



# Nu-Tea News

June 2004

## Help for Allergy Sufferers

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South African scientists have deduced that the reason why Rooibos is anti-allergic, is that it contains quercetin, an "anti-spasmodic" substance ("spasmodic" substances cause allergies).

Quercetin is found in quantities between 1,4 and 1,7mg per 150ml of the tea. But what truly bears testimony to its ability, is the simple fact that it's taken by allergy sufferers all over the world, and it works.

### An Aid for All Ages

The quercetin in Rooibos Tea that combats so many allergic symptoms for babies, has a lot to

offer people beyond infancy too. Here are a few of the allergic symptoms the tea is most commonly known to alleviate, along with some suggested application methods...

### Sinus Problems

When taken as a beverage, Rooibos Tea will alleviate sneezing and an itchy nose. Itchy eyes can be relieved with a facecloth using method (2) above, whenever symptoms arise.

### Hayfever & Running Noses

(In addition to this method, it also helps

during a hayfever spell to cut foods like wheat products, milk and eggs from your diet.)

1. Take lukewarm Rooibos Tea in the cup of your hands
2. Slowly draw the liquid into your sinuses
3. Hold it for a few seconds, then release it, and gently blow your nose

### Itchy or Burning Skin

1. After a cleansing bath, wipe of your affected skin with a facecloth moistened in Rooibos Tea
2. Press gently to dry (NB - do not rub, as this will only make the itching/burning worse)

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## Stay Cool this Summer with Rooibos

As the hot days of summer are approaching, we would like to inspire you with some ideas and recipes how to stay cool this summer with Rooibos. Besides enjoying Rooibos as a hot tea, you can also prepare cool fruit drinks, smoothies, cocktails, punches and iced teas with Rooi-

bos. See our [Cool Summer beverages](#) section on Page 3.

### Brewing a perfect cup

For the very best taste, use filtered water.

One tea bag is adequate for brewing about 5 cups of tea.

Although steeping times

vary with individual taste (4-6 minutes is average), you can steep Nu-Tea Rooibos for as long as you like, as it never gets bitter ... just better and more nutritious!

For maximum goodness, Nu-Tea Rooibos unfolds its rich color and flavor when infused in boiling water for 10 mins.

### Did You know?

- Like a wine, Rooibos gets better with age
- Un-used Rooibos can be frozen into cubes
- House plants flourish on Rooibos
- Rooibos is useful in the treatment of hangovers
- Rooibos can help prevent tooth decay
- Rooibos is a safe beverage for people with kidney stones

## Rooibos – The Pride of Africa..

For hundreds of years, the Rooibos ("red bush") plant has grown wild on the limestone slopes of the Cedarberg mountains in South Africa. The San people, the indigenous inhabitants of this part of Africa used Rooibos as a herbal remedy for a wide range of ailments. European Settlers soon discovered the benefits of this unique and versatile herbal tea and started trading it as "mountain tea"

Today, the organic cultivation and processing of this herb has refined to an art, bringing you a range of

teas that captures the ancient wisdom and heritage of the San. The rugged landscape where they once lived has remained untouched; it is from these pristine mountains that the finest leaves are selected to bring you the premium all-natural taste of Nu-Tea Rooibos Tea



## Anti-Aging Research

Studies conducted at the Institute for Science of Aging at AICHI Medical University in Japan, showed Rooibos Tea to contain Super Oxide Dismutase (SOD) - an outstanding antioxidant and prime fighter of free radical damage.

As a result of their studies, they termed Rooibos Tea "an ANTI-AGING BEVERAGE," which can significantly help COUNTER THE AGING PROCESS



## The Ancient Khoi and San Tribes

The oldest signs of human life in South Africa are of the Khoi and San tribes (often called Bushmen).

Since more than 10 000 years ago, these tribes have lived by finding wild plants, hunting and fishing.

They would not live in one place, but moved over great distances in order to be where there was a good supply of food.

The San developed an amazing ability to survive in very dry conditions. They could follow an animal's

trail for several days and find water metres underground.

The San did not believe that individual people could own things, including land and cattle. Amongst themselves they shared everything.

Unfortunately these beliefs caused conflict with other people who did think that land and animals could be owned, like the Dutch.

Women and men were given equal rights and status in San society,

and the San were very democratic. There was no chief or ruler - decisions were taken by everyone together.

The San language is made up of clicks and whistles. It sounds different to any other language in the world.

The last remaining San people live in the Namib and Kalahari deserts. They are one of the last examples of people who live naturally within their environment.



## Paintings of the Spirit – Bushmen Rock Art

During our visit last month to the Red Tea Farm in the Cape Cedarberg mountains, where the Nu-Tea Rooibos is cultivated, we were thrilled to discover ancient Bushman rock art on a Rock arch. We discovered several drawings. The first one showed bushmen and elephants, which is testimony to the

fact that elephants used to roam in the area where our premium Rooibos tea is grown. The farm also slopes down to the Olifants (Elephants) river. Also exciting to discover was a rock painting of Haley's comet. The age of this painting has been verified by scientists of the University of Stellenbosch to coincide with the appearance of Haley's comet many hun-

dreds of years ago.



