

CUISINE



CULTURE



CONNOISSEUR



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# The TEA House Times™



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Tea and Herbal Association of Canada

[www.TeaUSA.org](http://www.TeaUSA.org)  
Tea Association of the USA

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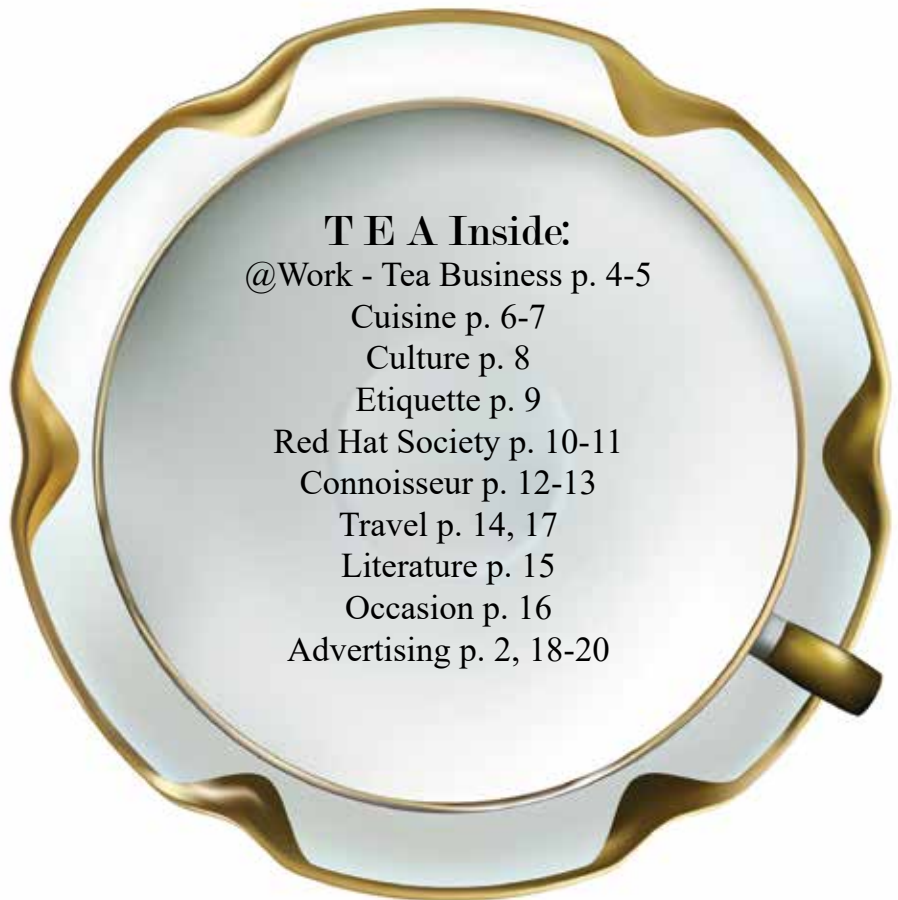


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## TEA Inside:

@Work - Tea Business p. 4-5

Cuisine p. 6-7

Culture p. 8

Etiquette p. 9

Red Hat Society p. 10-11

Connoisseur p. 12-13

Travel p. 14, 17

Literature p. 15

Occasion p. 16

Advertising p. 2, 18-20

## Greetings from The TEA House Times!

Did you know that 2025 marks 250 years since the birth of British romantic novelist, Jane Austen? Later this year, there will be a huge celebration in Bath, UK, and I am sure you may learn a lot more by visiting the Jane Austen Society of North America website: [jasna.org](http://jasna.org) and by performing some other searches online.

Recently, I attended the annual Jane Austen Fest in Mount Dora, Florida ([janeaustenfest.com](http://janeaustenfest.com)), with some dear friends in tea. I was told I needed to dress for the Regency Era, and I did! Not sure I'll show a photo anywhere, but it was so.. much..fun!!!! Yes, of course, there were tea gatherings to celebrate, special speaking engagements focused entirely on Jane, great shopping, and generally very happy, beautiful gatherings of women simply celebrating the common interest. I even got to meet Kim Wilson, author of *Tea with Jane Austen*, and she signed a book I had purchased years ago! She will be publishing something new, sometime soon!

