



The TEA House Times™



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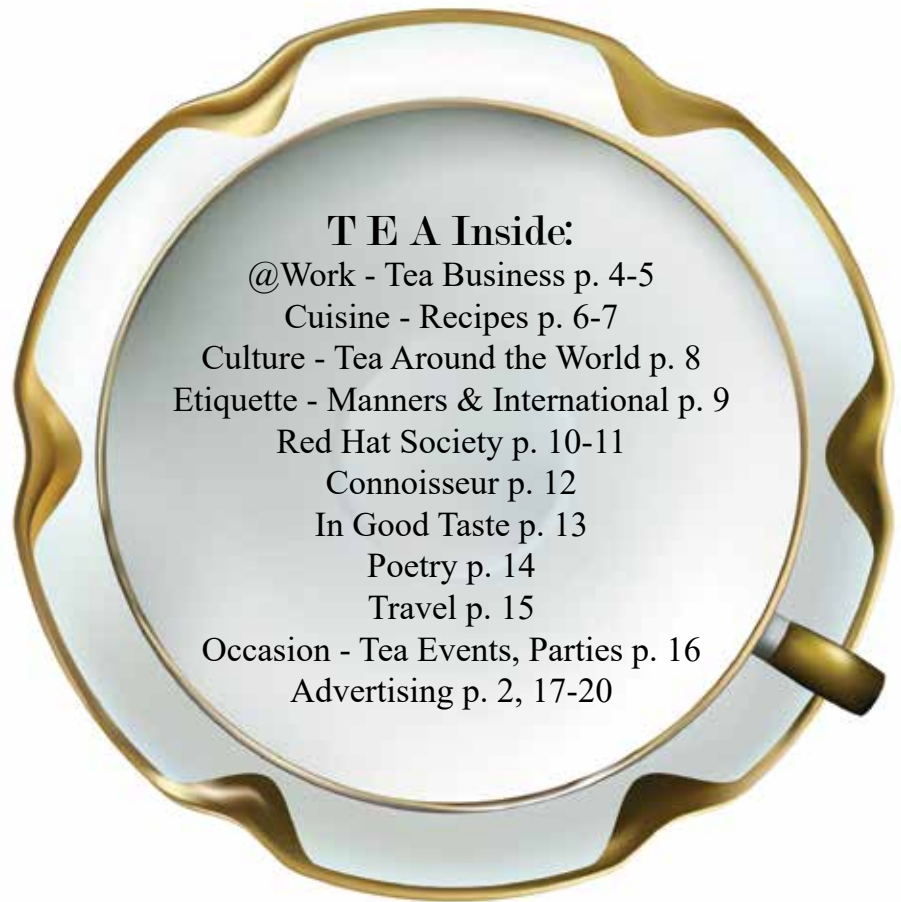
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Greetings from The TEA House Times!

Wow, feedback has been fantastic lately. In 2020, it felt like business as usual, trying to keep up what seemed normal for the benefit of readers. Slowly over the past year each of our writers has somehow trickled a little extra comfort into their columns for everyone's benefit. I never pre-assign an editorial calendar because I believe tea comes from the heart and the words must flow with passion for the topic. Each page of *The Tea House Times* has become a place of comfort over a cup of tea and I am ever so proud of each of my contributors for their strength, caring, and steadfast commitment.

Even as these pages remind us of the comfort and continuity tea can bring to our lives, we continue to face changes, shifts, or pivots throughout the world. All we can do is take a tea break and try to regain some balance over each disruption.

On that note, I must inform you that World Tea Expo has changed its date and location. The show is rescheduled to take place June 2021 in Las Vegas (not July in Colorado).

SALUTATIONS

We have expanded Cuisine with Karen Donnelly to two pages to help you enjoy tea time at home more often, with ease! And for those with tea businesses, you will continue to enjoy insight from Peter, Gail, Sharon, and Shabnam on pages 4-5. All other columns are rich in comfort and joy, for business or pleasure!

Uncertainty is uncomfortable. But tea is comforting. Take some time for yourself and enjoy the pages within this issue. I hope to see you again soon and if that cannot happen, let's Zoom!



All the best,

*Gail
Gastelu*

@WORK

A message from . . .



Founded in 1899, the Tea Association of the USA, Inc. was formed to promote and protect the interests of the tea trade in the United States and is the recognized independent authority on Tea.

