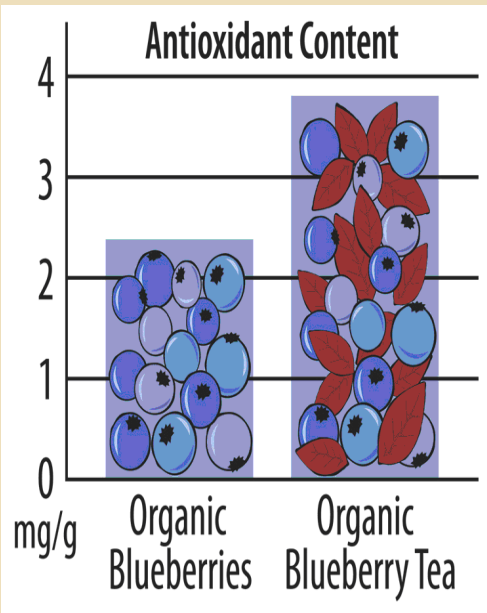


# Antioxidants

Beyond the flavor, our **Organic Whole Plant Wild Maine Blueberry Tea** is power-packed with antioxidants in the form of anthocyanins. These phytonutrients, natural antioxidants found in fruits and vegetables, contribute to the blue and red pigments of blueberries and their leaves which protect our bodies against disease and age-related health risks. By concentrating the antioxidants from blueberries and blueberry leaves into this premium whole plant tea, **Highland Organics®** has utilized a nutritional by-product with blueberries to deliver almost two times the antioxidants of fresh organic blueberries.



Testing done by Dr. Kristi Crowe at the University of Maine, Food Science Department for **Highland Organics®** 2005

*Highland Organics®*

"A taste of wild Maine in every blueberry."

**DIRECTIONS:** To start, steep suggested serving of 1 teaspoon or for a deeper blueberry flavor, steep up to 1 tablespoon of the premium loose tea in a t-sac tea filter, tea ball, linen bag or a French Press with 8 oz. boiling water for 10-15 minutes, longer is better. Drink hot or cold. Add your favorite sweetener or lemon if you like. ENJOY!

**STORING:** To maintain the freshest product, please keep the tea in its container or any air-tight container in the freezer or refrigerator. Never leave the tea opened and exposed for long periods of time. Remember to treat your tea as you would any other dried fruit product. If you have any questions, please call us.



Highland Blueberry Farm

P.O. Box 20  
Stockton Springs, ME 04981  
207-567-3763

Family owned since 1988

"...their fruit will be for food and their leaves for healing."

Ezekiel 47:12

*Visit us on the web*

[www.organicblueberrytea.com](http://www.organicblueberrytea.com)



**ORGANIC**  
Whole Plant Wild Maine  
*Blueberry Tea*

## Our Story...

Our story began with a question: **What value and purpose do the crimson-red blueberry leaves have?**

On a visit to the farm in 2004, Dr. Kristi Crowe, then doctoral student at University of Maine, Food Science Department, was looking for a project to do with the National Science Foundation and the Hampden Academy chemistry class. When I posed my question to her, she thought it would make a great hands-on science project for the students, and in turn it would benefit our farm with the research we needed to answer this question. Dr. Crowe, teacher Bill Leatham, and students came to the farm, harvested the crimson-red blueberry leaves by hand and returned to their lab with their samples.

Scientist, teacher & students, tested the blueberry leaves for anthocyanin levels. This is the first time that this type of research had ever been done! To everyone's surprise, the anthocyanin count was higher in the blueberry leaves than they were in the organic blueberries that were tested for **Highland Organics®** by Dr. Crowe!

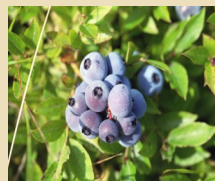
What does this mean for you and me? Well, **anthocyanins** are also known as **antioxidants**. Antioxidants help to neutralize free radicals, which are unstable molecules that are linked to the development of a number of degenerative diseases and conditions including cancer, cardiovascular disease, cognitive impairment, immune dysfunction, cataracts and macular degeneration. Fruits and vegetables are sources of natural antioxidants and among them blueberries have one of the highest levels of antioxidant activity.

## From Field...

**Highland Organics®** has received 3 Maine Technology Institute Seed Grants for the research and development of our organic whole plant blueberry tea. These grants have helped us to develop equipment for harvesting and drying blueberry leaves. This second harvest of blueberry leaves, which is considered a waste by-product in the agricultural industry, has given us the potential to be a farm that can operate year round, benefiting many people with this first ever value-added product.

The research phase of the grants allowed us the opportunity to work with the University of Maine Food Science Department. UMO tested our product and determined the optimum drying times for the blueberries and the blueberry leaves, while preserving antioxidants in both.

In the summer, young people from local communities work with our family to harvest blueberries. The second harvest of leaves begins in the fall when the women from Blessed Hope Ministry of Calvary Chapel Central Maine, (a residential discipleship program for women seeking a way of escape from drugs and alcohol), work on the farm harvesting and preparing the leaves and blueberries to package into this first-ever whole plant blueberry tea.



## ...To Market

This premium loose tea is hand-crafted with the sun-sweetened blueberry fruit of summer and the crimson-red blueberry leaves of fall to provide "a taste of wild Maine blueberries in every cup."

Certified by the Maine Organic Farmers and Gardeners Association (MOFGA), **Highland Organics®** is committed to utilizing sustainable energy-efficient approaches in our agricultural practices; in the preparation of our tea; and in our packaging choices. As part of our efforts to minimally impact the environment, our unique **Organic Whole Plant Wild Maine Blueberry Tea** will be sold in containers that we hope will encourage recycling/reusing among our customers. Please visit our website to see how we sell the tea and to learn about our newest product, Organic Blueberry Barque, (pronounced bark). Remember...

**Our Whole Plant Blueberry Tea is already naturally caffeine-free!**

We hope you will enjoy drinking our **Organic Whole Plant Wild Maine Blueberry Tea** for yourself or giving it as a unique Maine gift to a friend. **Our tea is like a taste of wild Maine blueberries in every cup!**

*To your good health*

*Tom & Theresa Gaffney*