



# The **TEA** House Times™



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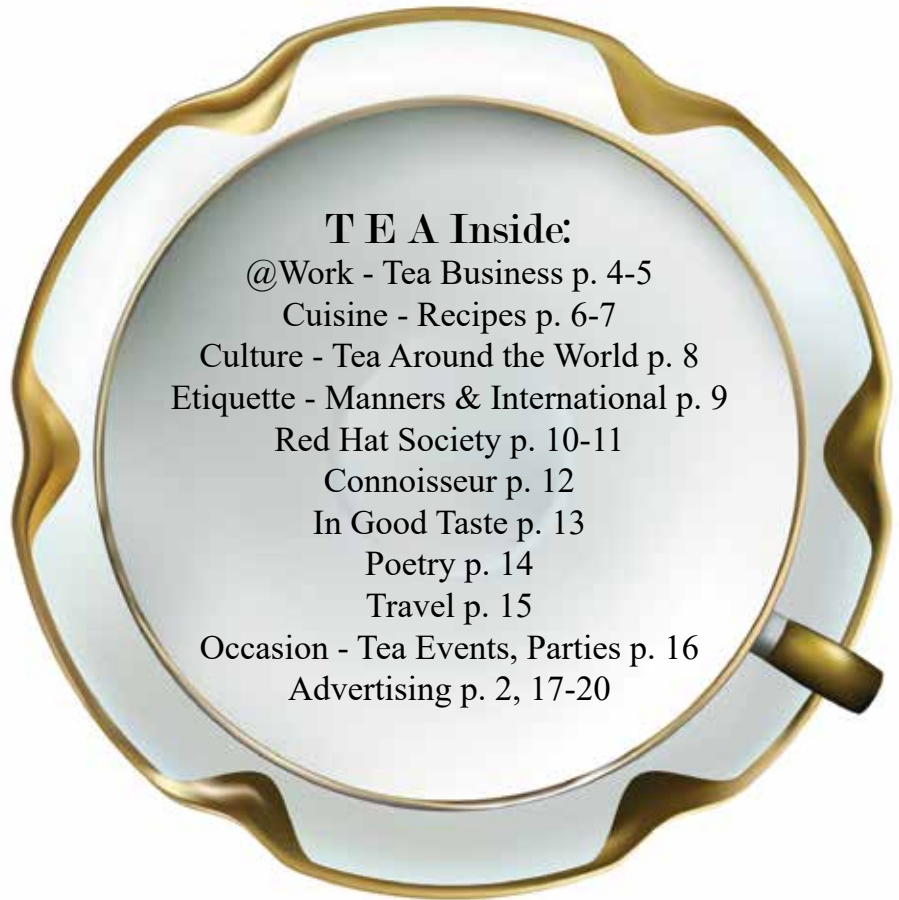
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## Greetings from The TEA House Times!

As I write this, I am sitting in the home of my son and daughter-in-law, awaiting the arrival of my first grand-child. Yes! “Lady Gayle” will soon be “GiGi” and for this very wonderful reason, I cannot personally attend World Tea Expo this year. I am very excited, indeed! And the next occasion to see you, I’ll tell you all about it!!

For now, I’m leaving my booth in the very capable hands of my good friend, Jeni Dodd of Jeni Dodd Tea. You may already know that she is passionate about tea from Nepal and if you visit her in The Tea House Times booth, I’m sure she will share her tales of tea and how you may purchase quality teas that Jeni herself has imported. Don’t forget to ask her about the amazing tea cocktails she has created with tea as a star ingredient!

World Tea Expo is scheduled to take place June 28-30, 2021 in Las Vegas. See WorldTeaExpo.com to register. Classes are available starting on the 28th while the show floor is open on the 29th and 30th of June.

## SALUTATIONS

By the time you read this, you will have enjoyed most of Iced Tea Month in June. Ahhh! The refreshment of iced tea. Personally, I’ve been making a gallon at a time – cold brewed! Yes, I simply take a one gallon jug of water, remove just a bit of the water and put a few self-filled teabags of any loose tea inside and pop it in the fridge overnight. Now I have my favorite tea, iced, and ready for the work week. Refreshing and delicious!

