

CUISINE

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CONNECTIONS

# The TEA<sup>TM</sup> House Times





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## Greetings from The TEA House Times!

Whether you are reading this at the end of December or have already reached the New Year, my sentiments are the same to you, dear readers. I wish you the very best throughout the holiday season and wish each of you and yours a very happy, healthy, and prosperous New Year. What does 2018 have in store for us? Have you made any resolutions? For now, I like to think about Ms. Grosso's article on page 9 regarding etiquette and international protocol. "Being excellent is not about doing one thing a thousand percent better than anyone else, but rather doing a thousand things one percent better than I was doing them." She goes on to say that, "excellence in a lot of small things can make extraordinary changes." She refers to this as *The One Percent*.

2017 was a whirlwind for me with two amazing trips to Sri Lanka and helping them to recognize and celebrate the 150th Anniversary of Ceylon tea. I am hoping to do more with and for Sri Lanka/Ceylon tea in 2018. A trip with others perhaps? We shall see. If not there, somewhere else maybe. Personally, I have a lot of irons on

## SALUTATIONS

the fire and trying to decide what shall come first. Several speaking engagements are being lined up and once I have the details finalized, you may find my schedule at The Tea House Times website but also at my own website here: <http://www.GailGastelu.com>

Find some great tea industry insight on page 4 and all of the usual lovely features at page numbers shown above. If you would like to see your business listed on page 2 with bonus links and news at our website, contact me.



All the best,

*Gail  
Gastelu*



A message from . . .



Unless you've been out of the country, stories about the recent acquisition of Tazo by Unilever, coupled with Starbucks' publicly announced desire to build Teavana to a \$3B brand, has dominated the food story headlines. Further, RTD's growth is being spurred by the premium, more "tea-like" products.

We in the Specialty Tea arena are truly in a great space: Specialty tea is one of the key drivers of growth in the Tea Industry in the United States. Millennials, Gen X'ers and Gen Y'ers are getting more and more interested in tea; and, the ability to source tea from more and more growers that have unique teas has expanded dramatically.


While we should all be excited at this growth, and that we are now the third largest tea importer in the world, we should not lose sight that we still have tremendous room for continued expansion of tea in the U.S. market.

The most dynamic tea market has to be in China. The types of teas, its availability, the knowledge of the consumers and extraordinary price levels paid make it an enviable business model. Could we ever see the tea market in the U.S. this vibrant?

Recently, at both the North American Tea Conference in Scottsdale, and at the 150th Anniversary/Colombo Convention in Sri Lanka, I was fortunate enough to spend some time with my good friend, Yu Lu, Vice President of the China Chamber of Commerce (CFNA). I asked her this very question after her presentation and she repeated it for the attendees at the NA Tea Conference.

CONTINUED ON PAGE 5



  
Peter F. Goggi, President  
Tea Association of  
the U.S.A., Inc.  
**TeaUSA.org**

A message from . . .



Tea and Herbal Association of Canada  
Association du Thé et des Tisanes du Canada

First and foremost January is Hot Tea Month, meaning that tea is going to be hot all month long... but let's make it a 2018 trend. Every year Mintel publishes their list of food trends to watch out for, Global Food & Drink Trends, and their 2018 list includes several trends that the tea category naturally fits in.

### *Self-Fulfilling Practices: Self-care Routines*

Life is only getting busier and the importance of taking a moment to slow-down has become part of many people's "self-care" practices. For years, the ritual of tea is something that has been talked about in the industry, but now is an ideal time for brands to draw attention to this quality. Not only does the consumer benefit from a brief pause in their day for a cup of tea, but they are sipping on a mug full of health promoting antioxidants.

### *Preferential Treatment: Personalization*

This trend covers an array of possibilities that are available online and through mobile food shopping. Think of the last time you bought something online and how after you added it to your basket other products were recommended. Imagine the next time a customer is placing an online grocery order and the top suggestion is one of your teas to pair with their breakfast cereal or afternoon snack selection.

Another trend that we see dominating is sustainability. At the last two North American Tea Conferences we have celebrated this with the Sustainability Awards. Through these awards we have been able to celebrate the work being done within the industry on social and environmental initiatives. With all of the natural goodness of tea and this year's food trends, let's start this year by spreading our love of tea.



