



# The TEA House Times™



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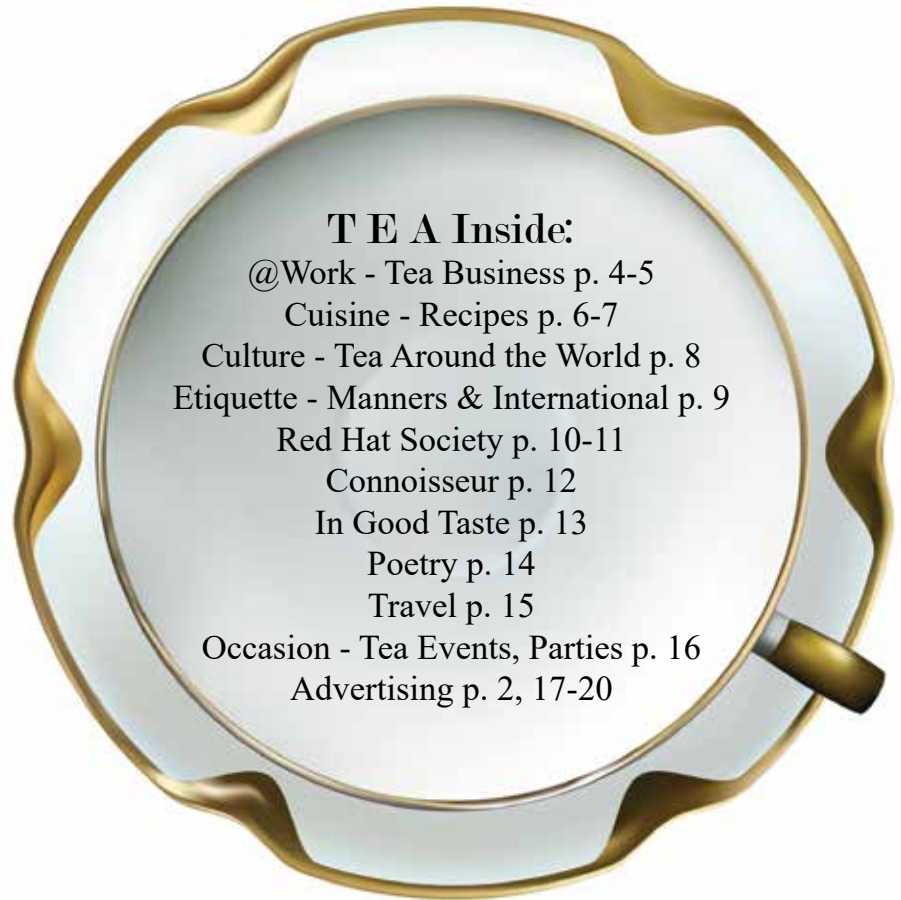


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## Greetings from The TEA House Times!

March is shaping up to be quite a great time for tea industry gatherings! April quickly follows with some fabulous opportunities to learn more ways to be profitable in tea. I'll explain here:

It's finally time for World Tea Expo! Please pre-register at WorldTeaExpo.com for my session, "Marketing Refresh for Business Professionals." It takes place March 22 at 9:45 a.m. And, be sure to visit The Tea House Times booth so we can spend some time together chatting about TEA!! You will also find me as a judge of Tea Tycoons. And the show is celebrating 20 years, so be sure to check out all of the amazing activities planned this year!

Taking place at the same exact time and venue in Las Vegas is the brand new edition of SIAL – SIAL America! Please look for my sessions and pre-register at SIALAmerica.com for a functional foods discussion on March 23 at 2:30 and my Teas of the World demo on the show floor on March 24 at 11 a.m.

## SALUTATIONS

As you may know, I am the "tea and infused beverage expert" for SIAL Canada where I also present daily "Inspire Drink" sessions each day on the show floor. SIAL Canada takes place in Montreal this year, April 20-22 and in addition to daily morning presentations via Inspire Drink, I am presenting two sessions in the conference. One on tea and health and the other on beverage tourism.

Pre-register at SIALCanada.com/en and, make consultation appointments with me via the SIAL expert hub or visit The Tea House Times booth while in Canada!



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.*

2021 continued with COVID as the prevailing headlining. For tea, the pandemic was a mixed blessing.