Tea in the Time of Corona Virus – Round 3!!

If you told me in 2019 that a common conversation opener would be “did you get your shots?”, I wouldn’t have believed it. But, this is now a key interest to everyone. We are, thankfully, well on our way to having the vaccine available to all and I ask that everyone continues to stay safe, wear a mask and social distance when possible.

I’ve reported that tea sales continue to rise during this pandemic, except, of course, in the food service arena. However, as restaurants and other public venues start to come back, tea sales will increase in this sector in 2021, as well. Tea became a staple during our stay at home time. Of particular interest is that Gen Z’s really took to tea’s ability to provide feelings of centeredness and calmness while both preparing and consuming this great beverage. Further, they saw both green and black teas as being healthful and good for them.


In research completed by *Seton Hall’s School of Business*, Green tea was consumed for; emotional/mental health, when feeling sick (sore throat, stomach ache, etc.), and stress relief. While black tea was consumed for; physical health, satisfy thirst/hunger, and as a pick-me-up.

Further, during the pandemic, a study published in the Proceedings of the *National Academy of Sciences*, touted teas ability to boost one’s immune system. This news most certainly added to making tea a smart choice.

As we move away from the pandemic and towards a healthier future (both economically and physically!) I continue to be optimistic about the tea industry. Let’s continue to make 2021 THE comeback year!

Please stay safe and well!




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

A message from . . .



If you are fortunate to live near a tea room or own one yourself, lucky you! If you are not so fortunate to have a great place to purchase quality loose leaf teas nearby, of course you may purchase online. But, oh!! . . . That in-person experience cannot be beat! Whether browsing for tea and gifts for friends and family or buying tea for ourselves and others, or sitting down for a lovely afternoon tea, a stop at the local tea shop is definitely in order!

What are your experiences lately? Personally, I’ve been juggling one too many responsibilities and have had a hard time getting out for afternoon tea, but I have ordered “take-away” tea a few times and optimized my pick up with a quick add-on of a few unique loose teas as well. Ah...the wonderful feeling of browsing and shopping for pretty things in a tea room!

It is difficult to be creative when we are all stuck in a rut because of social distancing and pandemic living whereby we have all been a bit sheltered. How can a business get creative? How can a customer expand their horizons and find joy and relaxation through tea?

Many establishments serving tea have re-opened with limited seating and reservation times, but at least we have options again! Most continue to offer takeaway options as well. Creativity may arise through seasonal menu variations; test a few new recipes on your customers! Encourage tea pairings with your seasonal menu and offer special pricing if a customer purchases tea for home.

Send customers home with other afternoon tea ideas, party suggestions, birthday surprises and more. Just because some people are not taking their parties outside of their homes does not mean they don’t want the same experience; all they need is a little help.

Opportunities for upselling to your customers are not gone, but must be considered differently. Slip a paper announcing specials into each take away tea box. Email customers to remind them that a tea experience can and should be enjoyed at home or in your place of business. Small, friendly reminders offered in a kind and supporting way are what your customers need right now. Let’s all put the kettle on!



Gail Gastelu
Owner/publisher
The Tea House Times



A message from . . .



The UK’s domestic tea market has grown significantly in the last year, with more in-home consumption driven by the lockdowns due to the global COVID Pandemic. Black tea remains the largest segment, but decaf, green tea and herbal/fruit infusions have all demonstrated strong growth.

Health and wellness have been a key focus for consumers. Functional teas (e.g., with added vitamins), premium herbal/fruit infusions, and green tea offerings have performed particularly well, as consumers are now taking extra precautions to remain in good health. UKTIA commissioned a survey of more than 2,000 adults in Autumn 2020 and this found that in-between juggling virtual meetings, remote working and home-schooling, four in ten of 18-34-year-olds were more likely to brew a warming mug of tea than before lockdown, and more than nine in ten said their tea drinking habits are here to stay or will even increase in the future.

Overall, 86% of adults are now tea drinkers – a rise of nine percentage points since a major UK Government survey in 2002, which equates to an extra 1 million tea drinkers. More than half of those responding to the survey cited the ‘feel good’ factor as a reason for upping their tea intake, closely followed by hydration. Interestingly, younger consumers are being more adventurous with their tea choices, they tried new teas during lockdown – including herbal infusions for immunity, teas with added vitamins and different flavours of teas.