Louise Roberge, MBA, CAE  
Certified TAC TEA  
SOMMELIER® Professional  
President, Tea and Herbal  
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CONTINUED FROM PAGE 4 (*Tea Assoc. of the USA*)

She said there are three reasons for tea being so dynamic in China:

1. *Heritage:* Tea is an honored heritage in China. School teachers serve tea to their students so that they know how to serve tea. Further, it is common for three generations of a family to live under one roof, so the tea habit easily passes from one (or two) generation to the next.
2. *Health:* Tea is known for its healthful properties. While we hail Shen Nung as the discoverer of tea, he is honored in China as a great researcher. In fact, he is claimed to have poisoned himself 72 times and tea was the antidote. It's a small wonder that tea is considered a cure-all!
3. *Happiness:* Tea is celebrated for its social aspects. It contributes to personal happiness. It is a physical demonstration of friendship and a precursor for both social and business interactions.

The challenge for our industry will be to adapt the above lessons to our own consumers. This is not a short term process, but a long term goal. After all, the Chinese have been at it for almost five millennia!

Let's talk about our own family tea ceremonies; continue to use tea's healthfulness as a platform for growth and engage with one another over a cup (or glass) of tea!

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## **Reading the Tea Leaves\*** **What's Trending in Tea Business?**

Keep on top of tea industry news to stay in the know!

NEWS: Visit <http://teanews.theteahousetimes.com> to find links to all recent news pieces and sign up for our weekly eNews via email.

TEA BLOGS: Find guest blog posts at <http://teablogs.theteahousetimes.com>

# CUISINE

## Jam 'n Sponge Crosses

*A Modern Version of Victorian Sponge*

*Yield: 40 squares*

1 cup butter (2 sticks), softened

1 cup strawberry jam

1 chiffon cake loaf measuring 3 ½ x 6 x 9 inches

Using a hand mixer, cream the butter and strawberry jam in a small bowl until smooth. Set aside.

Trim cake loaf, removing all brown edges, so that it measures 3 x 4 x 8 inches. Cut in half horizontally, then cut those halves in half vertically along their length to create 4 mini loaves measuring 1 ½ x 2 x 8 inches each. Slice each loaf horizontally, once again to create a total of 8 pieces measuring ¾ x 2 x 8 inches.

Spread a thick ½-inch layer of strawberry butter on 4 of the cake slices then place the remaining slices on top to create 4 long sandwiches measuring 1 ½ x 2 x 8 inches each. Cut each sandwich again vertically in half, lengthwise, through the filling. Spread another ½-inch layer of strawberry on each new cut piece. Press those pieces back together. You now have formed 4 “+” logs.

Wrap each in plastic wrap and freeze. Slice each “+” log into 10 slices measuring ¾-inch thick, giving you a total of 40 sandwiches.



Credit: *Tastefully Small Finger Sandwiches*  
- *Easy Party Sandwiches for All Occasions*  
by Kim Hendrickson, [SalviaPress.com](http://SalviaPress.com)



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# Let Your 2018 Resolutions Be Your Entertaining Motivation

by Kim Hendrickson

OCCASION



When New Year's Eve has passed and we all make resolutions, whether we verbalize them or not, maybe we don't consider our hopes for the future year resolutions. The beginning of a new year, with all of its promise often begins without any gatherings, parties or celebrating to look forward. (There are always bills, taxes, bad weather, diets, though!). Why not plan a gathering of friends and relatives for lunch or afternoon tea to give January a celebration uniquely your own. Sharing past holiday experiences and friendship is a wonderful way to usher in the New Year---maybe sharing your resolutions with your guests will help you honor them.

The goal is not to pull out all of the stops like you did just one month before, but to find an easy, comforting wintery way to enjoy each other. See if any of these wintery ideas get you motivated.

- ❄ Have everyone write one resolution on a slip of paper to be picked out later from a bowl by a different guest to guess the author.
- ❄ No need for new decorations, keep the wintery ones you have (packing up the holiday specific ones) but breathe new life in them by moving them around to a new arrangement. No ornaments? Cut evergreen branches from outside, use granulated sugar sprinkled around for snow, and light blue candles to create a wintery air.
- ❄ Having come off the gift-giving season, suggest that your guests bring a "white elephant gift" to exchange for laughs.
- ❄ Keep a comfortable white/pale blue/silver theme going by using colored napkins, everyday silverware, and silver glitter ribbon to tie around the napkins and a bow on the mugs or around candles.
- ❄ Serve frothy chai tea or red velvet hot chocolate (with cream cheese cream) in big, hand-cupping mugs.
- ❄ Offer comfort foods for your lunch fare: tomato soup with grilled cheese finger sandwiches, mac & cheese balls, iceberg wedge with creamy ranch and a healthy sprinkle of bacon pieces. Dessert-- think homey: pudding, lemon bars, sugar cookies with white frosting. Maybe serve leftovers in a new way.
- ❄ Send your guests home with the tools to get cozy again: a mug filled with tea and shortbread cookies.

