern India, ranging in altitude between 4,000 and 6,000 feet. The word literally means blue mountain. Known for their lively fresh taste and lemony aroma, Night teas display the same balance as the high-grown Ceylons.



"Having been raised in tea drinking families, both my wife and I are picky about the tea we drink. The very first delivery from My Cup of Tea put our minds at ease. We knew our quest for excellent quality tea was at an end."
-CECIL BRAITHWAITE



Preparing Fine Tea

It is not hard to brew the perfect cup of tea. It requires five simple steps.

1. Use a teacup to measure the amount of water you will need, one cup for each cup of tea.
2. Bring the water to a boil.
3. Pour the boiling water over the loose tea (see tea box for the amount of tea to use per cup.)
4. Let steep for 3 – 5 minutes.
5. Remove leaves, and enjoy. You may add sugar and milk as desired.

Besides black tea, we carry a large variety of oolong, green and white teas as well. To satisfy your taste for the world's finest teas visit www.MyCupofTea.com for further information or call 800.834.1661.

573 Willowbrook Lane
Greenwich, CT 06878

Store locations: New York, Chicago, Boston, Minneapolis, Sarasota, San Francisco, Atlanta

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