## SALUTATIONS

Tea brands and suppliers should consider exhibiting at SIAL CANADA. There is a new beverage pavilion right next to our "Inspire Drink" educational/demo area on the show floor. I might be able to incorporate your tea into one of my presentations if you contact me soon since plans will finalize shortly. The SIAL CANADA show takes place in Toronto this year from April 29 to May 1, 2025. Book your own booth or showcase your company for a more affordable option in the beverage pavilion!

Hope to see you there!



All the best,

*Gail  
Gastelu*

# @WORK

A message from . . .



## 2025 - Year of Tea & Health

Thousands of published scientific journals continue to document tea's ability to positively impact human health. Whether 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!

Tea contains high levels of bio-actives, in particular, Flavan-3-ols, an emerging class of compounds generating great interest as promoters of human health. Tea has also become an important addition in the discussions around health Equity. Tea can be an important component in reaching underserved populations as a healthy beverage that can be seen to help mitigate the high rates of heart disease, type 2 diabetes and obesity in this population.

The Dietary Guidelines are due for updating and publication in 2025. The Tea Association of the U.S.A, Inc., has submitted several written comments and video comments supporting enhanced inclusion of tea in this important government publication that recommends dietary choices.

Under the new FDA Rule regarding the definition of "Healthy", tea was included. This is a tremendous success for the industry and allows the word "Healthy" to be used on front of pack and the "Healthy" word can be included in communicating about the product.

A message from . . .



The Mid Atlantic Tea Business Association recently held its annual meeting and a large part of the discussion was trends. Who would know better than a very professional group of tea business owners! (If your tea business is located in the Mid-Atlantic region of the USA, consider joining, at [matba.org](http://matba.org)).

So what is trending? In tea, we may see familiar trends coming and going and coming back again. Tea is definitely nostalgic, so a return to tradition and nostalgia is always on par. Do we ever lose our way or are we introducing new people to the beauty of tea through history and culture as new generations evolve?

Wellness has been trending since Covid times and shows no signs of letting up. Of course not, because tea is officially a "healthy" beverage as designated by the FDA and documented by the Tea Association of the USA. Mindfulness adds to wellness too. Tea breaks provide time to pause and refresh. Along this path, many are choosing tea time over wine and other alcoholic beverages. The preference is trending towards low or no alcohol.

Exotic flavors are hot. Think guava, mango, maple, turmeric, matcha, and herbs too. Get creative to keep customers interested in new blends, seasonal specialties, and find new ways to serve special tea based beverages hot or cold.

The eco-conscious consumer continues to look for packaging that is more environmentally friendly, compostable, or reusable.

What is refreshing is that younger consumers, high school on up, are showing great interest in the health benefits of tea, crave education, and want to learn more about tea and how to best enjoy the at-home experience. And they want to hear about it through facts and honest story telling. Tell your tea story through a blog, social media, or website. Maintain this momentum!



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](http://TeaUSA.org)

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

Gail Gastelu  
Owner/publisher  
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[TeaTradeShow.com](http://TeaTradeShow.com)





A message from . . .



According to Mintel, a key food and drink trend emerging in 2025 is ‘fundamentally nutritious’ foods; products that inherently, or through added ingredients, help consumers meet essential nutrient needs for optimal health. This shift is partially driven by the growing popularity of GLP-1 weight-loss medications, which reduce appetite. Recent news articles suggest more than 500,000 people in the UK are now taking weight loss drugs, with experts predicting a nationwide fall in obesity rates as a result. Consequently, consumers are seeking foods and drinks that deliver high nutritional value in small servings, with easy-to-understand claims about protein, fibre, and vitamins.

This trend also creates an opportunity to spotlight other food-based compounds, such as bioactives—natural compounds found in foods that have been shown to deliver a range of health benefits and may play a role in disease prevention. Among the most promising are flavonoids, which are abundant in a variety of foods and beverages. Extensive research (over 150 randomised controlled trials) suggests that Flavan-3-ols, a type of flavonoid, can significantly improve blood pressure, cholesterol levels, and flow-mediated dilation, all key indicators of cardiovascular health.

The good news? Your cup of tea is rich in Flavan-3-ols and drinking just a few cups can provide the recommended 400-600mg/day of these bioactive compounds, which may support cardiometabolic health. Given the compelling evidence, should bioactives be integrated into public health dietary guidelines? Experts agree that a more standardised definition of bioactives is needed to ensure consumers can easily access the health benefits of these naturally occurring compounds. As we move toward more informed and health-conscious eating habits, the role of bioactives in supporting overall wellness could become an important aspect of nutrition. If further research and clearer guidelines on bioactives are developed, it could help consumers make more informed choices and integrate these naturally occurring compounds into their daily diets with ease.

