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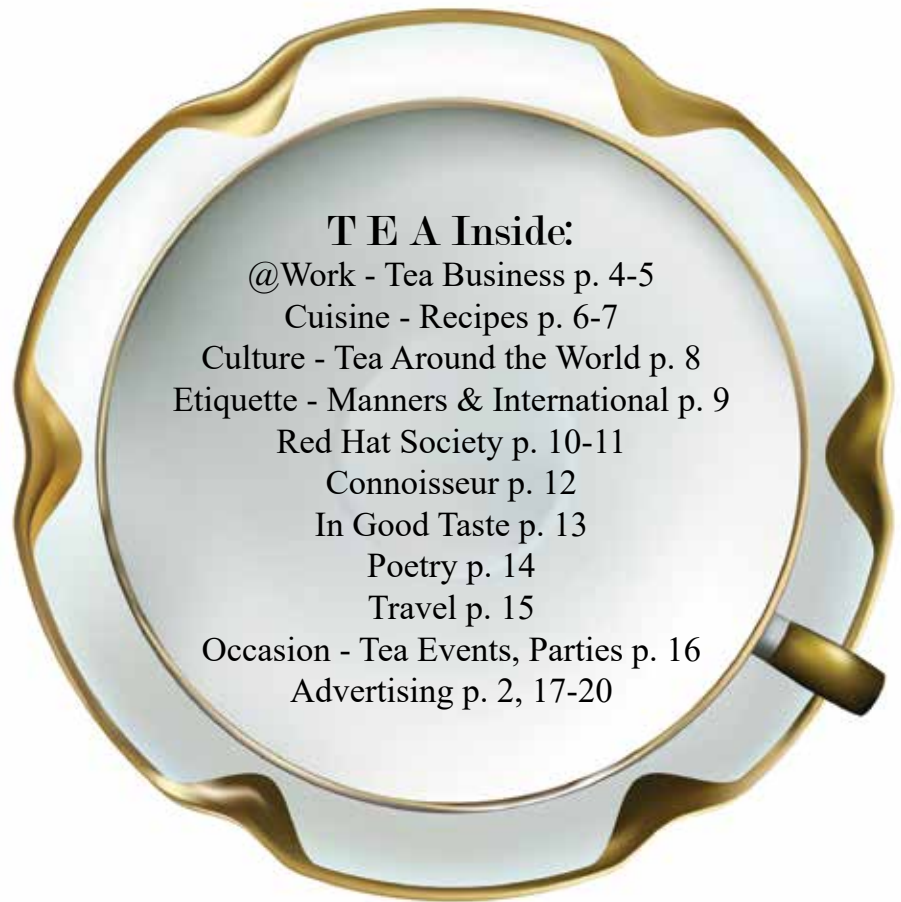
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Greetings from The TEA House Times!

JANUARY! Oh my! Time for resolutions? The most popular being health and fitness, tea fits right in as a calorie free beverage. As long as you do not add sweetener!! Tea may also be leveraged as a driver to market growth trends in many other ways. Learn more on page four.

Even though it is time to cut back on holiday treats, I love the shortbread recipe and variations from Karen on pages six and seven. Shortbread is also one of my specialties but I have never tried to modify my recipe. Hmmm... what should I try first?

Many of our writers hint at cozy tea times for winter and the importance of self-care and awareness, new beginnings, and mindfulness. I chose this month's cover image to portray some of the choices you might make during your personal tea time. While you contemplate the health benefits of tea, feel the warmth in your hands, savor the tea moments alone or with others.

SALUTATIONS

As we close out 2022 and ring in 2023, I'd like to thank all contributors and readers for your constant support, and wish you all the very best in the New Year!

Hoping to see everyone again soon. I'll be presenting to the Mid Atlantic Business Association on January 16. Other upcoming events include the Global Tea Initiative by UC Davis on January 19, the Toronto Tea Festival January 28-29, Coffee Fest NY March 5-7 (find me presenting), and World Tea Expo March 28-29 (find The Tea House Times booth).

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.

I have just finished reviewing ADM's (Archer-Daniels-Midland) Global Consumer Trends for 2023. Of the 8 Market Growth Drivers that were identified, tea is well positioned to leverage 5 of them.