*May the warmth of good relationships communing be my 2018 wish for you, the reader.*

*Your 2018 promise:  
Have more fun in the New Year!*



Kim Hendrickson, author of the *Tastefully Small* cookbook series, has been teaching for nearly twenty years. A regular instructor at the John C. Campbell Folk School, she is a frequent speaker at culinary events throughout the U.S. She has catered for The Travel Channel's Bizarre Food Show, the New York Metropolitan Opera, the Penguin Repertory Theater and TV's "Slangman", David Burke. Kim's book, "Finger Sandwiches", is the only one of its kind, dedicated exclusively to a celebration of unique and flavorful tea sandwiches, and her "Savory Bites" and "Dessert Canapes" books help round out the *Tastefully Small* series to make any gathering both fun and delicious. Please visit **SalviaPress.com** See also: <http://kim.theteahousetimes.com>



# CULTURE

## A Sip of the Classics

by Gail Henderson



Once in awhile a tea product line is created that should garner the praise of anyone who has read well-loved English classics because it elevates our taste buds as well as our imagination. An added plus when it comes from a second-generation American family-owned tea company now run by the adult children.

Simpson and Vail's sophisticated literary tea line is largely the idea of the Harron family's daughter and Co-Owner, Cyndi Harron, who "just always thought tea and books went together." Working full-time for twenty-five years, now in their current location in Connecticut, Cyndi remembers her family's original location on Park Place in New York City when summer vacations meant the sights and smells of the original tea shop: her dad at work blending, the smell of bergamot, the old desk-tops, stamps, and tea blending equipment, still treasured by the family. Throughout the years she continued to take voluminous notes on authors she enjoyed while learning the tea business. In 2012, after years of researching different authors' works and lives, and with the help of Connor Lofink, an employee who shared her vision and is now screenwriting, she launched her first

literary teas. Each year since, she has added two more authors' tea blends. There are now fourteen choices in all, ranging from Shakespeare to Emily Dickinson, Dickens to Louisa May Alcott, with Frederick Douglas and Edith Wharton being the latest additions.

Cyndi used her research of the authors' works and lives to create the specific tea blends. For example, Lewis Carroll's tea reminds us of the Queen of Hearts' rose garden so his tea blends Indian black and rose congou teas and is "high energy and a bit whacky" like Alice's experiences in Wonderland. Poe's tea brews to a blood-red color (from beetroot) and has an earthy taste from pu-erh and a smoky flavor from lapsang. Readers have said it tastes "just like they thought an Edgar Allan Poe tea should!" and visitors to the Poe Museum in Richmond, Virginia are delighted to find it sold there. Beatrice Potter tea combines organic chamomile (remember the "dose" Peter Rabbit's mother gives him?) along with herbals the author herself grew. Jane Austen Tea, perhaps due to the popularity of the author, is Simpson and Vail's best literary seller. See for yourself if it boasts correctly that its flavor is "delicate but not weak, just like Austen's heroines."

Intrigued? Sample packets are available at [SVTea.com](http://SVTea.com). And Cyndi welcomes readers to suggest her next two blends, perhaps including some modern authors as well.

I wonder what tea companies will think up next! Maybe dessert teas? Oh wait, I believe Cyndi has thought of that one too. Crème brulee anyone? Imagine the calories you will save and the New Year resolutions you can keep! Happy holiday and new year sipping to you!



*Gail Henderson connects people through her business - Love Your Neighborhood.*

She lives in Palmetto, Florida. Gail makes memories with her grandchildren and helps others make memories by giving away tea resources and information. Visit her website to learn more: [LoveYourNeighborhood.com](http://LoveYourNeighborhood.com) Or call 813-928-1166 for information and help. Photo credits: Martha DeWeese



## Your Manners Matter® Minute with Cynthia Grosso

When we enter a New Year, many will reflect on the past year and think about things we want to be different in the New Year. Making New Year's resolutions are a common occurrence for many, but how do resolutions really work?