Through October, total tea imports were up over 6%, with Black Tea exceeding 2020 by more than 6.5%. This complements tea's perception as a plant-based, healthful drink, consumed for its variety of benefits, rooted in its high flavonoid content. In fact, several new research papers were published in illustrating tea's extraordinary ability to act as a booster of human immune systems.

Whether potentially interfering with cancer mechanisms, enhancing heart health, slowing neurological decline, positively impacting weight management and preventing diabetes or improving bone health and lastly boosting immune functionality, tea is good for you and tastes great!

Specialty Tea continues its rise in both pounds and dollars, bolstered by continued growth with in-home delivery and in-home consumption of tea.

Ready-to-drink (RTD) tea category continued its growth. Estimates are that 2021 exhibited circa 3%- 4% growth in volume and 5% - 6% in dollars..

Traditional tea (Grocery/DMM (Drug/Mass Merchandisers) fought hard to maintain the gains from 2020. Increased per capita consumption occurred across all sectors and Traditional purveyors are working hard to keep their progress.

The cultivation of *Camellia sinensis* continues to expand in the U.S., to answer the call of locally grown and farm-to-table trends as well as providing alternate, sustainable crops for growers.

I remain firmly optimistic going forward. Tea has so much to offer to its consumers. Tea's supply chain is resilient; producers generally want to produce good product and consumers want to receive good value.



*Peter F. Goggi*  
Peter F. Goggi, President  
Tea Association of  
the U.S.A., Inc.  
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A message from . . .



World Tea News recently asked me to write something about trends for tea houses into 2022. It was a pretty tall order considering none of us have been meeting at trade shows in person to discuss our ups and downs and challenges, but thankfully, I do make a point to stay in touch with my lovely tea industry friends. You will find my story on WorldTeaNews.com and in their recently published white paper.

An excerpt follows:

"People don't want to online shop, they want to get out of their house now," says Michael Rikowich, manager and future proprietor of High SocieTea House in Wayne, New Jersey. Current proprietor, Bernadette Solari stated, "Through 2022, tea rooms will still conform to the pandemic and wellness will continue to trend."

That's it in a nutshell. Anticipation of what's to come is uncertain and it has become more difficult to predict trends although each trend that surfaces will be out of necessity and desire for harmony as much as possible.

Afternoon tea is a pleasurable time to socialize in a comfortable and eye-appealing atmosphere along with family and friends. The experience sells itself as something people prefer to do in person. During the pandemic, High SocieTea House has strived to send that good feeling home by providing the same high quality food and tea all wrapped up in specialized packaging (not your normal to-go box) to provide a feel-good, heartwarming time to connect with others. They also increased the variety of tea and other things for sale via their website to ensure customers are served in every way possible. All of these actions have sustained their business throughout the pandemic and will see them through to the other side when everyone will be out again more permanently.

People want and need to go to tea. Tea time is uniquely tied to happy memories and feel-good experiences which people want to enjoy over and over.

*Gail*

Gail Gastelu  
Owner/publisher  
**TheTeaHouseTimes.com**  
**TeaTradeShow.com**



A message from . . .



Running on Emp-Tea? Not a good idea according to the latest paper from the Tea Advisory Panel (TAP). Tea for Sport and Fitness: A Scoping Review highlights research studies that suggest tea is not only a fantastic addition to your daily diet, but also provides excellent hydration pre and post working out.

The research review notes four cups a day is the ultimate sports hydration booster. A staggering 50 to 60% of our body weight is water so we need to keep this topped up regularly, and if you like to work out and keep active, ensuring your hydration levels are topped up is essential, especially when it comes to performance. What's more the TAP research suggests you can also increase muscle strength with a cuppa.

One study found that men who were given 200ml of mate tea three times a day over eight days, had improved strength recovery in the 24 hours after exercise. Plus, women in Japan suffering from a skeletal muscle disorder, who drank 350ml of tea a day had improved walking speeds over a 3-month period. This speed seemed to be helped by improved muscle mass strength. The gym and fitness industry, and the accompanying health food and drink market is worth billions and the opportunities to promote the benefits of tea for pre and post workout hydration are vast.