1. **Balanced Wellness** – Consumers are looking for inherently functional and sustainably sourced ingredients, that are nutrient dense. Unsweetened tea, whether black, green, oolong, etc., fits this trend perfectly.
2. **Proactive Personalization** – Customizable flavors and preparations that may meet individual needs, either for mental or physical health. We know that the personal “tea ceremony” that each of us has for preparing their favorite brew, calms and relaxes. Further, during COVID we know that tea consumption increased in the home due to tea's ability to de-stress and boost immunity.
3. **Trust and Traceability** – Particularly in the specialty arena where single sourced teas are readily available, sellers who are able to communicate to their buyers the uniqueness of their teas and the terroirs from which they come, will realize a sales advantage.
4. **Earth Friendly Production** – Tea is one of the most sustainable botanicals in the world. The fact that only new leaves are harvested and the plant remains growing year round differentiates itself from almost all other crops. Further, that carbon fixing ability of the tea plant continues to positively address and support global climate change.
5. **Experiential Eating** – Consumers continue to desire new experiences and the discovery of new flavors. Tea offers an enormous opportunity for adventurers to try different teas from around the world, but also enjoy seasonality differences from their favorite terroir.

Tea is fundamentally good tasting and offers extraordinary healthful benefits. Certainly a trend setter that marries nicely with tomorrow growth drivers.



A handwritten signature in blue ink that reads "Peter F. Goggi".

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

A message from . . .



In December, the Tea Association of the USA held its annual holiday party. Well...it was annual in pre-Covid days. Anyway, it was fantastic to be out celebrating with so many great minds in the tea industry. Oh how I have missed our gatherings! Of course we all wanted to talk about challenges over the time we had been separated, and yet all people involved in tea are always so positive and hopeful and resilient and excited for good things on the horizon. As refreshing as tea can be! Good, let's all keep working toward the same goals.

If you have not yet read a news release put out by the Tea Assoc. of the USA, find it at The Tea House Times website. “New Research Shows Two Cups of Tea a Day May Keep the Doctor Away” Find it by clicking [HERE](#) if you are reading this issue digitally. Is Tea the Key? As we look to improve our health and prevent disease through diet, it's important to know which foods and beverages contain the highest amount of nutrients to reap the most benefits. Tea has been found to have the highest concentrations of flavan-3-ols of all foods and beverages evaluated.

Now that January is here, keep watch for upcoming tea industry events. Coming soon, I'll be speaking to the MATBA (Mid-Atlantic Tea Business Association) on January 16. The Global Tea Initiative at UC Davis, California is January 19. Early March brings Coffee Fest NY where I will be presenting. World Tea Expo and SIAL America take place at the same time, at the end of March, in Las Vegas. And I have a lot in the works for the Inspire Drink programs coming again soon for SIAL Canada in May.

What's happening in your own corner of tea world? Drop me a note!! info@theteahousetimes.com

A handwritten signature in green ink that reads "gail".

Gail Gastelu
Owner/publisher
TheTeaHouseTimes.com
TeaTradeShow.com



A message from . . .



UKTIA's mission is to advocate for increased tea consumption, by promoting the great tastes of different teas, their many health benefits and the stories of the origins where they are grown. Although we still drink over 100 million cups of tea (*C. sinensis*) every day in the UK, consumption of black tea (sold in tea bags) is in slow decline, particularly amongst younger consumers.

We wanted to find out why, so we asked 18 to 24 year olds. They told us they do like the taste of tea, but when faced with so much choice out of home, tea loses out to beverages that are more convenient on the go and deliver a more consistent experience. Check out social media and you will see the extensive brand and product noise this generation is exposed to.

In the face of this fierce competition how can we drive increased consumption of tea? We need to position tea as part of the next generation's lifestyle; not just a cosy cuppa by the fire at home (which is obviously great), but also embedding the idea that tea is great pre and post exercise, that taking tea with you on the go in your favourite flask is just as hydrating as water and teas are an excellent alternative to alcohol and to pair with your meals when eating out of home.

A recent survey also told us that the under 25's in the UK do not have an issue with the price of takeaway coffee but they do with the price of tea sold out of home. So, the industry needs to work on the value perceptions of teas as an on-the-go beverage choice, and we also need to encourage Millennials to carry on the tea drinking habit to Generation Alpha, creating a new generation of tea consumers.



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

A message from . . .