## Berry Smoothie

Preparation time: 10 minutes

(Makes 2 8oz. servings)

1 small banana, peeled, cut-up & frozen

¼ cup fresh or frozen berries of your choice

1 cup Nu-Tea Rooibos tea

½ cup orange juice

3 Tsp vanilla low-fat yoghurt

Fresh mint (optional)

In a blender combine frozen banana, berries, Rooibos tea, orange juice and yoghurt. Cover and blend until smooth. To serve, pour into glasses.

**Tip:** Keep frozen bananas and Rooibos ice cubes on hand in a freezer container or plastic bag.

## Fruit Punch

(Makes 20 Glasses)

By adding Fruit juices of your choice to cold Rooibos Tea, you can make a delicious fruit punch or cocktail.

1 Liter Strong cold Rooibos Tea

500ml pineapple juice

500ml Passion Fruit juice

500ml soda water

500ml ginger ale

1 cans Passion Fruit pulp

Bananas, sliced

Mix Rooibos Tea and fruit juices.

Add Passion Fruit juice.

Chill soda water and ginger ale and add just before serving.

Decorate with banana slices.

## Popsicles



Preparation time:  
10 minutes

355ml frozen raspberry cocktail concentrate

1 cup hot Nu-Tea Rooibos tea

Dissolve the raspberry concentrate in the hot Rooibos tea in a medium sized bowl. Pour into popsicle molds or wax paper cups with wooden sticks. Freeze 2 hours. Other flavors to try: Cranberry, Grape, Orange & Grapefruit

## Sangria

Preparation time: 15 minutes

3 cups red wine

5 cups Passion fruit or mango juice

2 cups Nu-Tea Rooibos tea

½ cup sugar

1 orange sliced and quartered

1 orange freshly squeezed

1 apple halved and sliced

5 fresh strawberries sliced

1 oz lemon juice

In a large glass pitcher mix Nu-Tea Rooibos tea with sugar. Add remaining ingredients and let flavors mingle for 2 to 3 hours in the refrigerator. Serve in tall glasses over Rooibos ice cubes.

**Tip:** Keep frozen bananas and Rooibos ice cubes on hand in a freezer container or plastic bag.

## Citrus Iced Tea

2L hot Rooibos tea

450ml orange juice

50ml lemon juice

150ml cold ginger ale

Orange & lemon slices

Allow tea to cool and add orange and lemon juice

Add ginger ale just before serving.

Decorate with orange and lemon slices.



## Rooibos Summer Cooking Ideas

- Like a good wine Nu-Tea Rooibos gets better with age. Unused Rooibos can be stored in the fridge or frozen into cubes for later use.
- Rooibos Tea can replace milk or water called for in recipes.
- Use Rooibos as a meat tenderizer.
- Use Rooibos as a base for soups, stews, marinades, or sauces.

- Dilute frozen cold drink concentrates with Rooibos.
- Replace juice with sweet tasting Nu-Tea Rooibos or mix 50/50 with fruit juices.
- Nu-Tea Rooibos mixes well with chocolate, alcohol, juices, milk, Soya, ice-cream etc.
- The Nu-Tea Rooibos flavor can be enhanced with honey, lemon, vanilla, caramel or maple syrup.

- Steam vegetables in Nu-Tea Rooibos for taste and aroma
- Dip hard-boiled eggs in Rooibos tea for a caramel color effect.
- Steam rice in loose Nu-Tea Rooibos for taste and aroma.
- Boil pasta in Nu-Tea Rooibos tea for taste and aroma
- For garnishing sprinkle loose Nu-Tea Rooibos tea on your dessert or dish.



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## Our Vision

*To help Africa by creating a market in North America for fine organic healing tea products from Africa.*

*To enrich the diet of N. Americans with fine organic healing tea products from Africa.*

*To benefit the health of N. Americans with fine organic healing tea products from Africa.*

*To support the Aids kids in Africa*

## We'd like to hear from You

Please send us any of your Nu-Tea Rooibos ideas, recipes or comments to [info@nu-tea.com](mailto:info@nu-tea.com).

If you would like to receive this newsletter every month, please sign up at [www.nu-tea.com](http://www.nu-tea.com)

## *The Cotlands Baby Sanctuary*



Cotlands Baby Sanctuary is South Africa's biggest independent, non-profit organization caring for abandoned, abused and AIDS children.

The Cotlands AIDS Hospice is geared up to care for up to 20 children, from birth to six years,

who are terminally ill with AIDS and cannot be cared for by their own biological families - or who have been abandoned as a result of their condition. The primary aim of the facility is to allow the children to die with dignity in a familiar and loving environment. "Many children outside our facility die of AIDS in hospitals - an experience which can be lonely and frightening," says le Roux. A fully qualified team working in shifts around the clock staffs the hospice.

These committed caregivers always manage to maintain a tranquil and peaceful environment for the children in their care, despite the often traumatic circumstances in which they work. At the same

time they offer a sense of normality - older children are allocated chores, attend nursery school and are encouraged to develop to the best of their potential as long as their health permits. "We pay tribute to all the children who have passed away in our care," says le Roux. "Their fight to live, the pain they have had to endure and yet the smiles they still had for their caregivers, have ensured that each one holds a special place in our hearts."

***Nu-Tea Imports is a supporter of the Cotlands Baby Sanctuary. By purchasing our fine tea products you help us help the Aids babies of South Africa.***

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