The sports energy drink market alone is worth millions and concerns over excessive sugar and caffeine, put tea in pole position as a sugar-free alternative with moderate caffeine. So next time you are in your gym class or you heading to a road race, don't run on empty, work your way to the top of the leader board with a pre- and post-session cuppa. TAP's open access paper can be found here:

<https://www.sciforschenonline.org/journals/nutrition-food/NFTOA174.php>

More research is needed.



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

A message from . . .



#DrinkTea for Stress

As we face what we hope are the last days of winter, taking care of our bodies and our minds remain top on the agenda. An emerging emphasis in the medical world is being placed on understanding how your behaviour and lifestyle effect your health. This area, called 'epigenetics', "is the study of how your behaviors and environment can cause changes that affect the way your genes work. Unlike genetic changes, epigenetic changes are reversible and do not change your DNA sequence, but they can change how your body reads a DNA sequence." There are a number of factors that have been identified in possibly modifying our epigenetic patterns and they include diet and psychological stress.

There have been countless reasons which could have triggered major stress in the past two years. And prolonged stress over a long period of time will lead not only to chronic illness but also anxiety and depression. Which makes it critical to not only address these issues for our mental well being, but also to not have a negative long term impact on our epigenetic patterns.

Tea can play a role in having a positive effect when we look at research assessing the effects of tea drinking on mental well being. One study determined that for every three cups of tea consumed a day, the relative risk of depression decreased by 37%. It is believed that the healthy compounds in tea may stimulate a positive response in the brain. This is not only good news for traditional tea, *Camellia sinensis*, but also for those that prefer the botanical, Rooibos.

As tea drinkers, we know the very act of making tea is calming. We also know that tea consumption during the pandemic has increased dramatically for its calming, feel good qualities. So continue to #DrinkTea, not only for the sheer pleasure of the beverage, but also for the possibility of modifying your epigenetic patterns.



Shabnam Weber  
President  
Tea and Herbal  
Association of Canada  
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*If you are lucky enough to have a little herb garden at your back door or even in pots, you know that by late March, one of the first perennials to push their leaves through the soil is mint. Lemon balm, peppermint, spearmint, and chocolate mints all are used in culinary preparations. Although it's easy to think of mint as just a garnish for iced teas, mint makes a refreshing hot or cold beverage steeped on its own. I have been growing herbs for many years and have a collection of books that I referred to constantly in those early years of gardening. These are two recipes that I still make today. Included in this column is a recipe for making homemade sugar cubes using fresh or dried mint.*

## Lemon Tea Bread

From *Herbs – Gardens, Decorations, and Recipes* by Emelie Tolley and Chris Mead. Clarkson N. Potter, Inc./Publishers, 1985

- ¾ cup milk
- 1 Tbsp. finely chopped lemon balm
- 1 Tbsp. finely chopped lemon thyme
- 2 cups all-purpose flour
- 1-1/2 tsp. baking powder
- ¼ tsp. salt
- 6 Tbsp. butter, at room temperature
- 1 cup sugar
- 2 eggs, beaten
- 1 Tbsp. grated lemon zest

Butter a 9 by 5 by 3-inch pan. Preheat oven to 325 degrees. Heat the milk with the chopped herbs and let steep until cool.

Mix the flour, baking powder and salt together in a bowl. In another bowl, cream the butter and gradually beat in the sugar. Continue beating until light and fluffy. Beat in the eggs, one at a time. Beat in the lemon zest. Add the flour mixture alternately with the herbed milk. Mix until the batter is just blended.

Put the batter into the prepared pan. Bake for about 50 minutes or until a toothpick inserted in the center comes out dry. Remove from the pan onto a wire rack that is set over a sheet of waxed paper. Pour Lemon Glaze over the still hot bread. Decorate with a few sprigs of lemon thyme.

### Lemon Glaze

- Juice of 2 lemons
- Confectioner's sugar

Put the lemon juice in a bowl and add sugar until a thick but still pourable paste forms. Pour the glaze over the hot bread.



## Mint Fizz

From *The Herb Book* by Arabella Boxer and Philippa Back. Octopus Books Ltd, 1980.

