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CONTENTS

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759 Bloomfield Ave #236
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(973) 551-9161
www.TheTeaHouseTimes.com
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ISSN 1547-4453
Since 2003

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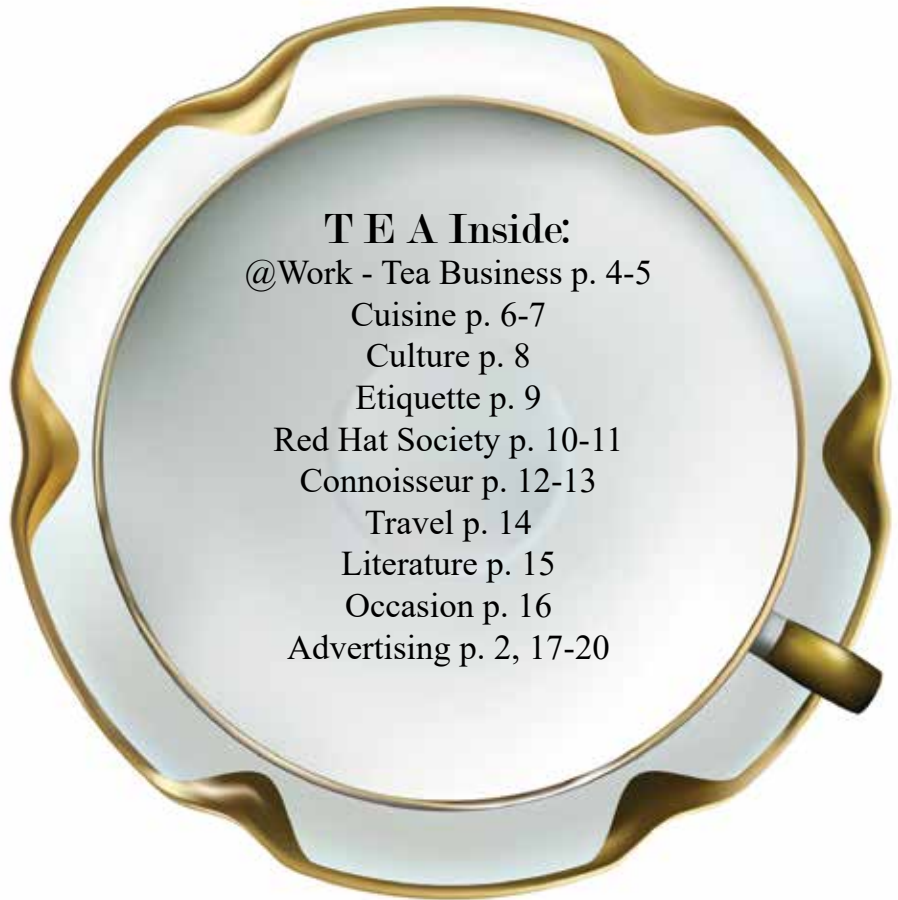


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Greetings from The TEA House Times!

Expanding upon my mention of Jane Austen in the last issue, Gail Henderson has planned a series of articles sure to please; see page 8. I hear Simpson & Vail has a lovely Jane Austen inspired tea, so look for that too; see ad on page 19 for website.

Not sitting still, myself, you will see a featured tea service that I recently had the pleasure of visiting with my dear friends; see page 14. I've also walked several trade shows in constant search of tea trends; see page 4. I also snuck in a visit to see my son for his birthday! As soon as I finish writing this, I am off on another exciting adventure I will report on sometime soon. Just think of tulips. And then, I'll be at SIAL Canada April 29 to May 1 to present Inspire Drink on the show floor each day; see ad on back cover.

SALUTATIONS

The Tea Association of the USA has a fresh new website, I noticed. Look for membership information and consider attending the North American Tea Conference in Charleston, SC, early September. It is time well spent learning what's happening in the tea industry from the very best in the trade. See teausa.org

Best wishes to all for upcoming Mother's Day and Father's Day. Although my mom is at rest, I am taking time to heal and feed my soul, loving time with my own kids and their spouses. Mom Life is Good.



All the best,

*Gail
Gastelu*

@WORK

A message from . . .



True Tea (*Camellia sinensis*) is the world's most consumed drink, after water. Originating from the area of the world that is currently Northeast India, North Myanmar and Southwest China, tea has been with us for a long time. There is evidence that tea was consumed in China 5,000 years ago.