A message from . . .



TEA & HERBAL ASSOCIATION OF CANADA ASSOCIATION DU THÉ ET DES TISANES DU CANADA

Hydration- Why Tea is the Perfect Fit

GLP-1 drugs have taken the health and wellness world by storm, with over 15 million people in the U.S. alone now using them to support weight management and overall well-being. These medications are not only changing lives but also reshaping the food and drink industry, as consumers increasingly seek healthier, lower-calorie options that align with their health goals. For these users, staying hydrated is more important than ever, as proper hydration helps manage common side effects like nausea and digestive discomfort. But let’s face it—plain water can feel monotonous. Enter tea, a flavourful, hydrating, and health-supportive beverage that’s perfect for this growing community.

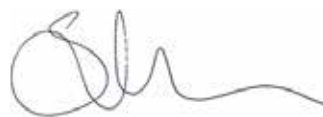
Tea is a hydration hero. *Camellia sinensis*, with its gentle caffeine boost and flavonoid benefits, offers a refreshing pick-me-up while supporting overall wellness. Herbal blends like chamomile, peppermint, or ginger are naturally caffeine-free, soothing, and great for easing digestion—making them an ideal choice for hydration. What makes tea stand out is its versatility: it’s a low-calorie, flavourful way to stay hydrated that feels like a treat rather than a task. Tea isn’t just about hydration—it’s a moment of calm, a digestive aid, and a way to make self-care a little more enjoyable.

This is a golden opportunity for the tea industry. With millions of people on a weight-loss journey and actively seeking healthier, more enjoyable ways to stay hydrated, tea brands can position themselves as the go-to choice. Imagine marketing campaigns that highlight tea’s dual role as a hydrating and therapeutic beverage, or product lines featuring blends that promote gut health, hydration, and overall well-being.

The rise of weigh loss medications is reshaping the wellness landscape, and tea is perfectly positioned to meet this demand. By embracing this opportunity, the tea industry can show that hydration doesn’t have to be boring—it can be flavourful, functional, and downright delightful. Cheers to that!



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



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



# CUISINE

## Tea Table Bliss: A Touch of Honey by Karen Donnelly



Cream together honey and butter until smooth. Add vanilla. Mix in eggs one at a time.

Drain cherries well, pushing on the fruit a bit to release more liquid. Gently fold cherries and almonds into dry ingredients. Add this mixture to the creamed honey and butter, folding in until just combined. Pour batter into prepared pan and smooth top.

Bake for about 60 minutes or until a toothpick inserted comes out clean.

Remove from pan and place on cooling rack. When the tea bread is ready to serve, you can drizzle whipped honey on top before slicing. Whipped honey can also be served on the side for spreading on the sliced tea bread.

## Honey Cherry Almond Cake

*Preheat oven to 325 degrees F (163 degrees C). Grease or use a baking spray to prepare a 9" x 4" loaf pan.*

- ¾ cup (255 g) honey
- ½ cup/1 stick (115 g) butter
- 2 large eggs
- 1 tsp. vanilla extract
- 2 cups (284 g) all purpose unbleached flour
- 1 Tbsp. baking powder
- ½ tsp. salt
- 1 cup strong oolong or Darjeeling tea (I use 1 Tbsp. per 8 oz (120ml) boiling water, steeped 5 minutes)
- ½ cup (65 g) dried cherries
- ½ cup (54 g) slivered almonds

Steep dried cherries in tea for about 20 minutes or until plump.

Sift together flour, baking powder and salt in small bowl and set aside.



*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)*





## Whipped Honey

2 cups (453 g) honey

Using a stand mixer and balloon whisk, whip the honey for at least 20 minutes. The result is light and creamy. Whipped honey can be kept in the refrigerator where it will take on the consistency of whipped marshmallows.

Use whipped honey on toast, scones, and tea bread. Since it is pure honey, it can also be stirred into your tea.



*When serving rich, sweet cakes and pastries, a plain scone is the perfect complement. A nice balance that is simple yet satisfying.*

## Cream Scones

*Set oven to 425 degrees F (218 degrees C).  
Prepare baking sheet with parchment paper.  
Makes eight 2-1/2" scones.*

3 cups (426 g) unbleached flour

1/3 cup (75 g) sugar

1 Tbsp. baking powder

1-1/2 cups (360 ml) heavy or whipping cream (buy 1 pint (480 ml) and you will have extra for the dough if needed and enough to brush the tops of the scones before baking.)