- ¼ cup chopped mint
- 1 tsp. sugar
- 2/3 cup boiling water
- Juice of 1 orange
- Juice of 1 lemon
- 1 cup ginger ale or soda water
- 6 ice cubes
- 1 large sprig mint to decorate



*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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Put the chopped mint in a jug (pitcher) with the sugar and pour on the boiling water. Leave to cool, then add the freshly squeezed fruit juices. Chill 2 to 3 hours in the refrigerator, then strain and add ginger ale or soda water, and ice cubes. Decorate with a sprig of fresh mint and serve immediately. Makes 2 to 3 large glasses.

*Note from Karen. This is a grown-up summer drink with a cocktail vibe to it. Lightly sweet, very refreshing – this recipe can be made in large quantities.*



## Homemade Sugar Cubes

*So simple and quick to make (and inexpensive), these sugar cubes make great gifts for the tea lover. The basic recipe is made of just two ingredients*

1 cup Domino Superfine Sugar\* + 2 tsp. water

Add the sugar to a small bowl and stir in the water. The mixture should be a consistency of wet sand. The water is there just to hold the sugar together. Too much water and the sugar will start dissolving and take longer to dry.

At this point you have three ways to make charming sugar cubes: form into cubes, press into molds, or use very small cookie cutters.

**Form into cubes:** Place your wet sugar onto a tray lined with parchment or waxed paper. Gently, but firmly, start pressing and forming the mix into a small (5-6 inch) square, about ½” high. Take a very sharp knife and cut the square into cubes. The size of the cubes is your choice. You will get about 2 dozen larger cubes and about 35-40 smaller cubes. Carefully separate the cubes enough for air to circulate for quicker drying.

**Cut into forms with mini cookie cutters:** Prepare sugar mixture as above. Instead of cutting into cubes, cut desired form, such as a heart or flower, with the cookie cutter.

**Press into molds:** small candy/chocolate molds can be found on-line and in craft shops. Simply fill, level, press firmly, and tap out carefully on your prepared tray. The formed sugar will come out without effort. You just want the mold to touch the tray before tapping to minimize any breaking of design.

The sugar cubes dry in about 6-8 hours. I prefer to make mine the day before so they have a full 24 hours of drying. Before going to bed, I carefully flip them over for better drying. The next day, they are as hard as any bought sugar cubes, ready for the sugar bowl or cellophane bag for gifting. Ok, that’s the basics. Now for the fun part!

To make mint sugar cubes, add 2 tsp. dry mint or 1 Tbsp. finely chopped fresh mint into the sugar mix before molding. With fresh mint, I sometimes add finely zested lemon peel and then use lemon juice instead of water.

Other additions to your sugar cubes can be culinary lavender, vanilla extract, scented geranium petals, lime or orange zest.

No flavor? How about adding a tiny, tiny drop of food coloring to make any shade of the rainbow for your sugar cubes. Making sugar cubes in the color and shape for a themed afternoon tea just adds a very special touch.

*\*if you are just forming cubes, regular sugar will work fine. If you wish to use molds, I find the superfine sugar works best to get into the details of the design.*



# CULTURE

## World Religions and Tea This Spring

by Gail Henderson

Three world religions have major holidays in March and April. May I offer a few unofficial suggestions that hopefully will complement their holidays?

On the first holiday, Ash Wednesday, March 2nd, Catholic Christians worldwide and Russian Orthodox Christians on March 7th, who receive ashes in the form of a cross on their foreheads to denote repentance, begin a time of fasting. May I suggest a smoky tea, drunk for centuries from a Russian samovar originally fueled by lit charcoal—perhaps Harney’s Original Blend Russian Caravan—for this day?

On April 2nd, Ramadan begins for many Muslims who fast sunrise to dusk for thirty days. Try 100% pure Ceylon teas or other flavored teas like Earl Grey to start or break the fast.

On April 15th, the Jewish Passover begins. Coincidentally on the same day as Good Friday this year, it is equally appropriate to drink Jerusalem Mountain Tea’s Jerusalem Harmony Tea, a lemongrass, hibiscus, rose, olive leaf, carob and cardamom blend, many ingredients found naturally on the hills surrounding Jerusalem. Easter, April 17th, is the last religious holiday of the two-month period and calls for a very special drink as Christians celebrate Jesus, their Risen King.