Happy Iced Tea Month!



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.*

## International Tea Day

May 21st was International Tea Day, and I can tell you that there were many celebrations globally about this great beverage and how so many lives depend on the Tea Industry.

The Tea Council of the USA took social media followers on a virtual tour of tea-growing regions around the world, giving thanks to tea farmers and further amplifying our #PlantToCup hashtag. We, of course, continued to highlight the many health and environmental benefits associated with tea

During the week leading up to International Tea Day, we generated excitement about the universal appeal of tea by sharing IndividualiTEA entries from 2021. We then shared content on Instagram, Facebook and Twitter highlighting local culture and fun facts about tea producing regions around the world.

These posts celebrated tea as a heritage and basis for smaller livelihoods – hundreds of thousands of workers are involved with the growing, production and manufacturing of tea consumed worldwide.

Through all the celebrations of tea, however, COVID still overshadowed the tea world. As we in the West continue to see advances against this insidious virus through vaccinations and awareness, we remain hopeful that those at origin, whose very lives and livelihoods depend on tea, are spared from further infection and receive speedy appropriate help.

Our thoughts and prayers go out to our producer country friends.

Please stay safe and well!

A message from . . .



What's next for tea? Whenever a trade show rolls around, people first seek out what's new, what's innovative. Do you think tea is at a standstill? Certainly not. If anything, people have been discovering tea out of necessity and perhaps that's a good thing. More time at home, more time to focus on better health. This period of history has led many people to re-think everything from their jobs to where they live to their health and that of their families and everything they eat or do which may affect their lives. Pivot is the big word these days. But to pivot, you must also keep something of value. Adjust your routines, adjust your life, pivot towards something new perhaps, but retain value of all past experiences and the positive parts of our lives. This can be applied to tea on a personal level and business too!

Many tea business owners have told me that they have experienced an increase in sales of loose tea over the past year. Could it be that consumers found the time to learn how to make it? Could it be they have also discovered the great value of loose tea vs. teabags? No matter the reason, it is a good trend to follow and to support especially through a continuation of educational opportunities for consumers to discover more, taste more, want more....TEA! This was always true, we know this as tea business owners. Education is important in any industry to help consumers to understand the nuances of flavor, of origin, and of any special handling that adds value or a desirable experience, especially for foodies!

Food and drink innovation is not just desired, it is a NEED. And to keep progressing, we must all keep innovating. Consumers NEED a small, affordable treat. Even when choices are limited or hard to get, consumers NEED something satisfying. Lifestyles may have adjusted somewhat, but people are definitely pivoting towards things that fit their lifestyle "now". Changes in mindset bring about new expectations for choices and diversity of choices.

People tend towards comfort foods during a crisis, tea has always brought comfort. Simple things bring comfort. Can a simple thing such as tea be innovative/new? Perhaps the mindset is what needs to innovate to fully appreciate a gem that already exists.



*Peter F. Goggi*  
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*gail*

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A message from . . .



More than 11 million of us in the UK are now homeworking, but while most of us have not missed the daily commute, we have really missed our office tea breaks. According to a new survey of more than 1000 Brits commissioned by UKTIA, four in ten who are working from home yearn for their work tea breaks. The number one reason given was the lost opportunity to catch up with colleagues (44%). Over 80% said that the tea break was much more than simply drinking a cup of tea. Sharing a tea helps to build connections with colleagues, gives staff a much needed break from their desks, boosts mood and creates an opportunity to catch up on news. Younger workers under thirty were more likely to appreciate these aspects of sharing a communal cuppa.

While many of us continue to work from home, or only a day or two in the office, we are all still enjoying drinking tea. In fact, six in ten say they are drinking the same amount, while nearly four in ten are drinking more – but we are really missing the social aspects of the workplace tea break. 57% reported feeling more connected with colleagues thanks to tea and claimed sharing a cuppa was good for teambuilding. When asked how they would feel if handed a mug of tea at work, 37% said ‘thankful’ while 28% said ‘great!’. However, the pandemic has made nearly six in ten wary of having colleagues make them a brew when returning to the office, with most raising concerns about handwashing and following Covid rules. While it’s great that we are keeping up with our tea habits – and staying hydrated at home – nothing beats a good tea break for team building and a catch-up chat. As restrictions ease, people will enjoy coming together to share a cuppa.