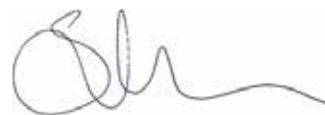
When a study providing dietary recommendations for flavan-3-ols was published recently in *Advances in Nutrition*, those of us in tea were excited and eager to jump on the conversation. This study points to an evolving body of research which suggests that "dietary bioactives play a key role in human health maintenance as well as disease prevention and mitigation". Bioactives, are defined as "essential and non-essential compounds (e.g., vitamins or polyphenols) that occur in nature, are part of the food chain, and can be shown to have an effect on human health".

For the first time, scientists were not only talking of the importance of bioactives, but this paper went one step further by concluding that taking 400-600mg/day of an important bioactive named flavan-3-ols was supported by the research they assessed. And which food/beverage contains the most flavan-3-ols... you guessed it - tea. In fact, 2-4 cups (approximately) of tea (*Camellia sinensis*) per day will meet the dietary recommendations made.

Health practitioners and regulators around the world provide guidance to the public on how to maintain health. And as science has evolved and we learn more and more about what health means, that messaging has shifted. We know for example that physical exercise is an important element to health and wellness. We've also seen changes on 'food plates' with less emphasis on simple carbohydrates. And now it's time for dietary recommendations to move beyond vitamins and nutrient recommendations to include bioactives.

The importance of bioactives in our diet simply can't be overstated. Particularly when we look at the overwhelming evidence linking flavonoids to reducing the risk of cardiovascular disease, improving blood pressure and reducing blood sugar.

To have regulators embrace this change will not be easy. And although we have been celebrating and shouting about the benefits of tea for as long as tea has existed, I'm determined to have the rest of the world know not only that tea is delicious, but like your daily vitamins, it must be a part of your daily diet.



Shabnam Weber
President
Tea and Herbal
Association of Canada
Tea.ca
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What do you reach for after you have made your favorite cup of tea?

If I could only choose one treat, it would always be a piece of shortbread – buttery, crumbly, melt-in-the-mouth wonderfulness. Nothing else comes even close to me. Just a few simple ingredients and this cookie nibbled with a sip of tea is a match that elevates the moment.

Shortbread is the first thing I learned to bake when I was 10 because it was my dad's favorite. I have been making this original recipe of just three ingredients for decades. Not only is it perfect on its own, the shortbread dough can also be modified in countless ways and can be the base for many flavors and styles of cookies. Enjoy with the comfort cup of your choice: My favorite is Earl Grey with a splash of milk.



Shortbread

Preheat oven to 325 degrees.
Makes about 30 2" rolled and cut cookies
This recipe is easily doubled.

2 cups unbleached flour
2 sticks unsalted butter, room temperature
¾ cups powdered sugar

Superfine sugar to roll finished cookies in (optional)

Add first 3 ingredients to mixing bowl. Using the paddle attachment of your electric mixer, blend until a dough is formed. You can also easily hand-mix this dough.

Roll cookie dough out about 1/4" and cut into desired shapes. No time? A quick method is to roll the dough into a 2" log, wrap with plastic wrap, and chill. When firm, slice into rounds and bake. Perfect for dough filled with lumpy ingredients (think chopped cranberries and nuts)!

Bake for 18-20 minutes (checking after 15 minutes and adjusting time) until edges are golden. When cookies are cooled, roll in superfine sugar as a finishing touch.



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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The flavor of this shortbread is easily changed by adding the following ingredients.



- 1-1/2 Tbsp ground tea. You could try:
 - Rose Congou (black tea scented with rose petals)
 - Masala Chai (spiced black tea)
 - Earl Grey (blend of black)
 - teas with Oil of Bergamot (citrus)
 - Lavender Earl Grey (Earl Grey blended with lavender buds)
- 1 Tbsp. grated lemon peel and 1/3 cup chopped crystallized ginger
- 1/3 cup mini chocolate chips
- 1/3 cup finely chopped hazelnuts, pecans, or almonds
- 1/4 cup chopped dried cranberries, 1/4 cup chopped pistachios. 1/4 cup white chocolate chips



Russian Tea Cookies: add 1/3 cup finely chopped pecans to shortbread dough. Roll dough into about 40 balls and bake until golden, about 20 minutes. While warm, roll in powdered sugar and once again when cool.