### Etiquette Tip: The One Percent

When we create our list of resolutions for 2018, thinking about these changes and why we desire to make them is important. Lasting change occurs as we change our beliefs and values, which will change our behavior. This does not usually happen by quick drastic changes, but rather, by small changes over time, or what I call the "one percent".

So, this year let us look for being personally excellent at making the changes in our lives. Seeking personal excellence often begins with recognizing we find excellence by paying attention to the small things. Being excellent is not about doing one thing a thousand percent better than anyone else, but rather doing a thousand things one percent better than I was doing them.

Looking for the one percent is something we all can do. As we begin this process some of us start to look at things differently than we have in the past. When we look a little deeper at how we are doing things, even for just a moment...we often find new, small, but excellent ways of respectfully expressing ourselves.

As we begin this year let us know that excellence in a lot of small things can make extra-ordinary changes.

### Enjoy this holiday gift download:

*A holiday table placemat.*

<http://charlestonschoolofprotocol.com/diningplacematmap>



### International Protocol: The One Percent

Studies indicate that 70% of Americans trying to do business internationally fail. This year as we step into the international arena, what will we do one percent better than last year?

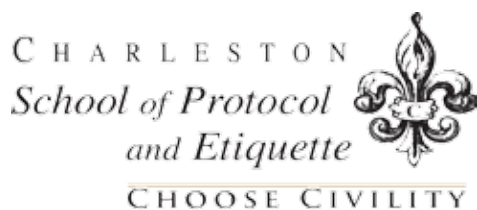
With the wealth of information available about cultures and places around the globe, the world seems to be getting smaller. Many people are traveling throughout the world with greater frequency and doing business internationally is a desire of many people.

Maybe our one percent this year may be to invest the time to develop a pre-travel strategy, which will help us to learn more about the customs of where we will be trying to conduct business. Gaining knowledge about the history, geography, religion, language....the culture, may enhance our relationships by being more respectful of those we desire to meet and do business with.

Doing things one percent better than you have in the past and taking the time to do the small things differently, may come back to you in immeasurable ways.



*Editor's note: Alongside the multi-cultural experience of tea, many tea lovers travel the world - to tea growing countries and to those places where tea is experienced in special ways. Updates to this wonderful feature page for manners, etiquette, and international protocol will help you in every situation around the world. Enjoy!*



Contact: (843) 207-1025  
[charlestonschoolofprotocol.com](http://charlestonschoolofprotocol.com)

Cynthia Grosso is Founder of The Charleston School of Protocol and Etiquette. The Charleston School of Protocol and Etiquette specializes in helping people handle life's events and changes with style, polish and confidence. They offer seminars and consulting services in professionalism excellence and medical/dental office protocol.



# Tea Party & Fashion Fun

In honor of The Red Hat Society's birthday this year, 2014 Hatter of the Year Marilyn Cresci of Tucson, Arizona, USA hosted a magnificent birthday tea at Pink Hatter and fashion designer Dorota Zglobicka's design space. Dorota is the fashion designer of Theo Doro who was recently showcased during New York's Fashion Week held in February 2017. The Chapterettes enjoyed a wonderful tea party complete with trying on the latest fashions from their Sister, Dorota. The Chapter can't wait to celebrate the 20th Anniversary in style!



MARILYN CRESCI

To learn more about The Red Hat Society and events like this taking place around the world, visit [RedHatSociety.com](http://RedHatSociety.com). You can also follow us on Facebook and Twitter to step into the world of Hatting.



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## Tea in the Garden

by Barbara Tuson

When we arrived in Victoria we eagerly looked forward to visiting Butchart Gardens. Marking the 100th Anniversary in 2004, the Gardens were awarded the Tourism Industry Association of Canada's "Lifetime Achievement Award" in recognition of the Butchart family's longstanding commitment to tourism and community development in the Greater Victoria region. Also, in 2004, on the occasion of its Centennial Year, the Gardens were named as a National Historic Site of Canada.

In 1902 Mr. Robert Pim Butchart came to Tod Inlet on Vancouver Island to look for property for a rock quarry. In 1904 the Vancouver Portland Cement Company was started. The first sacks of Portland cement were shipped from Tod Inlet on the barge Alexander in 1905. Mrs. Jennie Butchart began planting flowers and shrubs around their home near the cement plant. The humble start Jennie made in starting a small garden has grown considerably since then. I especially loved the rose garden which contains 6600 rose plants and they are in bloom from June well into October due to the climate of Southern Vancouver Island.