To know more about the different types of tea you can enjoy from around the world.

Check out our podcasts – [YouTube.com/UKTalkingTea](https://www.youtube.com/UKTalkingTea)



Sharon Hall  
Chief Executive  
UK Tea & Infusions  
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A message from . . .



**PART 1: SELF-CARE – FUNCTIONAL BEVERAGES**

So much change in a short amount of time has led many experts to speculate what trends will stick with consumers in the years to come. There are two clear camps that most people agree trends will fall into: self care and societal care. A year of being deprived of so many things caused consumers to ‘treat’ themselves more than ever before. That ‘treat’ has taken many different forms including caring for your health. It’s safe to say that having your eyes opened up to the value of self care, it’ll be difficult if not impossible for people to stop. Today, 58% of consumers actively look for healthy products when they shop. In tea, we saw the popularity of ‘functional’ beverages rise a few years ago. This appetite for healthy products resulted in a 171% increase of functional food and beverages introduced to the market between 2010 and 2020. Most things in the world come full circle, because the idea of healing through food and beverage is not a new one. As far back as 400BC, Hippocrates was quoted: ‘Let thy food be thy medicine and medicine be thy food’. In fact, throughout the history of tea, tea was used first as a ‘medicinal ingredient’ before it was treated as a beverage for enjoyment.

Consumers may of course be seeking out healthy products, but they are not willing to sacrifice flavour and taste for health. Maintaining that balance is important when developing your blends. Knowing how to combine flavour while addressing the key areas consumers are interested in: gut health, mental health, immune boosting, sleep and relaxation is key to the development of a functional beverage. I say all this with caution of course. Government regulations in Canada, the US and Europe define strict guidelines in how we speak about tea and even how we package and label functional teas. We’ve walked a delicate line of educating consumers of the benefits of tea, without crossing the lines into violating rules. And we’ve been so successful in this messaging that most young adults today inherently know and understand this simple truth: tea is good for you. *Read on in the next issue as I talk about the next trend to stick with us: Societal care.*



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## A Tropical Afternoon Tea

Still feeling housebound and unable to travel? Create your own tropical paradise with a relaxing afternoon tea featuring the rich, exotic flavors of the islands. You may be tempted to serve fruity cocktails with this tea, but may I suggest a simple, iced Ceylon tea? The refreshing briskness of Ceylon teas are a good balance to the sweetness of the Pavlova and the richness of the scones. It let the flavors of the pineapple tea sandwiches come through. Serve with slices of lime and sprigs of mint. For an easy to make, satisfying glass of iced tea, try Ceylon Black Iced Tea Sachets from SerendipiTea ([serendipitea.com](http://serendipitea.com)). This tea comes from the Idulgashinna Estate in the Uva district of Sri Lanka.



### Pavlova

*Adapted from a recipe by Nicky Major, Fine Cooking magazine, June/July 1995*

Light and creamy, crisp and chewy, this is a simple dessert of meringue, whipped cream, and fruit. Its cool lightness makes it a perfect summer indulgence. Named after the famous Russian ballerina, Anna Pavlova, this is a favorite dessert of Australia and New Zealand (both take credit for inventing this!)

Although you need just a few simple ingredients for the meringue base, the measurements, time, and temperature must be precise.

**Meringue** – yields 1 large, 10 individual or 30 minis.

¾ cup egg whites (from about 5 eggs)

Remove or add egg whites for an exact measurement.

¼ tsp. cream of tartar

Pinch of salt

1-2/3 cups superfine sugar

5 tsp. cornstarch + extra for baking sheet

2 tsp. white vinegar

1 tsp. vanilla extract

### Filling

2 cups of prepared whipped cream

Passionfruit Curd\* (optional)

About 3 cups cut up tropical fruit or berries

Position the oven rack just below the middle of the oven. Heat the oven to 275 degrees. Line a baking sheet with parchment paper. Dust sheet with cornstarch to help prevent sticking. Remove 2 Tbsp. of the sugar and mix with the cornstarch. Set aside.