Tea production and processing constitutes a main source of livelihoods for millions of families in developing countries and is the main means of subsistence for millions of families

Tea consumption can bring health benefits and wellness due to the beverage's anti-inflammatory, antioxidant and weight loss effects. In the U.S., tea has gained the FDA's approval for the term "Healthy" and will be highlighted in the DGAC's (Dietary Guideline Advisory Committee) recommendations for the 2025 Dietary Guidelines.

So, it is obvious that tea should be celebrated and we happily do so, again, on May 21st.

International Tea Day answers the call from the FAO's Intergovernmental Group on Tea to direct greater efforts towards expanding demand, particularly in tea-producing countries, where per capita consumption is relatively low, and supporting efforts to address the declining per capita consumption in traditional importing countries. The General Assembly of the UN, on December 19th, 2019, designated May 21st as International Tea Day.

This special day provides an opportunity to celebrate the cultural heritage, health benefits and economic importance of tea, while working to make its production sustainable "from field to cup" ensuring its benefits for people, cultures and the environment continue for generations. I encourage you all to celebrate International Tea Day in your own way!!!

I would also like to remind everyone that the North American Tea Conference will be held September 3 – 5th, 2025 in Charleston, South Carolina. We hope to see many of you there!



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

A message from . . .



I walked FIVE trade shows on March 23 at the Javits Center in NYC: International Beauty Show (IBS); International Esthetics, Cosmetics, & Spa Conference; New York Restaurant Show; Coffee Fest; and Salon du Chocolat NYC. Lucky me, so much was happening all in one place!

My mission in visiting so many trade shows was to search for all things TEA. Matcha was the winner everywhere. In beauty products, in chocolate, sprinkled over ice cream, and of course to drink!

I also attended several educational sessions on trends. Takeaways: Consumers are ordering with their eyes drinks which are colorful, uniquely flavored, and anything offering a moment of respite. DIY is slanting more towards ordering out again. And "Zebra Striping" (look that up!) is the mid road to alcoholic vs non-alcoholic drink consumption.

All establishments should look to filling the afternoon slump with unique coffee and tea beverages. Studies show iced drinks are popular all year, especially because of seasonal and limited time offers, keeping the excitement.

Tea is certainly the center attraction, maintaining a reputation for self-care, health, and beauty, inside and out. Drink up! #DrinkTea or add it to your Beauty routine!

P.S. Savvy buyers are purchasing loose tea of all types for value and quality, and single origin has become an important aspect because menus which list the origin of any food or beverage speak volumes to those who place importance in the origin of all things they consume. Find pics @teahousetimes on Instagram

If you'd like to learn more about what is trending in beverages, meet me at SIAL Canada for Inspire Drink. Taking place each day on the show floor, sessions include: Tasting Flights each day, Food Service Trends in Coffee, Food Service Trends in Tea, Diversity in Beverage Choices, and Flavor Trends for Beverages too. We'll taste, we'll chat, and network with others. Visit www.sialcanada.com to learn more.



Gail Gastelu
Owner/publisher
TheTeaHouseTimes.com
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A message from . . .



Britain's Love for Tea: A Tradition That Stands the Test of Time.

May 8th, 2025 will be the 80th Anniversary of VE Day. A tea party and a remembrance service at the UK's National Memorial Arboretum are among the celebrations planned by the Royal British Legion. It's not surprising that an afternoon tea party has been chosen as the focus for this important day. During World War II, ration books allowed each adult just two ounces of tea per week. Yet, despite changing times, the tradition of tea drinking remains deeply ingrained in British culture.

A recent (2025) UKTIA national survey has revealed that more than 90% of Brits still enjoy a daily brew, proving that the nation's love for tea is as strong as ever. One key finding from the survey, is that tea serves as a calming ritual. Nearly 60% of respondents said they drink tea to help them relax, echoing the wartime slogan "Keep Calm and Carry On." Interestingly, younger adults (25-34 years) are twice as likely (83%) to turn to tea for relaxation compared to those over 65 (38%).

Although tea drinking remains a steadfast tradition, habits have evolved. The survey found that over half of Brits (55%) now prefer their tea without sugar, while 6% use artificial sweeteners. Additionally, 27% drink their tea without milk, and among those who do, semi-skimmed milk is the most popular choice. Though plant-based milk options are emerging, they remain a niche preference at just 3%.