Purple has long been the color of Majesty, so why not drink Purple Tea on Easter, made from rare purple tea leaves instead of green, and which brews light reddish-purple.

I will definitely be filling a cup with tea and prayer during March and April, filled with hope as the spring overtakes winter, heralding a fresh start.



*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



### Spring Forward Mindfully



*“Showing respect for others, by leaving the area the way we would like to find it.”*

This spring as the weather warms and we come out of our winter/covid cocoons, let us enjoy the beauty around us and allow others the opportunity to do the same... but sometimes are we making sure that others can do the same?

As we enter an outdoor recreation area at a beach, a park, a dog park or any public area used for gatherings, let us be aware of our surroundings. At these events as we interact with others on a casual more personal level or maybe the outing is just a quiet day out for ourselves, let us be mindful that other people may want to have fun as well.

If we have moved chairs, tables or benches to accommodate our group, or have brought food or items that were used and now considered trash, we want to make

sure that we put things back, clean up after ourselves and our furry friends and return it to the way we found it or maybe even better.

Let us take the time and make the effort to be socially responsible for our own actions by being mindful enough to let other people enjoy an event as you had the opportunity to do.

Showing respect for others, by leaving the area the way we would like to find it, shows respect for them... and us as 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.



# Traveling Back In Time

There is a town in Oklahoma, USA called Guthrie. Every year, they celebrate the 1895 era. It's a fun event, because everyone in the community takes part in this celebration. Stores located on Main Street decorate their front displays as businesses that would be opened during this era. Some businesses include a barber shop, pharmacy, grocery store, and so much more! These are all decorated 1895 style, of course.

Since 2016, Chapters in the Oklahoma area are invited to be a part of this commemoration. And this year was no different! Our Red Hat Members gathered their Victorian dresses, made their own Hats, and traveled back to 1895!

This year, they decided to display a traditional 1895 activity on the window. Therefore, they gathered their teapots and teacups and had tea while they crocheted and knitted.

The RHS display is something that the whole town is always looking forward to as they bring glamour and interest to the event. Even people from other local towns and states make an appearance to see what our Red Hat Sisters are up to! It's the perfect way to connect with everyone in the community.



If you're looking to join a community of like-minded women, join RHS today – visit [RedHatSociety.com](http://RedHatSociety.com) to get started!



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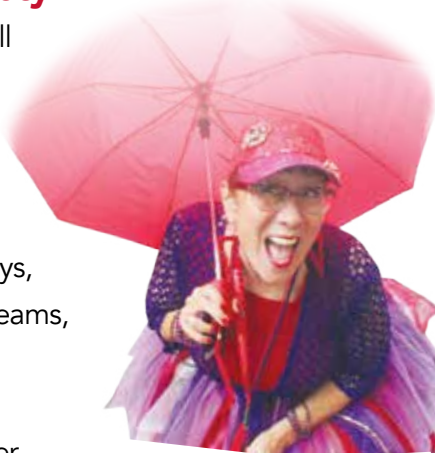


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**Happy birthday to the Red Hat Society!**

Around the world, Red Hat Society members will celebrate the society's 24th birthday on April 25, 2022. This milestone will mark our continuing efforts to improve the lives of women. We promote our passion for fun, friendship, fitness, the freedom to express ourselves in positive ways, and a dedication to the fulfillment of lifelong dreams, through the power of fun!

We invite you to become a Member and celebrate our birthday virtually and/or locally. Join today as we positively reshape the view of modern women in today's culture!



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# CONNOISSEUR James Norwood Pratt



Enjoying my awesome sample of Golden Feather Tea, as delicious as it is costly at \$1000 plus per pound. Producers Donna Nickelson and Mike Fritts have just set out another 400 plants so for more we'll all need to wait our turn very patiently.

Speaking of money, the World Tea Expo + Conference has re-named "Boot Camp for Tea Entrepreneurs" the "Devan Shah School for Tea Tycoons." My late friend Devan is the ideal patron saint for those entering the ancient and genteel tea trade--just look at his legacy: International Tea Importers and the famous Chado Tea Rooms of Los Angeles, to go no further.

Entrepreneur Anthony Capobianco has recently moved from Beverly Hills to Austin where he says his Zen Tea Traders is receiving a big Texas welcome from parched Lone Star residents gasping for good tea.