Warm your mixing bowl by running the outside of the bowl with hot water and dry. Add egg whites, cream of tartar and salt to mixing bowl and wrap bottom of bowl with warm, damp towel.

Whip the whites at medium-high speed until the whites are stiff and look as if they might start separating. At this point, slowly start adding the sugar, very slowly until all the sugar is incorporated. This should take about 10 minutes. Now add the cornstarch and sugar mix. Scrape down the sides of the bowl and then continue to whip, slowly adding the vinegar and vanilla. Whip another minute. The meringue should be glossy, stiff, and fluffy.

For a large Pavlova, spread the meringue with a spatula on the baking sheet into a 7" circle. Make a depression in the center to hold the whipped cream and fruit.



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](http://GreenhalghTea.com)

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Use a 3 oz. ice cream scoop to create individual Pavlova's or 1-oz for mini Pavlova's. Don't forget to make a depression in the center with a small spoon.

Place the meringue in the heated oven and turn down the heat to 250 degrees. Bake for 1-1/2 hours for the large size; 1 hour to 1-1/4 for individual size; and 35-40 minutes for minis. The meringues should look crisp and dry with a slight ivory color. Turn off the heat, open the oven door a few inches and leave meringues in for another 30 minutes. Remove to a rack and cool completely.

### To Assemble

Place meringue (s) on serving platter. For a tropical touch, add a dollop of Passionfruit Curd to the depression made in the meringue and smooth around to cover depression. Top with whipped cream and arrange fruit on top. Decorate with mint sprigs and a sprinkling of powdered sugar. Serve within 1 hour.

*\*Passionfruit Curd by Harrogate Fine Foods, purchased through VictorianHouseScones.com*



## Pineapple Cream Cheese Finger Sandwiches

*Makes about 10 full sandwiches cut into 30 fingers*

- 1 8 oz package of cream cheese, room temperature
- 2 Tbsp. mayonnaise
- 1 8 oz can crushed pineapple, drained
- 3 Tbsp. sugar
- 1/2 cup minced green pepper
- 1/4 cup minced green onions
- 1/2 cup finely chopped walnuts or pecans (optional)

Combine all ingredients in a bowl until well combined and spreadable. Use pineapple spread to make 10 full sandwiches. Trim off crusts and cut each sandwich into 3 finger sandwiches.

*This filling is best when made the day before it's needed for the sweet and savory tropical flavors to come together.*

## Coconut Lime Scones

*Not your everyday scone. Dense & delicious, the flavor of fresh squeezed limes, toasted coconut, and rich macadamia nuts make these scones very special. Makes 8 scones*

- 2 cups unbleached flour
- 1/2 cup sugar
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1 stick cold butter
- 1/2 cup cold milk, separated
- Zest and juice of 2 limes, separated
- 1/2 cup sweetened coconut plus 1/3 cup more for topping
- 1/2 cup chopped salted macadamia nuts
- 1 tsp. vanilla extract
- 1 cup powdered sugar (for glaze)

Preheat oven to 425 degrees. Prepare baking sheet with parchment paper.

Mix together flour, sugar, baking powder, and baking soda. Cut in butter until mixture resembles coarse crumbs. Stir in the macadamia nuts, shredded coconut, and all the lime zest.

Add juice of one lime to measuring cup and top with milk to make 1/2 cup measure of liquid. Stir in vanilla. Add liquid to dry ingredients. Mix gently and lightly knead a few times until the dough comes together. Place on lightly floured surface and pat into a 6"-7" circle about 1" thick. Use a sharp knife to cut dough into 8 wedges. Place wedges on baking sheet, an inch or so apart. Brush tops with the leftover milk.

Bake until golden, about 15 to 17 minutes. Remove scones to cooling rack.

While scones are cooling, toss the extra shredded coconut on the hot baking sheet and place in oven for about 5 minutes to toast. Watch closely so the coconut doesn't overbrown or burn.