Linzer Hearts: Set aside 1/3 cup raspberry jam. Add 1/3 cup finely chopped almonds or pecans to shortbread dough. Roll out even number of heart cookies. Use a smaller heart cookie cutter in the center of half the cookies. Bake for about 20 minutes or until golden. Check at 15 minutes. When cookies are cooled, add about a teaspoon of jam in the center of the bottom heart and top with the heart with smaller heart cut out, gently pressing to spread jam. The final number of cookies depends on the size cookie cutter you chose. A 3” heart will yield about 10 cookies per recipe.



Scottish Fingers: Press shortbread dough in 8” x 8” square baking pan. The floured flat bottom of a glass will make this easier. Cut 1” strips down one way to make 8 portions and then cut across in thirds. You will have 24 fingers. Prick each finger along the length 3-4 times with a fork. Bake for about 30-40 minutes until golden. While hot, re-cut the fingers and cool. Sprinkle tops with sugar (optional).

Jam-Filled Tart: Divide dough in half. Press one half into an 8” tart pan or fluted 14” x 4” rectangle tart pan. Spread 1/3 cup raspberry or apricot jam, leaving about a 1/2 inch to edge. Roll out rest of dough and cut into strips. Lay the strips across the top of the tart. Bake for about 20-25 minutes until the top is golden and jam bubbling. You can also use lemon curd for your filling.



For the following variations, the oven temperature of 325 degrees stays the same.

CULTURE

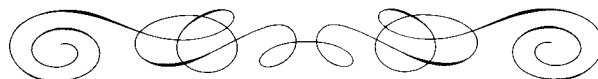
Mt. Olympus Tea by Gail Henderson

I've always wanted to taste the "nectar of the gods" or "Ambrosia," as it was called. It was supposed to confer upon its drinker longevity or immortality. Perhaps the next closest thing is a drink called Greek Mountain Tea grown on the slopes of Mt. Olympus so long ago that Hippocrates, father of modern medicine, prescribed it for immune and respiratory disorders around 500 BC. What is this amazing drink still found from a plant on Mt. Olympus? It is the same "tea" the Journal of Alzheimer's Disease researchers have discovered is linked to improving mental and cognitive decline! Living forever, maybe not, but living longer or living disease-free—perhaps a gift from the gods for the new year?

Greek Mountain Tea is said to taste like a very pleasant blend of mint, chamomile, and citrus. "Floral, earthy, slightly sweet." It can be enhanced with cinnamon or honey. And fortunately, we don't have to climb Mt. Olympus to brew our own cups of it. It comes from a flowering perennial called *Sideritis Scardica* (from the ironwort plant) found in local grocery stores in Greece. In case you are one of the few people who haven't traveled to Greece this year, take heart. We can get it as loose tea, (stems, flowers, and leaves crushed,) whole, or even in tea bags on Amazon or our local Greek shops. Popular in Eastern and Central Europe, it is sourced from small farms on Mt. Olympus and in the winter is used to ward off colds and flu.

Today the names of the Olympian gods are hardly thought of—except for the Floridians and others who possibly noted Poseidon's activity this fall. As you may recall, the gods never really liked mortals very much. But perhaps we get the last laugh...A mountain tea-- AKA Shepherd's Tea—has become a gentle gift to all mankind that the gods were unable to keep from all of us, now stronger and healthier, outliving our challenges for another year.

Enjoy more tea in 2023!



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



The Power of Nice



As we begin a new year, many people often think about positioning themselves for success in the coming year. When the world seems to be moving faster and getting less kind, let us be mindful of how we are speaking and the awesome power of being nice.

People often think if they are nice, people will step all over them. As a result, they often confuse the word nice with the word doormat.... They are spelled completely different and not to be confused.

Being a doormat is often a result of feeling inferior, where being nice is all about being confident and living well. Understanding that you and most people do not like being treated in a rude manner. There is a famous quote that says, "Rudeness is the small man's version

of authority."

There is power to being kind and respectful.... first and most importantly, to yourself. Studies indicate changing the way you speak will change how you think.

This can start by making a resolution not to complain and to look for the positive. This alone will affect you and also the people around you.

As a result, the world is a nicer place one person at a time.

The power of nice is reflected when we... think kindly, speak nicely and live large.



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.