2 tsp. vanilla

Whisk dry ingredients together in large bowl. Add vanilla to cream and stir into dry ingredients. Bring all ingredients together by hand and lightly combine, pushing down and turning and pushing down. Add a little more heavy cream if the dough seems dry and not coming together.

Do not knead.

Roll out dough about an inch high. Use a 2-1/2-inch (about 6.35 cm.) round cutter. Brush tops with cream and bake for 14-15 minutes.

Tops should lightly brown and split on the side.



## Honey Rosemary Shortbread

*Preheat oven to 325 degrees F (163 degrees C).  
Line a baking sheet with parchment paper.  
Makes twenty-four 2" round cookies*

2-1/2 cups (355 g) unbleached flour

1/2 cup (115 g) granulated sugar

2 tsp. finely chopped fresh rosemary

2 sticks (225 g) unsalted butter

2 Tbsp. honey

Combine flour, sugar, chopped rosemary, and butter until a soft dough is formed. Add honey and gently knead in. Chill dough if too soft. Roll out dough about 1/4" (.64 cm) and cut into preferred shapes. Bake for 15-20 minutes until golden. Baking hint for shortbread: If you find the bottoms of your shortbread cookies over bake, place one baking sheet on top of another. This doubled pan thickness will allow extra protection for these buttery cookies.



# CULTURE

## To “B” or Not to “B” by Gail Henderson

“To be or not to be?” is not the question tea lovers ask. Rather, it is to “bag” or not to “bag.” The tea industry has been “reimagining” tea bags for a number of years now.

To ensure the tea we drink is enclosed in a healthier tea bag, some ongoing changes to the tea tag itself have been made. It is now more environmentally friendly. Many tags are made with regulated papers, soy-based inks and knotted cotton strings rather than staples. Additionally, newly engineered tea bags have been achieved by some tea companies using plant-based fibers like manila hemp cellulose or sugar cane fiber wrappers replacing older bags. The problem of how to seal the tea in the bags without glue (which contained oil-based plastic or polypropylene) has been also solved by some companies who use heat and pressure sealing or multiple top folds of the tea bag. All this has made many bags healthier for us and the environment since they are completely compostable, although not garden but industrial composting which achieves complete disintegration with no eco-toxicity.

Because there is still ongoing research in the creation of the perfect tea bag, however, some tea lovers are choosing to brew loose-leaf teas as a healthier choice. In my experience loose leaf teas more fully engage all the senses because you can touch, smell, see the tea more completely. There are also so many healthy filters and all sizes of teapots to make brewing more convenient, but of course, it is not always convenient to brew. So, to “b” or not to “b” is a complicated decision for sure. However, this column would not be complete without sharing a charming tea bag innovation which is so creative it defies description. From Singapore, the founder

and creator of Tea Beasties, Bellen Tan, utilized a ten-step process to create unique tea bags in the shapes of dragons, mermaids, Easter bunnies, Christmas trees, unicorns and many others. She has patented a handle that doubles as a holder to secure the tea bag on a cup’s rim. Bellen Tan says, “Tea Bags aren’t just tea bags. They are stories waiting to be sipped, infusing magic into everyday life.”

May all your tea times this spring be extraordinary, lifting your senses to a new level of appreciation for the beverage itself and for the unique life you’ve been given.



TeaBeasties.com



*Gail Henderson has enjoyed connecting people through her business, Love Your Neighborhood, for years! Retired from the business but still enjoying every opportunity to connect with other people through tea, Gail also enjoys time with her grandchildren and helping others make memories.*  
Photo credit: Martha DeWeese



## Your Manners Matter® Minute with Cynthia Grosso



### Spring Forward



When we say spring forward into spring most people think of the time change.

Spring is a time of new beginnings, new growth, the start of something new. I have heard many people say they want to move forward...going back to a time of a little slower pace and leave the rat race. Although some of that may be very hard to do, we can certainly evaluate how we are currently investing our time.

With so many distractions in the world, we may need to focus on limiting those idle time wasters which may be watching too much TV, gaming, social media, the internet, or just being busy with non-important things. The objective may be to be more intentional with our time

for what is truly important to us mentally, emotionally and physically.