Mr. and Mrs. Butchart named their home "Benvenuto", the Italian word for welcome, and they shared the joy of their gardens with others. Until numbers made it impossible, tea was served to all who visited the gardens. In 1915, alone, it is reported that tea was served to over 18,000 people. Mrs. Butchart, occasionally unrecognized, was not above serving tea herself. Descendants of Robert and Jennie Butchart are still continuing the legacy and tradition of "Benvenuto".



An opportunity to have tea overlooking the gardens was made available so we decided that was what we would do. Even though it was July, a beautiful sunny day and crowded, it was still wonderful to visit these stunning gardens. The tea was just lovely starting off with a delicious seasonal berry trifle compote. Then the three tiered tea rack with both sweet and savory items. The savories included curried Cowichan Valley chicken sandwich, smoked B.C. salmon and capers, and house made sausage rolls with German mustard. The sweets contained bergamot chocolate truffles and white chocolate cardamom meringues. The highlight was the signature house ginger scones. I loved them and they were delicious!!! For our tea selection we chose the 100th Anniversary tea. It was a light black tea with a blend of Darjeeling, black Hunan and Gunpowder.



If you have a chance to visit Victoria you must put this on your "to do" list. Between the Empress Hotel and Butchart Gardens you will have wonderful tea experiences.



*Barb Tuson is owner of Tea Time Travels. Previous owner of SBS Teas, after she sold that business, she and her husband decided it was time to travel the world so they became travel agents and named their travel agency Tea Time Travels because they wanted to travel and drink tea all around the world. See [TeaTimeTravels.globaltravel.com](http://TeaTimeTravels.globaltravel.com) if you need help with your travels and sampling tea all around the world.*

## Victorian Country Inn, B&B, LLC

1850 E Hwy 124  
Hallsville, MO 65255  
(573) 819-2000

Website: [www.VictorianCountryInn.com](http://www.VictorianCountryInn.com)

The historical family estate dating back to 1896 sits atop a grassy meadow near two ponds where, from the highest point in the yard, guests can watch the Missouri sunset over the trees. Enjoy the morning air with your cup of tea before a full homemade breakfast by Ms. B (Barb) in the GAZEBO or front porch swing, take a walk along the walking trails, or even feed the fish at your leisure.

On the first floor guests are welcome in the common areas such as VICTORIAN TEA PARLOR which is perfect for a quiet read and a cup tea. Most guests have breakfast in this ornate dining parlor. The 24 hour coffee and tea station in the next room has an antique functional coffee grinder to grind fresh coffee to go with Amish pastries. A quick browse of the Sideboard Sale you will find Ms. B's mugs, teas, local items



and European gifts and hand signed books. Guests may have access to the new event White Room just off the dining area when not in use for other events like their popular Murder Mystery Dinner Theater/Tea Parties.

Ms. B provides a full 3-course country or gourmet breakfast which always includes fresh fruit parfait with yogurt if you like or fruit sorbet or smoothie, OJ, fresh ground coffee or Keurig coffee, main breakfast entree with fresh country eggs traditional country style or gourmet with seasonal fresh herbs and Amish pastry. Ms. B's gourmet fresh spinach or egg and cheese soufflés or quiches vegetarian or with meat of choice are very popular along with Eggs Benedict ala Barbara.

For those looking to treat their honey to an extra special weekend, the Victorian Country Inn offers many add-on packages. Select the popular Celebration Package with fresh seasonal flowers, chocolates, silk rose petal roses with LED candlelight and room service for breakfast. Add on chocolate covered strawberries! You will think you are in a boutique hotel when you reserve ahead a Spa Package. Check the Special and Packages page of their website for more information and be sure to request a special afternoon tea!

Through our partnership with PAII - Professional Association of Innkeepers International, their member Bed & Breakfasts / Inns / Boutique Hotels are featured in every issue of *The Tea House Times*. All PAII member innkeepers receive a digital subscription and may share it as an amenity to guests. PAII's non-innkeeper members include future innkeepers, retired innkeepers, vendor affiliates, and lodging associations - all receive *The Tea House Times* digital subscription to discover the inns that will welcome them with tea time and hospitality, and that also will enhance their personal knowledge and enjoyment of tea.