Consumers have rediscovered their love of drinking tea at home and it looks like these new habits are here to stay. We predict that the tea market share will see further growth as people continue to work from home, with consumers likely to trade-up to more premium forms of black tea and other speciality teas, and increasingly seeking out healthy options and functional tea segments.



Sharon Hall
Chief Executive
UK Tea & Infusions
Tea.co.uk

A message from . . .



THE YEAR TO BE FORGOTTEN...OR NOT

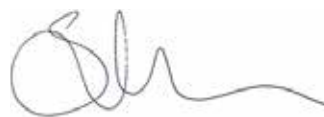
Many of us are happy to forget about 2020; to put it behind us and never look back again. But the truth is, we have much to learn from 2020, not just personally, but as a tea industry.

In Canada, in home tea consumption sky-rocketed. We saw an overall increase of 18% over 2019 and even surpassed average food products sold in grocery stores by 7%. We saw consumers everywhere flock to tea for its feel good relaxing qualities. When people were in need of comfort, it was tea they were reaching for. These trends aren’t only seen in tea however.

For 2020 to not have been a wasted year in our lives, I encourage you all to look at how consumers have changed their habits, their priorities and their values. The top areas of product category growth are: artisanal, handmade and craft. These attributes have grown in double digits in 2020 and all forecasts point to continued growth.

Companies everywhere have been working non-stop to adapt what they deliver and most important, how they deliver it. With consumers locked in homes for over a year, creating experiences has been key. How can you adapt what you’re doing to continue that demand. How do you check the boxes of value: artisanal, handmade and craft, to position your product. This is where tea has ingrained advantages over so many others, because these values are inherent to the essence of tea.

We may be looking forward to “normal” life, but new habits have been formed by us all. Continuing to innovate your business will be key to bringing customers back to your shops and cafés. If your website isn’t optimized, it’s time to get it done. If shopping from you isn’t “easy”, you need to make it so. And most important, don’t be afraid to try new things. An oft spoken motto in business circles lately has been: Progress over Perfection.



Shabnam Weber
President
Tea and Herbal
Association of Canada
Tea.ca
TeaSommelier.com



“What can I make for my vegan guests” is my most asked culinary question for afternoon tea. Vegetarian is easy, but no dairy or eggs? Yikes! Since more people are choosing a plant-based lifestyle, this question is not going away. My answer is simply to make some delicious plant-based tea sandwiches which will appeal to all your guests.

Major-brand food companies have paid close attention to this trend, developing lines of delicious and non-vegan friendly selections of dairy-free mayonnaises, butter substitutes and nut cheeses. These items can be found in nearly every grocery store. Here are some sandwich ideas that are easy and flavorful.

First, give the bread you will use a quick check to see if there is honey, milk or eggs listed in the ingredients. None? Then you’re ready to start assembling your sandwiches. To change up your menu try these Angel biscuits instead of sliced bread for one of your sandwiches. Trust me – your guests will love them!



Angel biscuits or yeast biscuits are yummy little clouds that make the perfect foundation for tea sandwiches. Adapted from Yeast Biscuit recipe, James McNair’s Breakfast cookbook, 1987.

Angel Biscuits

Makes About 48 tea biscuits.

- 1 Package (2 1/4 tsp.) quick-rising active dry yeast
- 5 Tbsp. warm water
- 5 cups unbleached all-purpose flour
- 5 tsp. baking powder
- 1/2 tsp. baking soda
- 3 Tbsp. sugar
- 1 tsp. salt
- 1 cup vegetable oil
- 1-1/2 cup water plus 1 Tbsp. apple cider vinegar

Prepare baking sheet with parchment paper, or lightly grease. In a small bowl stir yeast in warm water to dissolve, and let stand until soft and foamy, about 5 minutes.

In a large bowl whisk together the dry ingredients. Cut in the oil with a pastry blender until the mixture has the texture of coarse crumbs. Add the vinegar-water and prepared yeast to the mixture. Stir quickly to combine. Cover and store in refrigerator overnight, or for at least 2 hours.

Turn this slightly sticky dough out onto a generously floured surface. Knead lightly for about 1 minute. Roll out to about 1/2 inch thick and cut with a 1-1/2” round cutter and place on the prepared sheets.