Maybe more calming, peaceful and joyful things like taking a walk outside, writing a thank you note, being more kind to others, or discovering a new hobby. It could also mean spending time face to face and building relationships over a meal or an afternoon tea. Afternoon tea was not just about a pick-me-up between lunch and late dinners. It was, and is a refined, yet casual social event for building relationships one person at a time.

Let us be intentional about who we are and how we move forward and invest our time in a more healthy, meaningful, and mindful manner.

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*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.





## PIPS OF SAN FRANCISCO EAST BAY ENJOY A DELIGHTFUL AFTERNOON TEA

The PIPS of San Francisco East Bay recently gathered for an elegant afternoon tea at the historic Shadelands Estate in Walnut Creek. Surrounded by charm and tradition, our members delighted in fine teas, delicate pastries, and wonderful company. The setting provided the perfect backdrop for lively conversation, shared laughter, and the simple joy of taking time for tea.

As a chapter of the Red Hat Society, the PIPS embrace friendship, fun,

and fabulous outings like this one. Whether sipping a fragrant Earl Grey or indulging in a perfectly baked scone, our tea gatherings are always about more than just the menu—they're about the bonds we build and the memories we create.

New members are always welcome to join us for future adventures, whether it's another tea outing or a festive gathering. After all, there's nothing quite like good friends, great tea, and a touch of Red Hat spirit!



*If you're looking to join a play group of like-minded women, join RHS – visit [RedHatSociety.com](http://RedHatSociety.com) to start your adventure today!*



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- SEP 26 Continental breakfast at the hotel  
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- SEP 27 Hotel check-out, Depart Sheraton Times Square on your own  
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- SEP 28 DAY AT SEA
- SEP 29 BERMUDA  
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# CONNOISSEUR

## In Good Taste - Ramblings of a Tea Taster by Birendra “Jopy” Perera From Spice to Cheese - What do you Want in Your Beverage?

The spin is fast! Two months have flown by, and we are zooming through this year, hurtling around the sun one cup to another! Hello again my tea loving friends!

Whilst the seasons are preparing to change from one to the next, we too need to look at what is at the bottom of our cup, glass, or mug. Previously I spoke of fruit and herb infusions, inspired by and extracted from a cocktail to reach its potential of health benefits, whilst ensuring taste was at the center of our objective of finding new and interesting beverage interactions.

In my recent visits to restaurants and crawls through pubs, I discovered an interesting interaction of ingredients which made the strings of my mind twang and my tastebuds to do the lambada. The mocktail which I was served looked quite appealing and quite simply – pale yellow juice with a foamy ice head, some green garnish at the top, with a straw to sip. The ingredients were a much more interesting mix when laid out – juice from green oranges (yes, green oranges are a thing, sometimes also called the honey orange due to its very sweet nature, native to Sri Lanka – green skinned oranges with pale yellow juice, bursting with sweet zesty orange flavor), brown sugar syrup, mint leaf, and the grand finale – fresh jalapenos. Yes, that’s right, jalapenos.

I must admit, when I read the menu, I expected a blast in my mouth. The result, however, was one of the most interesting interactions I have come across in the world of flavor. The jalapeno complemented the sharpness of the citrus flavor whilst merging with the mint so smoothly that it created a fiery coolness over the tongue only to be met with the amazing flavor of orange and finished off with the sweetness of the caramelly brown sugar. A taste bomb, so to speak.

Leaving the delicious nature of this beverage aside, the power punch of health in the glass before me was also an interesting twist. For starters, this drink is a vitamin C power keg; so, it’s definitely the best for getting ones RDA of vi-

tamin C, in the form of a citrus fruit, with high antioxidants and more vitamin C from the jalapenos, high levels of potassium in the mint leaf and energy in the form of glucose in the brown sugar. That sums up to a tasty, yet healthy mix of some amazingly simple yet power packed ingredients.

Whilst this amazing drink did not contain any tea, it is an interesting drink to one who would love to enjoy a good drink if they were a teetotaler and for someone on the lookout for a healthy and enjoyable time inside a glass. The most important part to note though was how healthy it was – filled with vitamins, antioxidants, and pure goodness. The highlight was that the herb and spice interaction through the “spicy” addition of the jalapeno. Who would have thought a jalapeno could crossover from your food into your cup.

The underlying fact which draws attention here is that we have broken boundaries of making sure norms are no longer the norm, taste isn’t just a textbook understanding of flavors, but an interaction of ideas, cultures, food types and most importantly creativity and imagination.