For the glaze, mix 3/4 cup - 1 cup powdered sugar with the juice of the second lime until smooth. Brush tops of scones with the lime glaze and sprinkle toasted coconut on top.



## The Tea World Salutes the Tokyo Olympics

by Gail Henderson

The world is coming together -hopefully- for the Summer Games July 23 to August 8, 2021. If perchance “the Games that Conquered Covid” as they are being called, do not happen, it is still a good time to celebrate the teas of the world using the iconic rings that make up the Olympic logo.

The five Olympic Rings represent Europe, Africa, Asia, the Americas, and Oceania. Any Olympic tea party should consider toasting with each of the Ring’s teas. Since 75% of the world’s teas come from two of the Rings, you might need to know a few more facts about the other three before choosing teas, in case the winning athletes you are toasting don’t come from Asia (major producers being China, Sri Lanka, India) or Africa’s Kenya.

Most of Europe’s teas are imported but its major producers are Portugal, Croatia, Azerbaijan, Turkey and Russia.

As for the Americas:  
In North America, there are only a few tea plantations, notably Bigelow’s in Charleston, SC, but also Mississippi, Texas and a few other states produce. In South America, Argentina produces the world’s yerba mate, a unique caffeinated herbal tea traditionally drunk from a gourd.

But what of Oceania, the 5th ring? Oceania consists of many islands in the Pacific as well as Australia and New Zealand. Today Australians drink mostly black tea due to their British past, but originally the aborigines drank a native bush tea called manuka (“tea tree”) as observed by Captain Cook. Black tea is the most popular drink today.

More importantly, while watching the games in Tokyo, one must think green tea, the country’s major tea product- or matcha- and drink from a special tea cup created for the games: a blue and white porcelain made from traditional “mino-ware” with pictograms of all the summer sports on it. Hope this helps you get in the spirit of the games! And may you enjoy all your summer tea times.



*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 credit: Martha DeWeese*



## Your Manners Matter® Minute with Cynthia Grosso



### Etiquette Tip: Gracious Living



We have so many good things to be thankful for concerning this time in history. We have gained many capabilities. However, I find it so interesting that we have more conveniences than ever before, yet we seem to have less time. This loss of time has resulted in a trend to be less gracious toward one another. This lack of time often means we do not have time to hold the door for someone or say “good morning” or allow someone in front of us into traffic. We have to ask ourselves; is living faster living better?

It is interesting that we have overcome some of the most technical challenges known to man, yet I feel we are losing one of the most important fundamentals known to man: gracious living.

In this faster everything society, many of the values we grew up with have been left behind at lightning speed. Why is it that gracious living should be important and not just the memory of our past? What does gracious living really mean and why is it valuable? Webster defines gracious as “Very polite in a way that shows respect; Being kind and courteous.”

Yes, things change as they have since the beginning of time. Every generation has new and different challenges they will face. But one thing that has been constant throughout civilization is the understanding that to have a civilization, you must be civil. A key element of civility is being gracious. Being gracious is not about socio-economic status. It is not reserved for some and not provided for others. It is a value that we hold dear because we must have respect for ourselves first in order to give respect to others.

So for example, the simple act of learning table manners was not simply about holding the fork or spoon correctly, it was about learning the attitude of self-respect. It wasn't just the fact that we ate dinner together using our good china or eating in the dining room that so was important. It was important because we learned that we were important, valued and loved.

I was taught many things around the dining table, and at the time I did not realize how valuable they would become. Living well is not reading about someone else's life. It is about being intentional about living our own whether that is simply cooking a wonderful meal and setting a beautiful table for family, friends or even for yourself, or using your good china and dining by candlelight. It could be having someone over for afternoon tea or having a tea party even by yourself or writing a hand-written note to someone. It is taking the time and making the effort to let you know that you are important and that the people you are with are important and valued as well.

Being gracious is really not something you do....it is something you are. It is a lifestyle. Being gracious is so simple and simply great. It is the art of living well.



*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.



# Let's get this parTEA started!

Queen Roselle M. from Oregon, USA is an example of a Red Hat Society Super Queen (aka a Leader of a RHS chapter). After only six months, she has already managed to start a Chapter of her own and gather her royal court.