Cover with a kitchen towel and set aside to rise for 30 minutes.

While the biscuits are rising, preheat oven to 400 degrees F. Bake until lightly browned, about 12 to 15 minutes. Cool completely.

Knife-split to fill for tea sandwiches. Extra biscuits freeze well in an air-tight container. Thaw thoroughly in container before using.



Karen Donnelly is a certified Tea Association of Canada Tea Sommelier Professional and has been an afternoon tea event planner, speaker and teacher for over 20 years. She is the owner of Greenhalgh Tea, selling premium teas, tea ware, and gifts. Join her for on-line Tea & Cookery classes and classes on tea production styles, preparation and history. See GreenhalghTea.com

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Vegan Mayo Dressing

*Makes enough dressing for 2 cups
Finely chopped/riced vegetables.*

6 Tbsp. Hellmann's Vegan Dressing & Spread

1 Tbsp. yellow mustard

1/2 tsp. salt

1/4 tsp. pepper

1 Tbsp. finely minced sweet or purple onion

1/4 cup finely chopped celery (about 1 medium stalk)

Mix the dressing and set aside while you prepare the vegetables. My favorite combination is 1 cup riced cauliflower, 1/2 cup finely chopped yellow summer squash, and 1/2 cup mixed red, yellow, and green peppers. This combination of peppers plus purple onion can be found pre-chopped as a Frittata blend in the produce aisle. There are lots of great combinations that you might like even better. Think radishes, cucumbers, zucchini, broccoli, and carrots.

Combine dressing and vegetables and use immediately. If you are making ahead of time, store dressing and vegetables separately until ready to use. Some vegetables get "weepy" after cutting and the separation allows you to drain the vegetable liquid off before dressing.



Compound Butters

Compound butters are simply butters that are blended with herbs, citrus zest or juice, tomato paste, mustard, salt and pepper or ground teas to add a boost of flavor to a simple tea sandwich. Spread on the bread before adding fillings. Here are two of my favorites that I use over and over.

Herb Butter

2 sticks vegan butter (8 oz.)

2 tsp. each dried chive, parsley & dill

1/8 tsp. ground pepper

Zest of one lemon (optional)

Blend well. Ready to use. Freezes Well.

Earl Grey Butter

2 sticks vegan butter (8 oz.)

The contents of 2 Earl Grey teabags (not pyramid bags)

2 tsp. maple syrup

1 tsp. fresh lemon zest

Blend ingredients and let flavors develop overnight before using. Freezes well.



Tea Sandwich Filling Ideas

Butter bread or Angel Biscuits lightly with herb butter. Layer thinly sliced tomatoes that have been de-seeded and patted dry and add basil leaf/vegan pesto.

Butter bread or Angel Biscuits with herb butter or Earl Grey Butter. Layer thinly sliced cucumbers.

Spread bread with hummus and add roasted red peppers (drained well), baby spinach.

Minted Pea & Avocado (recipe found is the July/August 2019 issue of *The Tea House Times*)

Easy Vegetable Salad. With pre-chopped and "riced" vegetables readily available, this very flavorful and colorful egg salad-style sandwich filling is quickly and easily prepared.

CULTURE

A Hallelujah Tea

by Gail Henderson

Is it time for a national hallelujah yet? Spring has sprung by now in many states, flowers are blooming, live music is happening in back yards from musicians who have been waiting to play for you, and now it's time for a front porch or a back yard tea party. I say, "Let frivoliTEA begin!"

Start by bringing tea to the most unlikely places...on a hike to the woods, to the beach, to a theme park that is opening, or to children who need to smile. Can you find some of those children in your neighborhood?

Have you discovered a local harpist and flautist down the street who were willing to offer free concerts in their front yards, BYOB, "bring your own blanket" and hot tea? I have. Music from musicians who didn't want to get rusty while waiting for symphonies to resume, freely and joyfully transformed an afternoon for so many friends and neighbors.

I'm thinking of other ways we used to celebrate and now can do so again. Healthy gatherings, tea and sunsets, grocery-store violets in an old teacup delivered to a shut-in, a mocktail or tea punch recipe tucked in a tea notecard, cookies and tea for a new neighbor.