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In Celebration of our 25th Anniversary, let's take a look back on our fabulous Tea Adventures!



The Wahines enjoyed a Tea Party in Kailua, Hawaii, USA.



Sharon G. holds a Snowwoman Tea Party



The Royal Order of the Drama Queens turned out for a Victorian Tea in Rancho Cucamonga, California USA.



Flo G., Atlanta, Georgia, USA – It's all about the tea and hats.



The MZ-TEA-Rious Ladies first tea 2001, Long Beach, California, USA

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CONNOISSEUR JNP's Tea Society

by James Norwood Pratt

How secret? Years ago a Boston reader lamented that my tea book revealed “the last WASP secret.” Well then, let the word go forth! Hu-kwa Tea from Boston’s Mark T. Wendell is probably the oldest “name” brand of any black tea sold. He was a Chinese merchant prince before the Opium Wars whose name became synonymous with Top Quality and the original Mr. Mark T Wendell’s uncle, a clipper ship captain, actually bought his tea from “Houqua,” as it was then spelled. Hu-kwa is old-fashioned Lapsang Souchong, no secret to WASP’s like Winston Churchill whose favorite tea it was and it’s not just for WASP’s at all, being the perfect wintertime warmer. Order yours from Mark T Wendell (marktwendell.com) and tell owner Hartley Johnson his fellow WASP JNP sent ya!

New Sensation? If you haven’t yet tried boba tea you will soon. Boba businesses are popping up in cities everywhere. Boba drinkers trend young-ish, often Gen X-ers born between 1997 and 2012. Boba brands are also young, like their founders, and several will compete for recognition at the 2023 World Tea Expo + Conference (March 2023) in Las Vegas. Best of Boba is yet another brain-child of my ageless old friend FaithAnn Bailes, who actually founded the Expo as “TakeMe2Tea” in 2003. After its multiple changes in ownership and location, Faith remains one of tea’s best friends and continues to mother the full-grown Expo. According to her, the “Best of Boba” contestants include Milk +Tea, Percolate, 7 Leaves, Boba Chic, Bobachino, Loose Leaf Boba and Andrews Boba from Taiwan. Boba typically uses better teas than leading teabags, making it a “gateway drink” for young and inexperienced tea customers.

Roy Fong Does It Again! Mr. Fong, founder of Imperial Tea Court (imperialtea.com), America’s first traditional Chinese



Tea House, also founded the San Francisco Tea Festival. The celebrated Marzi Pecen of Dallas marveled that Roy once again filled his venue at the famous Ferry Building seeing that parking is simply impossible in San Francisco. Besides the vendors, classes and presentations were well attended. Marzi found Noli’s talk on Japanese tea processing and Nichel’s on Nepali tea filled to near capacity. Roy’s done it again!

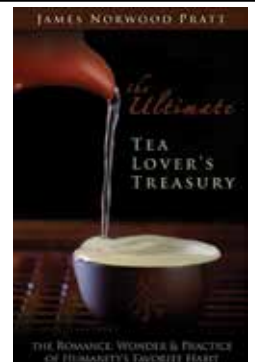
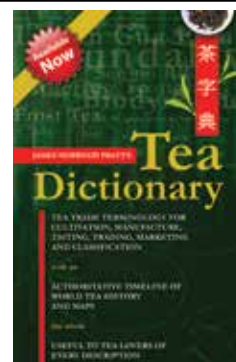
In this time of sniffles, let me commend to you my favorite wellness “teas” from The Rendezvous with Tea (trwtea.com) in Grosse Pointe, MI. These are meticulously formulated by owner Naszreen Gibson and--take it from me--are good for what ails ya! After nine years building Michigan’s leading tea outpost, heroic Naszreen offers her wisest wellness advice quoting the words of Buddhist saint, Thich Nhat Hanh: “Drink your tea slowly and reverently, as if it is the axis on which the world earth revolves slowly, evenly, without rushing towards the future.”

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 - New Beginnings - The Mindful Tea Drinker

by Birendra “Jopy” Perera

A warm wish for a very happy new year to all the lovely tea enthusiasts of the world and a year filled with happiness like only a cup of tea can bring you!