She hosted her first official "Frolick" where as a group; their goal was to put their Hats together to come up with name for their Chapter. It was a wonderful day filled with gifts and tea, of course! Royal names were also created for each Chapterette (aka Member). As a result, let us introduce you to Queen Lady Rose, Duchess Serena Lady of Smiles, Lady DiddySue of the Bayou, Lady Debbie Wildflower of Glassiness, and Lady Chicky!

After pondering many possibilities, they regally chose the perfect name for their Chapter. Welcome and congratulations to **The High Desert Blushing Beauties Chapter** on their first successful parTea!

At the end of the event, they went to their playroom (that's right, they have a playroom!) and tried on some Hats. Many pictures were taken, and many memories were made. 🎉



Queen Roselle



Lady Debbie Wildflower



Lady Chicky



Lady Smiles



Lady Debbie Sue of the Bayou



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# CONNOISSEUR

## James Norwood Pratt



“...today is actually Len and my 27th wedding anniversary and it’s interesting to reflect back on what a huge part of our journey TEA has been,” Sara Martinelli recently wrote to me from Boulder, Colorado. “...about ten years ago we purchased a farm on which we grow organic produce for our five local restaurants.”

They were almost newlyweds when we met and had just established Boulder’s iconic Dushanbe, undoubtedly America’s most colorful tea house where the Martinelli’s were hosting an unforgettable tea festival. All Boulder turned out and we turned them on to teas they had never dreamed of. But not even Lennie and Sara then could have dreamed of the success ahead---five restaurants and a farm!

Not only that: “... we’ve diverted about 20 percent of our crop space to tea and medicinal herbs...this season I have about thirteen herbal medicine interns. We’re also heading into our annual festival called “Botanica: A Festival of the Plant...” See you there next year, Sara!

You can learn more about the farm and festival here: [www.threeleaffarm.com](http://www.threeleaffarm.com) and [www.botanicafestival.com](http://www.botanicafestival.com).

Meanwhile, in Grosse Pointe, Michigan, I’m renewing acquaintance with Naszreen Gibson, proprietor of The Rendezvous With Tea. A leading authority on her homeland’s Ceylon tea (to go no further), Naszreen has not just survived but thrived sharing her love of tea in her adopted hometown where nobody had ever before tasted specialty teas--of which she now stocks about 350! For an amazing selection of top quality rarities just investigate [www.trwtea.com](http://www.trwtea.com) and tell Naszreen who sent ya!

Tea Dynasty: Bianca, daughter of ITI’s Reena and Devan Shah and my godchild, will wed Sebastian Ospina-Shah at Laguna Beach, California, June 25th.

Next year on May 30th Brittany Morris, daughter of Scott and Elyse Harney Morris, will be married too, on her parents’ thirty-eighth wedding anniversary.

The love of tea is over 5000 years old but they are young and so are we!

*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.*



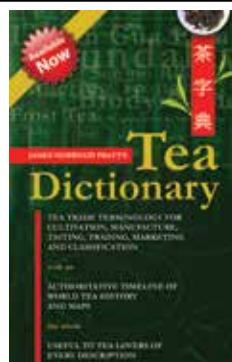
*James Norwood Pratt is acknowledged as America’s Tea Sage. He is an award winning author and authority on tea.*

Please visit [JamesNorwoodPratt.com](http://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)

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



# In Good Taste

## What Inspires a Flavor or Blend by Birendra “Jopy” Perera

Hello again my fellow tea lovers! It’s summer time! And nothing is better than feeling the sun on your skin while sipping your favorite tea with your favorite person! Friends and loved ones are always by your side, no matter how near or far. But to live the truest of moments we all need a reminder to carry every happy memory we have; something to link our thoughts, experiences and treasured loved ones to reminisce.

I often find when I enjoy a moment to myself I drift to my favorite people associated with what I am experiencing at that moment. Emotion plays a large role here, and this feeling is enhanced by what we take in. This is why it is important to have “your own cup of tea”.