It's finally time to DO something with tea other than just sip it. It's time to break out. Perhaps it's time to actually go to a tea room! Recently I went to a tea room minutes from my house called Charms of Leffingwell, and it was heavenly.

It was a hallelujah time to sit across the table from friends at last, to be served gorgeous tea foods, to be

given a tea menu with twenty selections to choose from, all fresh and from a well-known tea supplier, Elmwood Inn, to be offered scones better than I can make...to honor a tea room owner who has committed to stay in business.

Whatever way you choose to break out, here's hoping a hallelujah is coming your way soon!



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 Or call 813-928-1166 for information and help. Photo credit: Martha DeWeese

Your Manners Matter® Minute with Cynthia Grosso

To take the time and pay attention to the small things that make you and the people around you feel loved and valued is a lifestyle we all strive for.



Etiquette Tip: In Search of Refinement



After a year of confinement, it may be time for a little refinement.

With COVID hopefully passing away of a slow but certain death, we are starting to see a resurgence, more on a national scale, of people venturing out as spring blossoms... Depending on where you reside some more than others.

But now what? Is it back to life as we knew it? What has changed? What have we learned?

As we come out of hibernation, it may be a good opportunity to think about what might need to change. Using the pandemic as a way to make some positive changes can be a good time to benefit from a strange period in history.

As for me, I have been appreciating and intentionally paying attention to the small things that give me pleasure and that the seemingly insignificant things can make a wonderful difference: Like fresh flowers on a table, using my good china, taking bubble baths, using a beautiful bath soap from France, handwriting thoughtful notes to people, burning an exquisite smelling candle, listening with empathy to people's thoughts and opinions, knowing I do not have to agree or disagree, using my mother's silver butter dish and not just for company,

setting a lovely table, drinking tea out of a charming china cup and using sugar cubes, planting delightful flowers in my garden, using proper dining skills without company present. The small luxuries, whatever they may be for you, that you may not have taken the time to do before may be the refinement that can enhance your daily life.

These small changes are the things that may bring beauty and joy into our lives and keep us sane in what seems to be a rapidly ever-changing crazy world.

The art of living, and there is an art to it, is not as much about how much money you have, it is more about the style in which you live. To take the time and pay attention to the small things that may make you and the people around you feel loved and valued is a lifestyle we all strive for.



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!

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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. The Charleston School of Protocol and Etiquette teaches the skill of confidence to eliminate personal and professional barriers and live an extraordinary life.



Where There's Tea, There's Happiness!



Not even the cold weather can keep these Red Hat Sisters apart! The Crafty Red Hatted WINOS (**Women In Need Of Sanity**) from Texas, USA reunited for a Tea Luncheon. They knew that the only thing that could keep them warm was being surrounded by their lovely Sisters.

Queen Susie T. had the pleasure to host the event in her beautiful home. Champagne, wine, and high tea with light appetizers and desserts were provided for her Chapterettes. The best part of it all was that there was a chocolate fountain! It was definitely a crowd pleaser!

The remaining part of the evening was filled with great food and great laughs. Everyone had a remarkable time, and they cannot wait to reunite next month. 🍷

"[My Red Hat Sisters] fill my heart with happiness and love," states Queen Susie T.



If you're looking to join a group of women who bring happiness and joy to your life, join RHS today – visit RedHatSociety.com to get started!



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CONNOISSEUR

James Norwood Pratt



She welcomed me into her home in 1993 to meet Bruce Richardson, Jane Pettigrew and others there to talk tea with her husband John. Elyse Harney has been a force in our lives ever since. She enjoyed her Ninetieth birthday March 12th and her legacy shall know no end. Harney & Sons Fine Teas is just the most visible evidence of the matriarch's success in mothering a truly happy extensive family.

The other Elyse in my life is a young adventuress who founded the revolutionary Tealet company. You should look it up and follow the intrepid, globe-trotting Elyse Petersen on her trips to "secret" tea sources. At our socially distanced sidewalk visit recently she disclosed plans for sailing--yes, sailing here with a cargo of rare teas pricey enough to pay for the voyage, which she will live-stream. Yes, you're right--she enjoys trouble, but Tealet was founded on "good trouble," as John Lewis would say. That's why she began as a Peace Corps volunteer. A Tea Heroine.