Beyond taste preferences, tea continues to serve as a social anchor. Nearly two-thirds of Brits use tea as a moment for reflection or social connection. The act of sharing tea fosters connection and offers comfort, reinforcing the nation's deep-rooted love for its most cherished brew. Even today, the British commitment to tea remains unwavering.



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

A message from . . .



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Tea as Nourishment: A Modern Meal in a Cup

Tea has long been a comforting ritual—a warm mug to start the day, a soothing cup to unwind. But today, it's stepping into a new role: a wholesome, convenient meal replacement for busy lives. The shift toward liquid nutrition is growing fast. The global meal replacement drink market is projected to expand by 6.5% annually, reaching \$24 billion by 2027. With hectic schedules and a focus on wellness, more people are turning to beverages that deliver both sustenance and simplicity. And tea, with its natural benefits and versatility, is the perfect foundation for a satisfying, nutrient-packed drink. Light yet revitalizing, tea brings flavonoids, hydration, and gentle energy—without the crash of sugary alternatives. But to make it truly meal-worthy, it needs balance: protein to keep you full, healthy fats for lasting energy, and smart carbs for vitality.

Crafting Your Tea-Based Meal Drink

1. Choose Your Tea Base

- Green or matcha for a bright, energizing lift
- Herbal blends (like chamomile or rooibos) for a caffeine-free option
- Black tea for a robust, comforting flavor

2. Add Protein for Staying Power

- Plant-based protein powder (pea, rice, or hemp blends smoothly)
- Greek yogurt (or coconut yogurt for dairy-free creaminess)
- Collagen peptides for an extra boost

3. Incorporate Healthy Fats

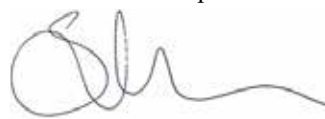
- Nut butters (almond, cashew, or tahini for richness)
- Chia or flaxseeds (for omega-3s and texture)
- Coconut milk (for a silky, indulgent finish)

4. Sweeten Thoughtfully. Skip refined sugar. Instead, try:

- Ripe banana or dates for natural sweetness
- A drizzle of honey or maple syrup for depth

As our lives get busier, tea is evolving—from a simple beverage to a nourishing, on-the-go meal. By blending tradition with modern nutrition, it's easier than ever to fuel your day without sacrificing health or convenience. Here's to making every sip count.

#TeaThatFuels #SipSmart



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



CUISINE

Perfect Toppings for Scones by Karen Donnelly

Purists will tell you that Clotted or Devon Cream are the only suitable toppings for your scones. Wonderful, yes, if you can find and afford these deliciously rich creams in your grocery store. Order on-line? Shipped with ice packs and overnight delivery charges added on, it is a very special occasion purchase indeed. What else can you serve with the scones to make them just as special and luxurious for you and your guests?



Mock Devon Cream

This rich topping is my most requested recipe for scones. Easy to find ingredients, easy to make, and luscious enough to just eat spoonfuls on its own!

Full recipe enough for a crowd, but easy to cut recipe in half. Perfect for filling a Victoria Sponge Cake.

4 oz/114 g butter (1 stick), room temperature
8 oz/225 g Philadelphia Cream Cheese, room temperature
2 Tbsp. Powdered Sugar
16 oz/480 ml Heavy or Whipping cream, cold

With a hand or stand mixer, beat butter, cream cheese, and sugar until creamy and very smooth. With mixer on low, slowly add the heavy cream until fully incorporated. Turn mixer on high and beat for 2 minutes. Ready to serve. Keep refrigerated until needed.



Molded Butter

An unexpected presentation that really delights guests. Many will say they don't want to cut into the butter!

Use a 3-dimensional chocolate or butter mold of your choice that suits the occasion. These can be made of metal, plastic, or silicone in shapes of flowers, animals, and fruits. Easy to find on-line and at craft stores that carry a candy and cake making section. I have several Victorian Ice Cream molds that I use for holidays and tea parties. If you have a collection, be aware that because of the age, there will be some lead in the pewter. I line mine with cling wrap before filling, start with a stick or two of softened butter, filling the molds, pushing into all spaces with the flat side of a knife. Close the sides together. Once you have filled your molds, pop in the freezer for at least a couple of hours or overnight. When ready to use – and this is an important tip – turn the mold under cold water quickly a few times. The mold should open easily, and the butter will pop out. The cold water is still warmer than the freezer so the butter will loosen without melting. The silicone molds do not need this step. Add to a beautiful plate with a fancy butter knife and your presentation by the scones is complete!