Previously I have taken you through the art of blending and the importance of how teas are married together and why it is important to do so – consistency, repetition and satisfaction. All of this is as important to tea as it is to life; this is why we love, because it satisfies the soul. If, then, this is the basis of life, it must be said that creating a blend, or flavor comes from deep inspiration. And so, what inspires to create a truly fine-tuned blend with the correct flavor to tantalize the taste buds, to soothe the soul and to satisfy the yearning of ones’ favorite and noble habit of drinking tea?

The reason we mainly enjoy a flavor or blend? – Consistency. How do we know what is consistent if we don’t try something new? Whilst sticking to our favorites is important to the next step of blending – repetition – it is equally important to explore and discover new tastes to find new favorites. In my own experience I have found the teas I enjoy are very closely associated with the places I’ve travelled to. This in turn is linked to the experiences I had in each of those places associated with the food & drink of those specific cities, the different seasons in which those cities and destinations were experienced and above all the fascinating company I was with. In each of my travels I found a new flavor to take back, or a new experience to

add to an existing favorite blend. For example a specific blend of seasonal high grown Nuwara Eliya from Ceylon has always been a personal, relaxing favorite drink. A trip to Canada made me realize it is the best tea to enjoy cooler weather with friends and loved ones. The latter being an essential ingredient to enjoy this blend. It can be said the inspiration for this blend is the company of loved ones.

Bringing together a blend requires knowledge about your own desires and tastes along with the tastes and desires of whom the blend and flavor is being created for. It is very important, therefore, to know each persons’ varied tastes, what they enjoy – be it food, music, travel, seasons or even art, music and literature. All of these individual preferences will indicate the tastes of an individual and each mood and what each mood represents in order to bring together the finest of teas with the best of flavors. Some may say it is a blend of herbal and fruit infusions, whilst others may say it is a marriage of either black tea or green tea with their favorite food. Some others may wish to add their favorite herb to their favorite tea, be it black or green, to create their own unique flavor.

Whilst we welcome the summer season, we yearn for colder drinks to enjoy the warm change around us. This is the perfect environment for us to create a new blend and bring in a new experience to enjoy our tea and find new satisfaction. What could be better than reaching out for a flavorful tea, adding some seasonal fruit, twisting in a few simple yet flavorful herbs, brew them all together and pouring the result into a cocktail shaker with some ice and serving it in a tall glass to enjoy those long summer sunsets with the people we cherish the most – making the last ingredient – the company – the most important ingredient to a perfect blend and making it last long because it is filled with love.

Until next time, enjoy creating your own blends and enjoying it with your favorite person.



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**

*TheTeaHouseTimes.com* | 13 | *July/August 2021*



# TEA IS POETRY POURED

By Susan Patterson aka Earlene Grey

Change. We all have experienced it. We all need it. Most of us hate it. It seems that we are in a world of change at this time in history. Climate change is calling leaders in the direction of lessening damage to our Earth. In the area of human rights, we are becoming more aware of the pain and suffering in our own cities as well as around the world. We can feel it.

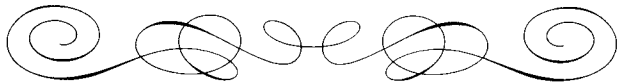
Change. We can almost breathe it. Humans and cultures and societies are changing all of the time. Often we don't realize it. Change is not always a bad thing. However, it is usually a difficult thing. But, here is the deal. We can sometimes make change easier for all concerned. Stand up to the fear of things being different. Stand down the fear mongers. Stand with those who need change for health and prosperity. Create a discussion group to discuss changes. Serve tea.

Thanks for reading. Your poet in Oregon, skp

## Message for Today

It's time to be calm and clear.  
Take your tea plain and  
Keep the Spirit near.

Susan Patterson



## The Surprise of the Quiet Conversion

Things come softly to you and me.  
Most of the time we don't  
Even realize the presence of  
The Source, the pathway or the passage.  
We just know that our lives are different.  
Sometimes we even realize  
Our lives are better.

Susan Patterson



## The Genesis of Change

She was about done.

Exhausted and laid low,  
She had given so much.  
She had let her blood  
Into the open and waiting  
Veins of the needy, and  
Sometimes the greedy--  
For years.