The level to which this line of thinking can be pursued is, largely, dependent on expertise through exposure and the level of interaction the end user requires and has gained through exploration. This would lead the seeking new experiences to more avenues and interactions thus, eventually making their quest for newer experiences exotic.

In the world of tea, this is easily possible to explore because though tea has a distinct flavor of its own, it is one of the most interactable beverages we know of. Perhaps the fact that it has been around for a few millennia also helps.

The newer trends of what tea has taken its course through has shown that consumers often pick flavored teas over straight teas. In doing so, the many avenues of tea have distinctly divided paths at the beginning, yet, later digressing into a multitude of endless possibilities, where even the experts on



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](http://MlesnaTeas.com)

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the subject are still exploratively educating themselves.

At the outset the purists can be separated from this conversation as they would not dare delve into this part of the woods where interaction, exploration and experimentation are not entertained. However, those who wish to explore are the reason I have a source of living. Creating new experiences and helping consumers along in their process of self-discovery is what a tea taster / tea master does. With this experience behind the many years of discovering my pallet, I have come to learn that the exotic will always pique the curiosity of the ardent tea connoisseur.

The tropical essence of fruits is always reminiscent of palm lined beaches and fruit cocktails in one's hand which indicates it is time for relaxation. In 2025 consumers are looking forward to delving into tastes such as guava, mulberry, mango, lychee, and longan. Fruity flavors such as these were previously only known to be present in fruit juices and desserts, but now we seek such delights of the palate in ready-to-drink solutions and as party attractions to highlight a menu and make every experience special. In the recent past we have seen tropical fruity flavors such as guanabana, mango, passionfruit, and pineapple as well as spices such as cinnamon, cardamom and clove delve into tea. Some rooted themselves firmly in tea such as pineapple and cinnamon, much like a tropical food condiment, and now a delicious iced tea which actually has somewhat of a warming effect, though an iced drink in contrast. This can also be said for other beverages such as coffee and dairy beverages.

One such memorable experience of something exotic, different, and delicious was an iced chai cheese tea. Yes, that's right, cheese in tea. In yet another of my limitless travels I discovered, with a close friend (the dynamic duo of tea) while walking the streets of Hong Kong an interesting combination of a few worlds in a cup. It was a swelteringly hot day, and we were craving an iced beverage. Being the connoisseurs we are, it had to be tea. Having stumbled upon a decent tea stand we proceeded to peruse the menu and discovered there were many basic favorites such as the straight iced teas, and fruit infused iced teas as well as tea slushies. Something that is common in this part of the world is iced milk tea – a strong brew, sweetened with cane sugar and infused with chilled evaporated milk. The twist to all of this, however, was the addition of what they called “cheese tea”. This piqued our interest, and so we ordered a milky tea and one cheese tea! The experience was somewhat crazy! The

milky tea was exactly that – a very milky sweet tea. The creamy tea was delicious with an overly creamy tone finished with a topping/head of cream cheese! Yes – that's what this was – a head full of Philly cheese! I would venture as far to say it isn't everyone's cup of tea. If you have lactose or acid issues, then this is not for you! Whilst this may not be the healthiest experience in terms of a calorie intake and a refreshing beverage, it certainly was quite unique!

The main takeaway from this experience is that there is no limitation to what the mind can achieve from a simple idea to a complex cup. Who knew the idea of a cheesecake mix that could end up in a cup of tea? Much like the idea of a cocktail mix would be a healthy beverage.

This crossover of flavors and ideas in the world of beverages fruity, spicy, creamy, cheesy, exotic, forbidden luxury have now combined into the likes of boba tea pearls, health drinks and even exotic based gifts, showing the limitless nature of the human quest for new experiences and tastes and the yearning desire of humans to share what they discover with those they are close to. To present someone with the gift of food & beverage is to show affection and care.

In each experience the interactions sought, just like the green orange & jalapeno or the cream cheese and sweetened black tea, have created an experience so unique that it will bevel the corners of one's mind, into seeing a new angle into an old world, without surpassing the opportunity to create and experience new beginnings and delicious endings.

What this means to us aficionados of tea, is that we are always one cup away from the latest tea fix!

In closing, let me advise all my followers to keep exploring and keep drinking in new experiences, because nothing tastes better than happiness!