Innkeepers who choose membership in PAII are committed to high standards of hospitality through continuing education on management, marketing, and exceeding guest expectations. PAII's membership includes hundreds of innkeepers in the US, and is seasoned with innkeepers outside of the US borders. PAII is delighted to acquaint *The Tea House Times* readers with the historic mansions, rustic lodges, intimate cottages, contemporary inns, and more, with innkeepers that offer tea service. To discover more about PAII, visit <http://www.paii.org>

# TEA LIFESTYLE

## Happy New Year!

By Sarah, Duchess of York

I hope you all have had as wonderful a holiday season as I know I have had. There is something about December that always makes me so cheery – I suppose that's why they call it the festive season!

Really, is there anything better than sitting by the fire, warmed to your soul by the company of your loved ones, the smells of cinnamon, nutmeg and pine everywhere, warmed to your bones by the mulled wine in your hand? The days all blend together, becoming one glorious memory of laughter and good food, carol singing magically all around.

Like many people, I enjoy giving presents almost more than I do receiving them! Spending on other people's happiness somehow feels easier on the purse, and the feeling you get when you know you got them just the perfect little thing they probably wouldn't have gotten for themselves, is worth its weight in gold. This year, my dear ones were especially kind to me. I was bowled over by their generosity, and by how well they know me! But I must say, one of the things that tickled me the most was just a little stocking stuffer, in the form of a mini selection of holiday teas.

For obvious reasons, tea is always a perfect present for me. But this little selection had the added element of holiday delight. All of us here love our teas. Discovering new flavours is one of my favourite past-times. However, as I'm sure you can imagine, dear readers, I'm a bit of a purist when it comes to tea flavours. I've never been sure if I really wanted to try Candy Floss tea! So I was slightly dubious when I saw the Eggnog flavour right on top of all the others.



Let me tell you, I needn't have been! Not only were all of the flavours absolutely delicious (and dare I say, felt a bit mischievous?), they were special to drink. It was a delight to sample each different tea, to sit around with those dearest to me as we discussed which was our favourite. Really, it was just lovely to have a bit of extra fun with something so important to me – tea.

So, as we say goodbye to 2017 and hello to 2018, I am keeping that spirit very much with me. My resolution this year is not just to be a better version of myself (for we must never stop trying to work on ourselves!), but also to have more fun with things! Whether big or small, terribly important or mundane, life's many events could do with having a bit more fun injected into them, couldn't they?

So, I raise my teacup to you and with you, dear readers, wherever you are. May this year be filled with joy for you all – and hopefully, a bit more fun too!



*Sarah Ferguson, The Duchess of York, is a businesswoman and bestselling author of over 40 books for adults and children. She produced the film 'The Young Victoria' alongside Martin Scorsese, has been a popular guest and presenter on shows such as The Today Show, and for ten years was the U.S. spokesperson for Weight Watchers International. She is a passionate promoter of wellness, healthy weight loss and weight management. She is a tireless advocate for children and children's causes, founding Children in Crisis in 1993, a charity dedicated to providing forgotten children around the world with an education. ~ Find full bio linked through her blog here: <http://duchess.theteahousetimes.com> See also: **FergiesFCC.com***



## Stay Warm and Festive this Holiday Season!

By the team at Rosanna, Inc.

The holidays are a wonderful time of the year. It's a time where friends and family gather and enjoy each other's company. It's also a time where temperatures are cold and many of us want to warm up with a hot cup of tea.

Hosting a holiday party? There are so many aspects that go into planning the perfect party from appetizers, to wine, desserts, and more. It's common to offer coffee at the end of the night to guests, but not everyone loves coffee.

Peppermint tea is a perfect addition! We love Celestial Seasonings Peppermint Tea, but any peppermint tea is great! There's no need for sweetener, as the lovely peppermint seems to taste a little sweet on its own. Not only is peppermint festive, but it is also nice after eating a substantial meal. Maybe one of your guests had one too many ginger bread cookies - peppermint tea is a good homeopathic remedy for an upset stomach! Place one tea bag in a festive mug and pour boiling water over it for your guests.

Make sure to have holiday music playing in the background, so your guests can really get into the holiday spirit while the refreshing scent of peppermint fills the air.

Christmas day is exciting for everyone – not just kids.