Globe-trotting tea consultant Nigel Melican was last spotted in Belize where he's designing a facility to produce herbal "tea" from Soursop leaf--I'll try it after you. But Nigel's star pupil in the US, Jason McDonald, has now received two gold medal awards for The Great Mississippi Tea Company. The growing number of boutique teas like Jason's, Golden Feather, Big Island Tea from Hawaii and the others I could name are doing much to help us become a tea-consuming society: May their tribe keep increasing! (And did you know a single *Camellia sinensis* plant in a flower pot is all you need to join the US League of Tea Growers?)

From his establishment near Wall Street, Lester Vail purveyed tea to yesteryear notables like J.P. Morgan but after his death Simpson & Vail gradually declined into desuetude, only to be rescued from oblivion by Jim and Joan Harron who bought the failing company. Daughter Cindy and Jim junior have now raised the venerable old firm to new heights but I'm sad to report their father has recently gone to his rest. The famous J.P. Morgan blend, still available from Simpson & Vail, is not to be missed, but like Joan and the kids, I'll miss my old tea friend.

A very dear friend just gifted me a ceramic with this haiku:

Every night  
he raises to his mouth  
her tea bowl--  
whose idea was it  
to glaze it with the moon?



*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.*



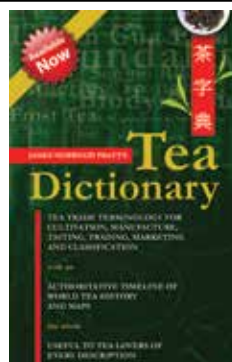
*James Norwood Pratt  
is acknowledged as America's Tea Sage.  
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Please visit  
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appearances and to purchase his books.

**\*\*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 where learning never ends.*



# In Good Taste by Birendra “Jopy” Perera



Hello again fellow tea lovers! With the end of winter just behind us, I'd like to remind everyone of my last words of combining things to make even better experiences to enjoy with those closest to you. On this note of Blending & Fusion, I want to draw you all closer into my world as a taster, as an explorer of tea experiences and give you an insight into what it is I really do, and how tea born in one country can create a multitude of experiences across the globe. To do this, however, I need you to begin the journey where the day officially begins for all of us in the land of the rising sun.

Whilst many of you know me as a tea taster, I work in Sri Lanka, the home of Ceylon tea, with a family-owned brand called MlesnA, which is somewhat of a microbrand, that is in its 40th year now and has made its way to over 50 countries across the globe. I begin with Japan as it is my opinion, through experience, that unlike any other nation, Japan has such a deep and meaningful relationship with tea which is deeply rooted in their culture and is more a tradition and a way of life rather than just a beverage. It is almost religious.

The beginning of this brand, its success and its quality is an embodiment of what tea in the Japanese culture truly has evolved to what it is – perfection with finesse; and it is in Japan MlesnA sold its first tea overseas. The beginning of the first one hundred kilograms of tea in export laid foundation to the commencement of a relationship between two nations as business partners, as a friendship that endures and as a family of tea which exists to this day and endures in furthering Ceylon tea to the world and creating new heights of taste

and tea related experiences. A relationship which exudes excellence in good taste.

The name MlesnA Tea House in Japan reflects a place of tranquil and fusion which tells any tea drinker a story that has meaning and promise – a promise that there is no end to the satisfaction derived from pure quality and brilliance in fusion through this magical brew and fantastic infusions where one's palate will be mesmerized.

Who would imagine contrasting flavours such as chocolate and bergamot would create a taste sensation one has never felt before? Desserts and cakes would be flavored with tea and tea syrups? Or even a tea centered donut? Tea for two at MlesnA Tea House is what it means to attract opposites and to blend creating new experiences like never before.

In my next few ramblings, I will take you through a journey of the amalgamation and coming together of two tea gurus who created a following which has endured and grown to over 50 locations where these specialty teas are enjoyed throughout Japan. The worldly experience of Anselm Perera and the artistic and sommeliers expertise of David Kawamura have brought the MlesnA Tea House to where it is in the tea drinkers' heart – Home. *(Image: top left)*

Keep reading to discover more of the journey of taste and the brand that is Naturally the Best..... Until next time, enjoy your tea with those who are closest to you.