Until next time, keep your mind open and enjoy your special beverage with those closest to you.



# TRAVEL

## Lavender n' Lace Tea Room

430 N. Lake Shore Way  
Lake Alfred, FL 33850

863-956-3998

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



Lavender and Lace Tea Room is located in the beautiful, rural area of Lake Alfred, Florida. Approximately 40 miles from Orlando, the drive is beautiful, and arrival to the tea room seems a dream or an oasis. If you visit the website, you will see the beauty captured in every square inch of the establishment from the seating and décor to the mouthwatering dishes which are also a feast for the eyes.

While afternoon tea is not served daily, rather offered as ticketed special events, the tea room setting and thoughtful menu is perfectly suited to regular and consistent visits for a special luncheon whenever you choose, making the ticketed events even more special and sought after. Lavender and Lace will surprise you. After a lovely country drive, this charming old house with a beautiful view and delicious food and great atmosphere, will satisfy everyone who visits.

On the day of our visit, among our group we enjoyed soup, quiche, chicken salad, tea, and their famous, warm, fresh, scones. Memorable to say the least.

# Featured Tea Service



Afternoon Tea events are offered seasonally in spring, summer, fall, and winter. We encourage you to visit the website and request notifications. Afternoon tea at Lavender 'n Lace Tearoom is a culinary work of art, where every element is expertly handcrafted to create a seamless blend of flavors, textures, and elegance. From gourmet pastries and delicate tea sandwiches to exquisite savories and warm, buttery scones, each item is crafted with precision and creative detail, ensuring a visually stunning and delicious experience. Served on fine chinaware in a vintage setting with floral décor and lace accents, this tradition embodies refinement and sensory delight, leaving guests with a lasting impression of artistry and sophistication.

Elegantly designed spaces are also perfect for exclusive private bookings and special events, where a dedicated team ensures every detail is flawlessly executed. Whether you're celebrating a birthday, hosting a family reunion, or gathering for an intimate afternoon lunch, Lavender 'n Lace Tearoom provides the perfect backdrop for unforgettable moments with friends, family, or colleagues.





# LITERATURE

## Tea and other Tales by Laura Childs



Have you ever seen a piece of cracked pottery that's been repaired using gold? In Japan, that's known as the art of kintsugi. And it literally translates to golden seams. It all started when a Japanese emperor dropped his favorite tea bowl and asked that it be repaired. Artisans knew they couldn't restore the fragile bowl to its pristine unbroken state, so they decided to repair it beautifully and creatively. Using a mixture of lacquer and gold dust, they carefully applied this precious paste to the edges of each broken piece of porcelain. The result was a bowl made whole again but with gleaming rivers of gold running through it, adding a new level of beauty and celebrating imperfections rather than disguising them.

Still very much employed today, kintsugi is built on the premise of embracing flaws and creating an even more unique and resilient piece of art. Interestingly, this philosophy can also be applied to our own lives. Kintsugi teaches us that it's possible to turn challenges into opportunities and adversity into something positive. That when things fall apart there is a path forward. We can heal from our wounds, recognize our imperfections, and find inner strength.

The following quotes perfectly embody the inspirational spirit of kintsugi:

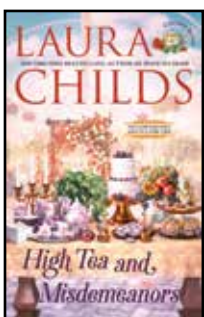
*"Embrace the glorious mess that you are."*  
– Elizabeth Gilbert

*"The world breaks everyone, and afterwards many are strong at the broken places."*  
– Ernest Hemmingway, A Farewell to Arms

*"Your cracks can become the most beautiful part of you."*  
– Candice Kumai

*"Out of suffering have emerged the strongest souls."*  
– Kahlil Gibran

We are all delicate and fraught with cracks, but we're certainly not unrepairable. So please take care and don't be afraid to find beauty in life's imperfections.



Laura Childs is the author of the Tea Shop Mysteries, Scrapbook Mysteries, and Cackleberry Club Mysteries. All have been on the New York Times, USA Today, and Publisher's Weekly bestseller lists. Recently, Book Riot named her mysteries to their list of "25 of the All Time Best Cozy Mystery Series." In her previous life Laura was CEO of her own marketing firm, authored several screenplays, and produced a reality TV show. She is married to Dr. Bob, a professor of Chinese art history, and has a Chinese Shar-Pei named Lotus.