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



Compound Butters

A compound butter is simply softened butter infused with flavorful ingredients – think herbs, spices, ground teas like Masala Chai or Lavender Earl Grey, fruit purées, honey, or maple syrup.

Just blend to taste, then roll into logs, wrap in wax paper, and chill. These butters store beautifully in the freezer, ready to elevate any scone, crumpet, or tea-time treat. For an elegant touch, whip the butter and serve it in a dish, perfect for spreading at the tea table. You'll never regret having a few of these on hand.

Here is a simple recipe to try.

Orange Honey Tea Butter

- 4 oz/114 g softened butter
- 1 Tbsp. orange zest
- 1 Tbsp. honey
- 1 tsp ground cinnamon (optional)

Hand-mix the ingredients if you prefer to shape into logs for slicing. For a lighter, whipped texture ready to serve, use a hand or stand mixer.



Lemon Curd with Jasmine Green Tea

Makes about ¾ cup or 190 g

- ½ cup/120 ml dairy or non-dairy milk
- 1 Tbsp. loose leaf jasmine green tea
- Juice and zest of 2 large lemons
- ¾ cup/170 g granulated sugar
- 1-1/2 Tbsp. cornstarch
- 3 Tbsp. butter or non-dairy butter

Set lemon zest aside. In a small saucepan, combine milk, tea, lemon juice, sugar, cornstarch, and butter. Slowly bring to a low boil until mixture starts to thicken. This will take about 5- 7 minutes. While hot, pour curd through a fine sieve to remove tea leaves. Stir in the lemon zest. The curd will be thin while it's hot but will thicken when fully cooled or refrigerated. The jasmine green tea is a nice compliment to the lemon.

This curd is lemon-tart, with a jasmine finish. The color is naturally pale yellow.



CULTURE

A Jane Austen Tea Tsunami Coming Your Way by Gail Henderson

A 250th year anniversary of Jane Austen's birth is a cultural phenomenon happening throughout this year, with multiple celebrations in some obvious places and some unexpected ones. Costumed celebrations from small-town Mt. Dora, FL with no connection to Jane to Winchester Cathedral, where she is buried, with two themed summer balls, Regency period fashion shows and street parades. Additionally, Mother's Day tea brunches, afternoon teas, and guided tours in every place Jane lived or visited including Bath are scheduled. And that's just England! It's a tsunami!

Truthfully, Jane didn't need an anniversary to generate interest, as she already generates an economic empire greater than Shakespeare's every year! And this year a tsunami of tea will be served at many of these public events. Additionally, think of all the fans at home reaching for a cuppa when Jane appears on our TV screens May 4th for a four-week Masterpiece series.

So why all this excitement from tea companies about Jane? Is it because Simpson & Vail has created a popular tea blend for her that is "delicate but reveals a surprising strength, just like Jane Austen's heroines"? Is it because her books mirror today's independent woman, who considers her the Queen of Chick Lit? (Ironically, none of her six novels was widely read while she was alive, none included her name anywhere, and *Pride and Prejudice* was the only one that earned any money. Her novels became popular a hundred years later when widely read by men.)

The tea industry must be taking note that in all of her novels, there are frequent references to sharing tea morning, noon and night, which revealed the "simple demonstration of hospitality that underpinned the expected social customs of the time." (*Tea with Jane Austen* by Kim Wilson). In Jane's world, tea is social, tea is proper, tea is calming, and an expected way of life...something missing in today's uncertain

world that perhaps feels somewhat restored when a cup of tea is enjoyed with another..social, respectful, calming.

Fortunately, one of the things we're not uncertain about is the purity of our loose-leaf tea. Richard Twining estimated that "half the tea drunk in England was smuggled" in Jane's time since pure tea was heavily taxed. Although his tea was expensive, we have proof Jane walked through his London warehouse's doorway that looks the same today, and she purchased black and green teas chosen from over 12 varieties. Fortunately, she didn't have to chance buying adulterated tea, which consisted of leftover steeped tea leaves sold out the back door of a manor by an enterprising servant, then mixed with sheep dung & poison dyes to restore original color before resale). The other option, smuggled tea, was safer but it was flavored inadvertently when transferred to less desirable oilskin bags by smugglers to keep out seawater, then into sacks onto horseback to market. Oily horse-sweat flavors would not enhance my tea, and fortunately did not Jane's.