Flash: Camellia Forest is rapidly selling out of *Camellia sinensis* plants since "Grow Your Own Tea" was published.

Northwest Tea Festival parents and organizers Julee Rosanoff and Douglas Livingston are ready to surge ahead but remain on hold, like all the others.

Zen Tea Traders (Anthony Capobanco) has moved from Beverly Hills to Austin, Texas.



JNP's Tea Society is an inside look into the social, cultural, and business happenings of tea. It is a "society page" of who's who and what's influencing tea today.



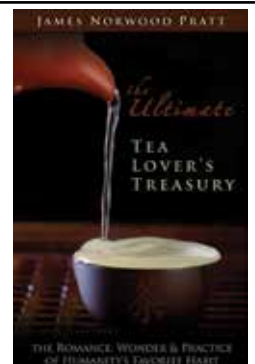
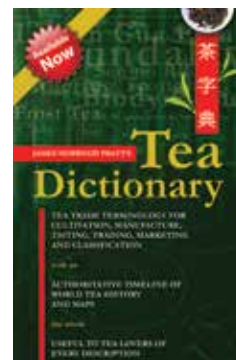
James Norwood Pratt is acknowledged as America's Tea Sage. He is an award winning author and authority on tea.

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

Find more of James Norwood Pratt's work at TeaCourse.com where learning never ends.



In Good Taste

Habit and Routine with Your Tea by Birendra “Jopy” Perera

Hi there my fellow tea lovers!

With the season of spring in the air we can all expect new hope to blossom and for the changes in our life to become commonplace as we turn new beginnings into habits and routines.

Whilst the human being has evolved to become a creature of habit we all know that through this wonderful evolution the one constant has been change. Being creatures of habit this doesn't mean change is a bad thing. We spoke about change and the need to accept and embrace good changes. We must then understand that making a leap to embrace change also means we should turn such change into a routine in order to enjoy the little intricacies in our lives.

The layering of time is important to understand routine and habit. It could be said the day has a beginning, a middle section and an ending. However, we all know that there are more complications to this structure for each of us. Work, home & house, family, schooling, time for planning, time for relaxation, exercise and so on. It is essential, though, to layer these activities and responsibilities into a certain compartmentalized plan in order to best manage our time. For example – we could not progress at the start of the day if we don't have a basic wake up plan – wake up, exercise (maybe), shower and dress, morning tea (very essential), breakfast, and out into the world of work/school/activities and responsibilities. Due to one activity tapering into the other we have our essential tea breaks. And this is where the heart of this plan for habit begins. If we do not have this break to target ourselves to, how then do we progress? Remember – time for tea is very essential.

We must realize, at this point, that tea and time for tea, is an affordable luxury of time that can be enjoyed on the move or whilst working too. But it is essential to have those little breaks which give you time to enjoy the tea, to enjoy the break from the norm and most importantly recharge.

A morning tea break is the ideal time for a pick me up type of tea. If it is black something sharp like a light Ceylon tea, if it is green a boost of caffeine with some Matcha and if it is herbal some organic Rooibos. Whatever the cup, the importance is to pick the type of tea to fit your routine and taste. This will prepare your body for a habit that is ready for this recharge at a similar time every day, satisfying the essential need for us to cater to our yearning of habit; after all we are creatures accustomed to this.

Afternoon is a time to take stock of your day. This is a time for a beverage to prepare ourselves for the other part of our lives, separating our life from work. We need refreshment, hydration and refocusing time. Something to essentially cool you down. Iced tea or an herbal fusion tea. The choices are many, but be wise at this point. One should not focus on too much caffeine at this time of the day as this could dampen the rest of the day if the caffeine boosts you too much. I personally find a nice maple tea with bees honey very pleasing at this time of day.

The next part is the post dinner wind down time. This is very essential as it should help you to relax and switch off, to power down and set the pace for your rest. Remember this drink should not overhydrate or else your time for rest will be plagued with visits to the rest room. We don't want that. Mint green tea is often a favorite, as is jasmine. However, if caffeine in tea is a problem, this should be avoided. Herbal chamomile is very good for soothing and the same could be said for peppermint which also aids digestion while you enjoy dreamland. These are all caffeine free favorites. And remember soothing music and soothing company is a brilliant additive to this equation. It is most certainly worth making a habit of this routine.