[www.LauraChilds.com](http://www.LauraChilds.com) or on Facebook at [LauraChildsAuthor](https://www.facebook.com/LauraChildsAuthor)



# OCCASION

## What do Spring Showers Bring? by Kim Hendrickson



A riddle: What is happy in cold weather, name comes from the word turban, and comes in all colors (except blue)? TULIPS.

Think spring and we think tulips. The flower most associated with Holland has its roots; literally the Himalayan Mountains named after the shape of a Turk's turban. Tulips were gifts from the sultans to the Netherlands in the 17th century. Holland's love of tulips resulted in "tulip fever" as part of their history, making that historical moment the first "economic bubble" as the bulbs were so valuable.

Eventually "the flower of kings" would be enjoyed by all. Presently, in April, the Flower Parade is Holland's version of our Rose Bowl Parade, celebrating tulip beauty and history. In the US, Washington State supplies 75% of the tulips we enjoy yearly and no one can argue their beauty is an excuse or theme for your next celebration or luncheon.

### Decoration:

Tulip shaped place cards, a forced tulip in a small vase at each place setting, bright colorful tablecloths and/or napkins, small candles as favors, pots of tulips to fill the center of your table or scatter tulip petals on a solid colored cloth.

### Food:

Tulip and leaf shaped sandwiches, adding tender tulip petals to a salad (yes they are edible). Get your scones into the act by adding colorful fruits (fresh or dried) or multi colored sprinkles to the dough. Spreads like lemon curd, cranberry butter, marmalade, caramel can be included, Use tulip colors to inspire your dessert plate: rainbow cookies, colorful flower cookies, even colored butter mints.

### Entertainment:

Create homemade tulip jigsaw puzzles by gluing tulip pictures to cardboard, cutting them into pieces to assemble. Make enough for each guest or each group. Set a timer for this activity awarding a prize for first finished. Maybe tulip bulbs?

Or make tulip stats a game. Google tulips and you'll find many. Have one person state the stat, then first one to name the tulip, name, color, dimensions, etc wins. Most winning answers wins!

*"And in the end, love, tastes like tulips having rain tea in a colored cup."*

-Fathima Sharma



Kim Hendrickson, author of the *Tastefully Small* cookbook series, has been teaching for over 30 years. Currently the "Resident Baker" at The Hermitage, Hohokus, NJ, she is a regular instructor of programs in the New York/New Jersey areas and a frequent speaker around the US. Catering in the New York area. She also works regularly at her local Meals on Wheels kitchen. Look forward to her new children's book: *Noodle & Me*, coming soon. Contact her on [kimhendrickson@verizon.net](mailto:kimhendrickson@verizon.net) or 845-633-3961.

## Erika's Tea Room & Gifts, Inc.

787 West Montrose Street  
Clermont, FL 34711

908-670-2305

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



Erika's Tea Room is located in Clermont, Florida, approximately 22 miles west of Orlando, in Lake County. A beautiful area full of... you guessed it... lakes!! Clermont is a bustling, very family friendly hub with Orlando in one direction and beautiful country roads the other. And Erika's is in the heart of downtown Clermont near Lake Minneola.

Mother daughter duo, Leila and Erika, opened Erika's Tea Room in 2014 and since, it has become the go-to place for 100 varieties of tea from around the world, afternoon tea, and scones; in fact they ship scones throughout the United States! Afternoon tea is by telephone reservation only and includes all freshly prepared foods such as a freshly baked scone, homemade soup, quiche/finger sandwiches, dessert, and tea!

The family atmosphere is welcoming, the staff attentive, and the gift shop a must-visit on the way out! Be sure to inquire about special events at the tea room as they are quite popular and fill up fast! Erika's monthly special events include extra special holiday high teas, monthly murder mystery/themed high teas and crafting



events both in person and virtually! Upcoming events can be found with full details on Erika's Tea Room's website [www.erikastearoom.com](http://www.erikastearoom.com) or on their Facebook page under events!

While Erika's Tea Room is only a short distance from Disney and other Orlando Florida attractions, you can enjoy everything Erika's Tea Room offers right to your door anywhere in the USA. Erika's Tea Room bakes and ships their freshly baked scones daily and creates perfectly paired scones and gift bundles for every occasion. Erika's Tea Room scones are made with love and only the finest ingredients! Call Erika at 908-670-2305 today to reserve a table or order your perfect scone and gift bundle!





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