As a result of this excitement, falling asleep on Christmas Eve can be challenging. Chamomile tea is a perfect solution, as it is very relaxing. It tastes wonderful with a small spoonful of honey if you want to add a touch of sweetness. We recommend two tea bags, but one is good as well. Simply pour boiling water over the two bags and steep for a few minutes. Sweet dreams!

If you have young children, Christmas morning is likely filled with a lot of energy and enthusiasm. Maybe your energy is lagging a bit though. That's where a nice black tea is helpful. Yorkshire tea is one of our favorite black teas. It is a wonderfully rich black tea blended to exacting standards. Place a tea bag in a porcelain mug. Then bring water close to a boil and pour it over the tea bag. We prefer a lighter tea with not too much tannin, so we do not steep this tea for too long.

Keep warm and Happy Holidays!

ROSANNA INC. is an international award-winning home decor design house run by women, for women. Our team brings this column and is dedicated to bringing people together - after all, there's nothing better than chatting with girlfriends over tea. Learn more about Rosanna, Inc. at [rosannainc.com](http://rosannainc.com) and look for social media @rosannainc Please read blog posts provided by Rosanna here: <http://rosanna.theteahousetimes.com>

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# CONNOISSEUR

James Norwood Pratt



## Mint Tea or Tisane



Image: Tarzhanova/Shutterstock.com

**Mint:** *Mentha*. The name refers to an entire family of herbs; spearmint, peppermint, and Moroccan mint, to name a few. The herb's name is derived from a Greek myth in which Persephone discovered that Pluto was in love with a beautiful nymph named Minthe. In her jealous rage, she turned Minthe into a lowly plant so she would be trod upon by all who passed.

**Mint Tea:** A flavored tea prepared in northern Africa and in Arabian countries. Mint tea is central to social life in Maghreb countries. The head of the family prepares and serves to the guest usually at least three glasses. One name for this is Touareg Tea and made using one teaspoon of sugar and one of green tea (traditionally China Gunpowder) plus some Moroccan mint per quart of water. After steeping for 5 minutes in boiling water, the tea is poured from ewers held at shoulder height into glasses in order to form a froth.

**Moroccan Tea Culture:** The way tea (exclusively green tea) is prepared and consumed in Morocco, where it is widely consumed with food. To a Moroccan, mint tea is a ritual of good hospitality and daily life. Moroccans often refer to it as Moroccan "whisky" and many claim it is their only vice. The preparation and serving of the tea is sacred and only trusted in the hands of an older man or woman, as if to suggest that you can only perfect that art with age and wisdom.

**Moroccan Tea Glasses:** Mint tea is served in Morocco in colorful Moroccan tea glasses. Usually paired with elegant brass teapots and serving tray.

**Tisane:** Herbal infusions are often mistakenly referred to as herbal "teas" although containing no *Camellia sinensis* (tea) leaf. Tisanes are typically caffeine-free. Mint steeped alone would be a tisane.

NEW

Find James Norwood Pratt on Instagram  
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Find more of James Norwood Pratt's work at [TeaCourse.com](http://TeaCourse.com) where learning never ends.

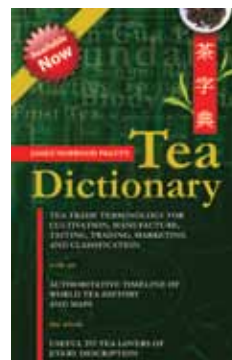


James Norwood Pratt  
is acknowledged as America's Tea Sage.  
He is an award winning author and authority on tea.  
Please visit

**JamesNorwoodPratt.com** for Norwood's schedule of appearances and to purchase his books.

**\*\*Do you have input or a question for Norwood?**

Send your question to [info@theteahousetimes.com](mailto:info@theteahousetimes.com)



## Pickled Things and Tea

by Linda Villano, SerendipiTea

Japan is revered for, amongst many other things, its extraordinary green tea, including matcha, its solemn tea ceremony and exquisite cuisine. And, tsukemono (meaning “pickled things”) must be included in this list. According to Yabai.com, “some culinary experts say that the Japanese pickle almost every type of vegetable and serve them with almost all well-known dishes and meals. In Japanese history, tsukemono was a way for the locals to preserve food and make them last for days or months, prior to the age of the refrigerator. This is their way to ensure that food can last indefinitely. Traditional methods include salting and vinegar brining, while more traditional methods include more complicated methods such as fermentation.”