Until next time, enjoy the little routines in life because it is the little things that matter.



Birendra Perera grew up in a family business through which he engrained or “infused” himself in the art of selecting and tasting the finest teas of Sri Lanka. As a director of Mlesna Group, Birendra leads the marketing and export of tea; actively participates in the procurement of tea at public auctions; procures unique flavours and ingredients; and expertly carries out daily tea tasting and blending activities ensuring all Mlesna products match their tagline, “Naturally the best!” Birendra has worked with major universities; is a regular presenter; and works closely with the Colombo Tea Traders Association and the Sri Lanka Tea Board on promotion, authenticity and the global marketing of Pure Ceylon Tea from Sri Lanka. MlesnaTeas.com

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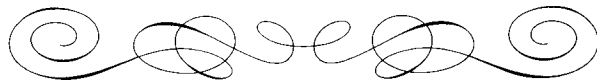
TEA IS POETRY POURED

By Susan Patterson aka Earlene Grey

Hello there in this the summer of 2021! May you be warm and blessed, but not hot and bothered. I am just finishing a project that was started in the spring of this year. We have given the go ahead to reprint *Tom and Irma – Memories of the 1950s*. Years ago, I was asked to write a special piece for a British podcast. That first piece ended with a total of twelve stories about growing up in those wonderful fifties. People all over the world wanted to hear about one little family who settled in Oregon. So, a little book of memories was put together. I was astounded with how many people identified with my family.

Oh, it is wonderful to remember the good things. Ten or twenty years from now when we remember 2020 and 2021, let's bring up the best of our experiences to mind. Like so many other challenges we have, there always can be a good side. We may have to look pretty darned hard, but it will be there for us. So, take a cup of your favorite tea and enjoy the good times. Happy tea times!

Your poet in Oregon, skp



Moments Not Remembered

It is the little things we do
That make up a life.

Big things create memories,
But daily minutia
Begets quality.

It is noticing the weather.
Asking of a friend.
Clearing one's space,
Caring for the kin.

Big things can be life changing.
Little things are life growing.

Susan Patterson

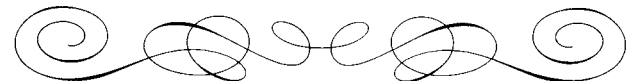


Life

At times it does seem like sacrifice without success.
At times it does seem like failure without fulfillment.

But more often than not, it is like flowers in the lunch box.
You carry your meal in an old battered tin box,
Then when you finally get to lunchtime,
You open it up to discover that someone has
Tucked flowers in the midst of your food.

Susan Patterson



Sometimes Perceived as Lacking in Faith

I wonder and I ponder again and again
What brings us here and takes us there.

Who is it that pens the play of it all?
It frustrates me not to know.

I want the player's guide, plans and precepts,
But there's none for me to scour.

So, fluster as I will and bluster as I might,
The final answer still for me
Is the simple and satisfying process of
Question and discovery.

Susan Patterson



Susan Patterson is an unexpected author. She did not put writing into her life's plan. However, after a demanding and busy career in business, much to her surprise, poetry came to her. Ms. Patterson is an author of the heart and writer for the soul. Her work, it has been said, is so sharp, so intricate; it is like a Fabergé egg. Ms. Patterson's worldwide audience declares her writing to be in the top caliber of modern poets. Her work, which ranges from humorous to thoughtfully intelligent, is always quietly compelling. Please visit EarleneGrey.com



Brownsville Road House

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The Brownsville Road House is a well-known manor and landmark located in Pittsburgh's south hills. For over 100 years now, it has stood as a grand majestic fixture along the historic Brownsville Road. It is hard to pass by and not be struck by its unique grandeur, tranquility, and idyllic setting.

Legend has it that the land upon which the manor is built once hosted a traveling George Washington in 1784 and was also the site of a terrible massacre of a family during the Northwest Indian War of 1792 – an old red oak pays homage to where the befallen victims are buried on the property.

Brownsville road dates to the 1700's and was once the main road to Pittsburgh from all points south. Explorers such as Merriweather Lewis, soldiers, presidents and many runaway slaves all passed by where the Manor now stands.



Tea is held in Washington's dining room where you are encouraged to relax with friends and family, or alone for some solitude. You will find an extensive selection of teas in addition to traditional standards.