We have all been through Christmas & New Year and with the warm buzz of celebration and holidays reverberating through our souls we must all begin the wind down to face reality once again. Whilst many of us may think this would be somewhat of a buzzkill, we can turn this around to make ourselves think “this is actually a good window of opportunity to begin the thought process of mindful thinking”, and this can easily be stretched into every part of our lives – even our favorite pet habit of tea drinking.

So, what would be entitled as “mindful” in terms of tea?

Well to look at that through the microscope of life is to understand that with the end of lockdowns and staying boarded up in our homes, we all decided to go out there and be (at least mildly) extravagant in spending on all our habits and peevs which we were restricted from for two years! We dined out more frequently, we partied hard, we travelled to exotic destinations, we ordered ourselves luxury on delivery, we even pampered ourselves to a good wellness retreat filled with luxurious food & beverage to gain a more holistic experience more often. Basically, good old retail therapy to over-indulge in things we took for granted.

But we need to stop and think – “how much did that bit of extravagance cost me?” both monetarily and mentally.

If anything, we learnt that the world is going through somewhat of a recession and so whilst everything became more expensive, we were not earning at the same increasing rate of expenditure. Now, how can we solve this problem? It is time to sit with a cup of tea and spend some time thinking.... Ah, yes, that thing we can all do, which we allow machines to do today!

If anything in life has taught us a lesson it is that we can not spend more than we earn, and this goes beyond money. It is this pattern of thinking which leaves us mentally dried out and needing rehydration of the soul. What better way is there to solve this than to sit with your best brew and think.

Other than the obvious fix of spending a little less and being careful with ones’ budget, the best solution is for us all to be mindful. Being mindful about spending is not the only action that can rescue us all, it is being mindful with our lifestyle, the places we go, the things we need as opposed to the things we want. The people in our lives as opposed to the possessions in our life. The experiences in life as opposed to the image of our lifestyle. A cup of mind elevating tea will help gain perspective and make your favorite habit a mindful experience that you get to have every day; and the best part is that it is free.

Tea can become a mindful experience and yet another good reason to enjoy your favorite cup with those you love the most.

Till next time, enjoy your “experience of mindfulness” with those 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**



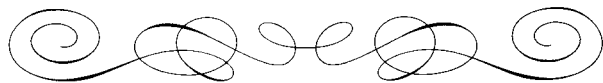
TEA IS POETRY POURED

By Susan Patterson aka Earlene Grey



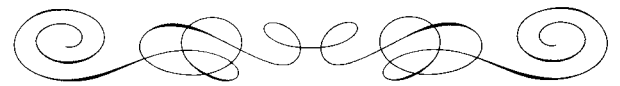
Dear Readers, Earlene is on break this issue and she asked for us to print some oldies but goodies. Instead, we decided to peek into one of her published books to see what called out to us. The following are excerpts from *Musings for the Quiet Person* by Earlene Grey.

The introduction is as follows: This collection of poetry is for the quiet people of the world. They are the ones among us who see much and say little. Quiet people are those who step back from the hoards and the noise and revel in silence to renew and rejuvenate. I am a quiet person. There are legions of us. Everyone has at least a little bit of a quiet person within him. So please, dear reader, I invite you to sit down with your own quiet person and enjoy these poems. . . Earlene



Untitled

As I pass through this world
And do my work
And drink my tea,
I wonder if there will ever be
A little left for me.



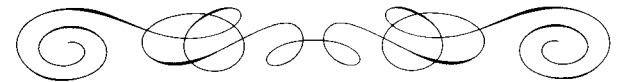
Tea in the Right Company So Who to Invite?

How imperfect are we
That we cannot find time for tea!

How we rush to be better,
To be sharper. To be more fine.
And yet we fail to fully live
In the wisdom of our time.

Perfection can be found most simply
By having the right company at tea.

Whether it is with those we love or,
With an angel stranger,
From that which is in front of us,
To that which eventually could be,
Our most perfect selves may be
Discovered by having the right company at tea.



The Right Cup

It's crucial to have
Just the right cup
When celebrating life's blessings or
When contemplating its challenges.

There are many options to choose from.
Minimally the teacup must be deep enough
To maintain warmth and
The handle round enough for
A good strong hold.

As for matter and pattern,
Bone china, of course, and then,
Simply select the design
To match the given mood.



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



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Imagine a weekend of tranquil bliss at The Oakwood Inn, located at Okoboji, Iowa – the perfect place to reconnect with a loved one to celebrate a milestone, relax on a weekend getaway with friends, or refresh with an overnight reprieve during your trip.