Stay tuned for more about Jane, and her world of tea in next issue's Culture column.



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



Etiquette is a Heart Issue



Aristotle once said, “Educating the mind without educating the heart is no education at all.”

People often think that etiquette is about the rules, it is about authority, or a seemingly insignificant way of doing things for some outdated reasons. A phony head game activity that is used to impress others.

However, the recent neuroscience findings are making the case that the way we handle ourselves and interact with others plays a much bigger part in our physical health, mental fitness and quality of life.

Why might you ask? We are in an epidemic of loneli-

ness in this country, which is shown to be related to many clinical illnesses. The idea of virtual “friends” verses physical interaction has contributed to this epidemic.

Moreover, this statistic is particularly disturbing as studies indicate, it is the relationships we have that are what help keep us healthy both mentally and physically.

The willingness to be respectful and kind is about grace, graciousness and relationship. It is not a matter of an outdated rule, it is a matter of the head knowing, and the heart understanding why. Head and heart working together for your best life...timeless.



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.





AN AFTERNOON OF ELEGANCE: THE BRILLIANT DIAMONDS VISIT GRAND HOLLAND ESTATE

The Brilliant Diamonds of Greenville, South Carolina, led by their gracious Queen, Chris C., spent a splendid afternoon immersed in Southern charm at the Grand Holland Estate, in Simpsonville. The chapter gathered for a refined high tea, enjoying the perfect blend of elegance, friendship, and unforgettable ambiance.

special gathering. The atmosphere radiated warmth and grace, making it easy to savor every moment.

The beautifully arranged tea service, coupled with joyful conversation and sisterly laughter, created a delightful experience for all. Every detail—from the polished place settings to the serene surroundings—added to the magic of the day.

From the moment they arrived, members were swept away by the estate's grandeur. The stately mansion—with its glittering chandeliers, sweeping staircase, and timeless décor—offered the ideal backdrop for a truly

For the Brilliant Diamonds, it was more than just a social outing—it was a celebration of friendship, tradition, and the joy of creating lasting memories together.



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- SEP 26** Continental breakfast at the hotel
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 OPTIONAL: Broadway theatre tickets will be available to add on once the fall 2025 schedules are released.
- 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

How do we Consider Our Beverage?

It is almost that time again; time to put away the winter coats and heavy boots, to bring on the light cool comforts which we so love to enjoy during the worlds most favored season – Summer!

Welcome back my tea loving readers, to another session of the ramblings of a tea taster.

We previously delved into the delights of special beverages and the joy of continuous experimentation through exploring the wonderful world of tea with every new opportunity. New opportunities constantly present themselves to us in today’s context due to the ease and accessibility of travel, which till recently was not an affordable luxury, but is now almost commonplace.

Yet, the speed at which this accessibility has evolved is very clearly due to the rapid development of social media and the internet where experiences are constantly shared online, and we can broaden our horizons whenever we have a moment or two to navigate the virtual world in search of more options for us to consume the beverage we love the most!

When we previously delved into our imagination we extended our brewing, blending and mixing capabilities into the many different avenues of spice teas, cream teas and cheese teas, which allowed all of us to have something to marvel at as well as investigate closely whenever we wished to increase our portfolio of choices.

Extending this school of thought further on, we can apply the rules and norms of other beverages to a beverage we always thought could only be brewed in one way. We all know hot water is common to all tea lovers as well as coffee enthusiasts and beverage, herb and tisane connoisseurs. But what if we decided to change the rules and look at something new? We could brew differently, as an alternative and then consume differently too. Would this really be altering our perceptions? Or would it be fun and exciting? It might be both,

but what it should not be is forbidden, or for the purists to consider this to be the behavior of heathens and blasphemers.

For quite a while now, those who brew coffee have been making “cold brew” variants of their invigorating brew of coffee. This technology mainly involved steeping the ground coffee for several hours in water that is cold or chilled in order to allow the ground coffee beans to leach out the caffeine induced coffee brew in a slow manner so as to achieve the desired effect of a smoother, stronger brew which has taken time to steep and is concentrated in its strength to bring more caffeine to the drinker in one drink. This form of high caffeine coffee is not for the enthusiast who is looking for something light and relaxing. Instead, it is strong, yet smooth and highly invigorating.

