

Contact: Elizabeth April Fritz
(203) 334-1212 ext. 3219
efritz@rcbigelow.com

TEA FACTS

What is tea?

Camellia sinensis is the technical name for the tea plant. It's an evergreen shrub normally found in mild climates. The shrubs are pruned frequently to a low bush-like shape to encourage leaf production. Tea leaves are harvested every six to fourteen days. One plant will produce about a quarter-pound of leaves per year.

What are specialty teas?

Specialty teas can be grouped into several categories including:

Traditional Teas: These distinctive teas consist of varieties or blends that have been consumed by tea drinkers for centuries. Some traditional teas represent specific tea growing areas such as Darjeeling or Ceylon. Others represent the favorite tea of a particular nationality or region of the world: China Oolong, Japanese Green, English Breakfast, Earl Grey.

Traditional teas in the Bigelow line include Darjeeling Blend, English Teatime, English Breakfast, Chinese Fortune (Oolong tea) and Earl Grey, which is one of the top selling traditional teas in the U.S.

Flavored Teas: These are black teas that have flavors added, including blends of fruits, herbs and spices. The leader in this category is Bigelow "Constant Comment®" Tea, a blend of quality tea, natural orange rind and sweet spices.

Herbal Teas: Herbal teas are not really "teas" at all. That is, they don't contain any leaves from the tea plant. Instead, they are a combination of dried herbs, fruits, nuts, and spices. They are called "teas" because they are packaged and brewed just like real tea. Since herbal teas contain no real tea, they are naturally caffeine-free.

Decaffeinated Teas: All traditional and flavored teas, as opposed to herbal teas, contain varying levels of caffeine. Bigelow decaffeinated teas have had 97% of their caffeine removed by a natural process that preserves their delicate tastes and aromas.

Iced Teas: Bigelow iced teas offer Bigelow quality and flavor in quart-size tea bags. They are made from both flavored teas and naturally caffeine-free herbal teas.

How much caffeine and calories does tea contain?

On a per cup basis, tea naturally contains less caffeine than coffee—on the average, about half as much. While Bigelow herbal teas contain no caffeine, Bigelow flavored teas have less caffeine than traditional tea because they are a blend of tea and other ingredients.

All Bigelow teas contain less than 5 calories per serving; Bigelow specialty teas are 2 calories or less per serving.

About Bigelow Tea Company

100 % family owned, Fairfield, Conn.-based Bigelow Tea pioneered the specialty tea category more than 60 years ago. Bigelow takes pride in its heritage and successful growth from a one-product, entrepreneurial venture into America's leading specialty Tea Company. The Bigelow Tea line includes more than 80 varieties of flavored, traditional, green, organic, herbal, decaffeinated teas and iced teas—including America's number one specialty tea flavor, "Constant Comment®".

In 2003, the company purchased and restored the Charleston Tea Plantation. Based on Wadmalaw Island just south of Charleston, South Carolina, the only tea plantation in America cultivates several hundred thousand tea bushes that are descendants of bushes brought from China during the 1800's. The Charleston Tea Plantation has become a "must see" destination for tea lovers and tourists alike who visit the area from around the world and appreciate information and education about tea in addition to enjoying American Classic Tea and products which are produced from the tea grown on the premises

Bigelow Tea products are available nationwide including grocery, super centers mass merchandisers and health stores. Every variety can be found on the company website, (www.bigelowtea.com), along with an appealing selection of tea chests, tea accessories and other gift items. Tea lovers and enthusiasts will also enjoy interesting and entertaining related stories and facts by visiting the company's blog (<http://www.bigelowteablog.com>).

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