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 | *March/April 2022*



# TEA IS POETRY POURED

By Susan Patterson aka Earlene Grey

I wrote this poem several years ago, but it seems so much more pertinent these days. We have Covid. People are forced to be inside, sometimes alone, sometimes without direction. It's been tough. However like most human dilemmas, there is an opposite side. This poem is a story of one of those times. It is about a couple who claimed each other instead of the world around them. It is just a story...but maybe more often true than not. Let's hope so.

Dear readers, if you will allow me a small bit of news about Earlene Grey. Our little company can now be found on Facebook. Yep. We are stepping out. We will post something everyday for your pleasure and amusement. Comment and I will write back. Your poet in Oregon, skp

Please go to Facebook.com to sign up and follow. ☺

<https://www.facebook.com/Susan-Patterson-104518815356421>



## ***The Good Love Will Be Timeless, The Great Love Will Be Endless***

They wanted and waited  
For nothing.  
Time was neither a  
Friend nor an enemy.  
It wasn't really part of their life.

Time belonged to other people,  
As did politics  
And occupation  
And rush.

Theirs was a world of  
Tranquility by demand,  
Intellect by nature,  
Detachment by choice.

Love had found them young  
And they claimed it  
As their past and future.  
There is no doubt,  
No fear,  
No need for explanation.

And so it will be,  
No matter what.

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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When the cold weather washes over Cape Cod, nothing warms your body and soul like a soothing cup of tea. There's never been a convenient place for cozy gatherings like this in the area before, but now there is! They are thrilled to invite you and your friends, family, or a special someone to relax and enjoy afternoon tea at the Captain Farris House as they re-open for the 2022 season.



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

## Celebrate the Fool! by Kim Hendrickson

April Fool's Day. Do you look forward to it or dread it?

Some believe it was 1582 this holiday began. France changed the Gregorian calendar which started the joke of putting paper fish (poisson d'avril meaning a gullible fish!) on one's back to call them a fool. OR maybe it was ancient Rome celebrating Hilaria where all people make fun of others, regardless of their class or station in life. OR maybe it's tied to vernal equinox because of the unpredictable weather; hard to know. The late 18th century the Scots' celebrated a two day "hunting the gowk (cuckoo bird)" followed by Tailie Day where items like paper donkey tails or "kick me" signs were stuck to one's derriere making this a two day holiday!

Putting ancient history aside and there are enough examples of great April Fool's Day pranks to fill an afternoon of telling.... from The Spaghetti Picking Harvest in Switzerland, prompting a flood of requests for the spaghetti plant, which aired on the BBC to an advertisement in 1774 promising that a man fit himself inside a wine bottle and could sing while "contained" attracted so many customers, in spite of its complete implausibility. There is no country or time frame in history that hasn't had something outrageous occur to celebrate the holiday and now with the internet, pranks often do not wait for April Fool's Day anymore!

While the intent throughout history has been to make one laugh, not everyone feels that way. Make your gathering an event to gather, have fun and laugh, LAUGH!

- Snail mail invite using an optical illusion image for the card
- Jumble or re-spell names on place cards on the table for people to guess where they sit.
- Ask everyone to plan a prank, then vote for best and offer a prize (but make the reward a prank as well!)
- Host can greet guests in their pjs telling them they got the wrong date when they open the door!
- It's spring so flood the center of your table with greens.... just don't think flowers and their leaves, but veggies and herbs: parsley, basil....It will be unexpected.
- Sandwiches need to use spring flavors: curried egg salad, chopped bacon/lettuce/tomato sandwiches, open-faced salmon w sprinkle of capers or a chopped artichoke
- Don't forget the scones offering candied hibiscus, lemon lavender or rosemary flavors
- Desserts – Illusion desserts to "cash in" on the theme making cookies or small bites look like something else: cookies that look like a fried egg, a flower, you get the idea.....
- Spring means green, so serve green tea: matcha, fruit flavored green not to mention the good green tea. Don't forget the china cup or mug.
- Scour the internet for interesting pranks done around the world over the ages on this day....Ask your guests to guess either the date/time frame and/or country of the prank's origin.



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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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