When you stay in one of the 11 newly renovated modern guest rooms, you will awaken to gorgeous morning views of the expansive gardens and oak savannah. The homemade smells from the kitchen will draw you to the dining room, and in the month of December, you can experience a one of a kind Christmas Tea Service.

Innkeeper, Bridget's, love of tea parties began in Hous-



ton, TX where she treated her high-end clients to tea at The St. Regis Hotel. Christmas Tea was her favorite and she always made sure to have a reservation every Friday in December.

Bridget brought her love of Christmas and tea parties together for a Christmas Tea at The Oakwood Inn. Held in the beautifully decorated dining room, with the warmth of the fireplace and enchanting music playing in the background, afternoon tea at this Iowa bed and breakfast is the perfect way to ring in the Christmas season.

Guests enjoy The Oakwood Inn's own Christmas Tea Blend while savoring holiday delights in each of the four courses – amuse bouche, assortment of three tea sandwiches, The Oakwood Inn's Christmas Scones, and a trio of desserts.

The Innkeepers share their personal stories of heirloom recipes and personal experiences, and teach centuries-old European High Tea traditions. Attendees are whisked away for a magical time as the Innkeepers curate a special event to be remembered.

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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OCCASION

Enjoy a Hygge Winter by Kim Hendrickson

First we get addicted to shopping at IKEA, then everywhere we look we see the word HYGGE—THE SCANDINAVIAN LIFESTYLE...in magazines, on TV talk shows, and books making the bestseller lists. Exactly, what does HYGGE mean?

It is a Danish work meaning, “to give courage, comfort or joy”.

Still confused? Think the coziest winter image: warm fireplace, a hot beverage, great food, hand-knitted sweaters, rosy cheeks, smiling family and friends enjoying each others company. HYGDELIG TIME means QUALITY TIME.

The Nordic countries will not deny that coffee is their first love, but as the world becomes more global tea drinking is gaining popularity. Ceylon black tea is their first choice with herb teas a secondary favorite. Sweden has the highest number of tea drinkers followed by Norway, Denmark and Finland, the last. Each year that passes, tea drinkers increase!

Inclusive quality time, warm feelings, friendship is just the recipe to share a cuppa in the hygge fashion.

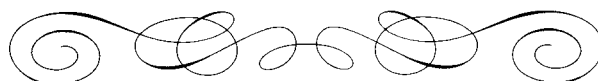
- Download Scandinavian designs off the internet for snail-mail invitation or additional table décor.
- Either position your table in front of a roaring fire or set up a long “smorgasbord” table for all of your offering in the room with a fire. Decorate the table using found evergreen, wood/bark droppings from your yard to fill the center up. Don't forget a lot of candles and add some fake snow!
- Add to the room's mood by placing skis & ski boots around the room. Remember Scandinavians love to ski.
- Have bowls of spices to add to the ambience: cloves, cinnamon, saffron, cardamom, orange peel and allspice.
- Ask your guest to wear their Nordic sweaters/shirts and come with knitted hats and gloves/mittens. Have a price for the most original, wildest, prettiest, warmest sweater or mittens.
- Offer a variety of drinks: spiced red wine is a must but include Danish beer and Ceylon black tea; the most

common tea. Adding other herbed, spiced teas would be welcome too.

- Warm earthy smells are Scandinavian winter smells so offer a bag of mulled wine spices in a muslin bag as a favor for your guests to repeat part of their experience when they return home.

- A smorgasbord is THE favorite savory assortment and is basically their version of an open-faced sandwich. Create a variety of sandwiches using lots of dark rye bread, cheeses, eggs, capers, salmon, dill, sausages, as-sorted fish, mustard; you get the idea, but if you need more there are great pictures online to inspire.

- Desserts can be a variety of butter cookies. Scandinavian cookies are all easy to make but use the richest of ingredients, so forego the tea cakes and scones, and overdose on a variety of almond, hazelnut, sweet pretzels and butter shapes.



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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The advertisement for Simpson & Vail features a red teapot logo and a jar of Valentine's Holiday Teas. The jar is white with a red label that says "SIMPSON & VAIL Valentine's Holiday Teas" and "VALENTINE'S". The jar also has a small image of a red rose and a heart.

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