Ginger Sprouts - Photo: SerendipiTea

Thanks to a dear friend, Food Historian and Tea Specialist Judith Krall-Russo, I recently had the great pleasure of visiting Boukakuan Japanese Tea House & Garden, a hidden gem in Southern New Jersey where we attended an on-site workshop called *Sunomono—Pickles the Japanese Way*



We learned fascinating things about Tsukemono (also known as koumono or oshinko) and their direct connection to tea. These preserved vegetables, and sometimes fruit, are pickled in salt, brine, or a bed of nuka rice bran.

Following is a list of a few items that make great pickles ~ the more unusual can be found at Japanese or Asian markets and food stores with large produce sections:

Burdock Root, Cabbage, Carrots, Cucumber, Daikon (Japanese radish), Eggplant, Garlic Cloves, Ginger, Lotus Root, Okra, Kabocha Squash, Turnip, even Japanese Plums (umeboshi).

Pickles are ubiquitous in Japan and there are countless varieties, styles and methods of production. The Japanese believe it is best to include the five colors (white, black, red, green and yellow) in every meal and pickles often provide bursts of color.

This topic is continued at TeaCourse.com. Learn more and find recipes and serving suggestions.

Note: The website and contact information for the Boukakuan Tea House and Gardens is [www.njgreentea.com](http://www.njgreentea.com). Be sure to join the mailing list should you be interested in future workshops or would like to schedule a private demonstration of an authentic Japanese Tea Ceremony. Lessons in the Urasenke Tradition for beginners and advanced students are also offered.



Linda Villano is  
Co-Founder/President of SerendipiTea.  
The NY-Based Importer/Manufacturer est.  
in 1995, specializes in Premium Tea &  
Tisane and Small Batch Blends.

**SerendipiTea.com**

See also <http://linda.theteahousetimes.com>

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# TEA IS POETRY POURED

By Susan Patterson

Congratulations! We made it through another year. I hope that we all are a bit better than we were last year at this time. This past year has been a tough one for many reasons. As a nation we argued. Families struggled for security. I dealt with breast cancer. Yet these are often typical and common issues for us. Being human is not always easy, is it? But let us not be disheartened. There is still hope.

We have options everyday as to how we can create a healthier and happier world. Whether we quit using plastic bags, which never decompose; eat more vegetables, which make us stronger; or elect honorable and intelligent people to govern us, all of us can make a difference. What we individually do in small ways, can grow into what all of us do in big ways.

As I often say in my writing, we need as individuals and as a species to continue to develop and to improve. In that vein, I think that having tea often is absolutely mandatory. Enjoy tea with someone you love. Share with someone you want to know better. Savor tea routinely in solitude so that you will know yourself well. Tea is good for you. It makes you smart, helps you think more clearly and act more responsibly. That's what I believe anyway and I'm sticking to it. If you are in Oregon, call me, and let's have tea! Happy tea times every day! skp



James and Susan Patterson enjoying tea at Gracie's in Portland, Oregon; Susan's favorite spot for tea.

## Drawing the Qualities of a Woman

If you want to get the  
Best from a woman,  
Treat her as you would  
Treat fine tea.  
House her well.  
Appreciate her delicate properties.  
Put her to your lips often and  
Savor her enhancing qualities.

Earlene Grey 05-05

## Because We Will Not End

Meet me after awhile  
Where the earth meets the sky,  
Where flowers rise up to become clouds.  
Watch for me where the firmament  
Melts and evaporates into the heavens,  
Where waters flow into the sun.  
I will be there.  
Either, before or after you,  
I do not know which.

But shall we promise  
To look for and to find  
Each other,  
In the morning,  
At the start of a new day,  
Where the earth meets the sky?

Susan Patterson - 05-20016

Earlene  
Grey

Susan Patterson who on occasion writes under the name of Earlene Grey, is the author of two books of tea poetry, *Musings With a Cuppa-The Poetry of Tea* and *Heart to Heart-Considered Sentiments for Teatime*. She has also published a book of memoirs, *Tom and Irma-Chronicles of the 1950's*. Her latest book, *Unnoticed Moments*, is a collection of contemporary poetry. Ms. Patterson posts a weekly poetry blog, *The Causerie*, and is a weekly guest on an international podcast from England. Please visit [www.EarleneGrey.com](http://www.EarleneGrey.com) to schedule appearances and to purchase books. See also: <http://susan.theteahousetimes.com>





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