She had done as  
The powerless before,  
Thinking there was  
Not a better choice.

She had attended to those  
Who did not know  
Her lot in life.  
Not having recognized  
Her capacity  
Or faculty,  
They did not listen.

But she guessed.  
Probably she knew.  
All she had to do  
Was to make a move.  
Something. Anything.  
Manifest. Make it start.  
And, by God,  
To everyone's amazement,  
It did.

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](http://EarleneGrey.com)



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the beauty of colorful and tasty tea treats. Using their past experiences as a pattern, they developed a tea party plan for their very special guests.

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\*\*Tea Parties are available for older youth and adults, too! Additional tickets \$35/per person.



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](http://www.ALPLodging.org)



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# OCCASION

## Sunbathing in the Summer Time by Kim Hendrickson

Think summer and we all think beach.... the sand, the water, relaxing with a book, beach towels, bathing suits.... similar to the seaside Victorian experience ONLY with many interesting differences.

Victorian women would use the boardwalk of a seaside as an opportunity to stroll as a way of showing off their finery (and themselves) in the hopes of finding a husband or enjoying a hokey-pokey (ice cream) or some fish and chips. Peacocking was the word used for this activity but going to the beach also included enjoying the water. Separated by at least 100 yards, men and women could both enjoy the beach. For men, it was common to swim in the nude while women had a far different experience. They had to wear proper dresses, to cover up, often made of thin wool and lined with weights so their dresses did not billow up exposing inappropriate skin! Just the walk from shore to the water was chaperoned and the very woman whom came with you was responsible for pulling you out of the water after your “sea bathing time” was up. Victorian women never swam, but waded in the water.

Bathing machines were also used and considered the best choice for proper etiquette. The covered dressing room was wheeled down to the water’s edge where women could, without fear of exposing any skin, get into the water gracefully and using the attached rope, manage to stand upright if a wave tried to knock one into the water. Getting one’s hair wet would never do!

Today’s visits to the beach to sun-bathe or swim is so liberating in comparison, but our love of sand and water unifies us; times have changed the manner in which we enjoy nature. Why not create a picnic basket beach event in your own space using the traditions of the past to make us appreciate our freedoms in the sun? Some suggestions:

- Send snail mail invites and pour a little sand into each envelope to start the party’s theme.
- Ask all of your guests to wear their summer finery (both men & women) they could peacock around the yard prior to seating with one person judging the winners of a few categories.
- Using kinetic sand (available on Amazon) as the centerpiece of your table, create an interactive centerpiece with a child’s bucket and shovel centered on an angle. Surround the sand with odd shells, dried seaweed (available in Asian stores) leaving space for your guests to “play” in the sand, building their own sand castle as they are enjoying their meal.
- Think of the flavored teas you enjoy cold for a beverage buffet on the side table to let your guests help themselves.
- Lobster salad served on scone halves for open-faced sandwiches with mini fish & chip sliders (yes chips on the sandwich for added texture) would be in keeping with

both the traditional and current tastes.

- Serve shell shaped chocolates, mini ice cream cones and/or shell/fish shaped cookies for your dessert assortment.
- To keep in the mood, offer a guessing game, printing out images of Victorian seaside items: picnic hamper, rope line for swimming, an old timey bathing dress and ask your guests to guess what they are / what they were called (all found on the internet).
- Print out off the Internet or ask each guest to bring a 2” x 4” photo of a Victorian relative to decorate the table. The picture frame at each place setting is for them to take home as a gift.
- Download quirky, vintage songs that refer to the beach for background music.



*“A little seabathing would set me up forever.”*

*-Jane Austen*

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*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](http://salviapress.net)*





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An advertisement for Virtual Tasting Events. The background is a light-colored surface with a floral pattern. In the upper left, a portion of a white computer keyboard is visible. In the lower right, a white teacup filled with orange tea sits on a matching saucer. The text 'Virtual Tasting Events' is written in a large, bold, black font, with 'Educational &amp; Entertaining!' below it. At the bottom, there is a call to action: 'Sign up for alerts when new events are added at: STARFISHJUNCTION.COM'.

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