Time: Wednesday-Sunday: 2pm-4pm

Please contact the Inn for more information and to reserve your tea time.



Through our partnership with ALP - Association of Lodging Professionals, their member Bed & Breakfasts/Inns/Boutique Hotels are featured in every issue of *The Tea House Times*. All ALP member innkeepers receive a digital subscription and may share it as an amenity to guests. ALP'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 ALP are committed to high standards of hospitality through continuing education on management, marketing, and exceeding guest expectations. ALP's membership includes hundreds of innkeepers in the US, and is seasoned with innkeepers outside of the US borders. ALP 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 ALP, visit www.ALPLodging.org



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Happy Birthday to You! by Kim Hendrickson

Special events, like birthdays, are traditionally the “excuse” to go out to dine or have a gathering at home...but the reasons and ways birthdays were celebrated have changed over the years. Birthday parties have their roots in pagan thoughts and rituals, they believed evil spirits lurked on the day of your birth. Later Christianity believed one was born with “original sin” so birthdays early in history were seen as celebrations of evil and generally not celebrated. The Greeks served moon-shaped cake with candles on the day of one’s birth; when blown out, candles were meant to ward off evil spirits. Even noisemakers were used to keep those spirits away. In Rome only men’s birthdays were celebrated and only on one’s 50th year. A cake baked with wheat flour, cheese, and honey was served. Women did not get recognized until the 12th century.

It wasn’t until the 18th century that children became part of the party. German’s Kinderfest, the birthday event that most closely resembles our current day habits - including one candle for every birth year plus an extra one for the next. The fancy, sugary cake we expect was a luxury as sugar was so costly. The Industrial Revolution made it possible for the average person to afford the classic birthday cakes (either store bought or homemade). Even our standard song called The Birthday Song (really!) has history. Originally it was written as a song for school children to sing at the beginning of each school day in the late 1800’s. Later added lyrics and it’s appearance in an Irving Berlin musical, this song is our birthday anthem, just beware of the copyright infringements and costs.

So whether your birthday is the least popular date: May 22 (or the most popular date: October 5th), find a date that works to celebrate friends and family with the following party ideas.

- Send snail-mail birthday invites and include a list of events that have occurred on that day in history.
- Decorate the table with flowers or plastic gems (found easily in a dollar store) appropriate for the month. Maybe take the wedding anniversary tradition of incorporating wood for the fifth anniversary, for example, into your party (or favors) for any birthday starting with the number 5.
- Serve your cake on a keepsake plate your guest can take home. Purchase a clear or light colored plate. Ask your guests to sign names and wishes onto the plate with waterproof markers to provide a memory of the day.
- Download a variety of songs that refer to birthdays or other songs that were written specifically for the day by a variety of artists. Play during the party or use it as a game (to guess the artist or name of song) throughout the meal.
- Instead of serving a classic birthday cake, try making a savory cake with candles. Layer bread with savory fillings, meats or condiments to create the entrée cake for the party.
- Does the guest of honor have a favorite flavor? Include that flavor into an iced tea or a mixed drink (alcoholic or not) using that flavored tea.
- Serve small bite sized desserts, maybe 3, so you can give your guests and the birthday person all of their favorite dessert flavors: 3 different mini-cupcakes, 3 pastries or even 3 different sweet breads.
- Be Covid-careful. Instead of putting the candles on the cake, include the correct number of candles as part of the centerpiece and forgo blowing them out.
- Most of us have more than we need. Ask guests to bring items (or money) for donation in lieu of gifts for a charity of the birthday person’s choice.
- Make a list of personality characteristics, quirks, accomplishments, nicknames, whatever you can think of that is specific to your guest of honor and use the list as conversation starters, notes of humor or just filler in between courses to make the party very personal.

“Your birthday is the first day of another 365- day journey.” - Unknown

Kim Hendrickson, author of the Tastefully Small cookbook series, has been teaching for over 25 years. A regular instructor in assorted programs in the New York area, JCCFS in North Carolina and The North Folk School in Minnesota and a frequent speaker throughout the US. She has catered for The Travel Channel’s Bizarre Food Show, No Taste Like Home in NC, The New York Metropolitan Opera, Penguin Repertory Theatre, and TV’s “Slangman” David Burke. Please visit salviapress.net



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