The resultant “concentrated” coffee has become the base material for many forms and options of iced or chilled coffee drinks, each having a simple, easy to use base yet having completely different results in terms of option and choice. Due to its nature of already being cold, it is easy to blend and mix into already cold mixers such as cream and milk, making serving time quicker and it suits today’s environment of a fast-paced life much better.

It isn’t many who know that cold brewed tea can make similar strides in the world of tea. Many of us already know that cold brewed iced tea, served either straight or mildly sweetened is an old time American favorite. However, most of the rest of the planet, is not aware of this. Take this brewing method across to the rest of the world, and soon people have begun to explore the multiple capabilities this brewing method can bring them. In many cafes in southeast Asia cold brewed, very strong tea to make ice blended and milk & cream based cold tea beverages, such as iced tea lattes, milk tea shakes, or what is known as Thai iced tea and Taiwanese iced tea are now popular favorites. It is somewhat sweeter than what the average tea consumer is used to, but in



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 | 12 | May/June 2025



that part of the world, summers are swelteringly hot, and the body loses fluid as well as energy very rapidly, which makes an ice brewed, sweetened drink the best and quickest energy replenisher for anyone on the go.



Crossing borders into nations such as India, Bangladesh and Sri Lanka, these cold brewed teas, blended with full cream chilled milk see yet another twist where they are infused with home made spice mixes such as cardamom, cinnamon, clove, ginger, and star anise to produce yet more of an interesting twist in antioxidants, vitamins, energy boosters and immune system remedies as well. The variants on cold brewed, infused spiced teas are many, some even containing ingredients such as turmeric and black pepper! Warning; these final options just mentioned are not for the mild palate enthusiasts!

With each variant comes a new experience, and with each new experience we have yet another choice, which leaves the consumer with a myriad of choices making the statement “choice is the consumer prerogative” truer than ever.

As we cross paths and borders, discovering new options for our much-loved beverage of tea, we then find the need to designate all these options into certain patterns, menus, and boxes, in order to make the disciplined human in us more satisfied in our minds, if we know and have a comfortable space into which we can fit these choices! A bit OCD, I know, but alas, that too is human!

The main question then, is when do we have these newly discovered beverages? Before or after meals? On its own or paired with food? And crossing one more path into the neighborhood of alcoholic drinks, we can then consider these beverage to be aperitifs or digestifs.

There are many schools of thought when it comes to defining any beverage into either of these two categories. Many of our beliefs are based on what science and our doctors have told us what the “healthy” option should be. Does it help in encouraging your appetite? Or does it aid digestion?

In some cultures, it is customary to be served tea before a meal, and similarly in some other cultures, after the meal. During many formal occasions, tea is the invitation to cordiality and mutual understanding as well as respect.

To the scientist, it is all about “how healthy” it is. Does it encourage or prevent the absorption of vitamins and minerals which we achieve during the consumption of certain food groups? If so, how do we know when to drink or not to drink? Therefore, that becomes the question in almost a Shakespearean sense.

Whichever way, time, or form we decide to consume our favorite beverage, we must ensure that moderation and repetition are two factors we must consider. If we have too much of something, we are bound to lose our affinity and favor for the desired beverage. If we have it too often, the same result will persist.

In closing what can we ascertain from this cross-path exercise of mixing, matching and changing patterns? The answer is simple – keep exploring, until satisfaction is achieved. When a result which is desirable is achieved, place it among the favorites to be recalled on a day when inspiration fails us, but until then, keep exploring to find how you see your beverage choices as unique and enjoyable as your mind which is to tantalize your tastebuds with.

Until next time, keep exploring your desired beverage with those closest to you.

TRAVEL

The Secret Tea Room

Pops up at various special locations.

See Instagram [@secret.tearoom](https://www.instagram.com/secret.tearoom)
for upcoming events

Visit SecretTeaRoom.us



The Secret Tea Room does not have a fixed location, but ‘pops up’ to offer classic English tea at three historic homes in New Jersey. The pleasure of afternoon tea was enjoyed, this time, at Reeves-Reed Arboretum in Summit. While the gardens were not yet in bloom, late winter during our visit, the gardens are known to be beautiful, and it’s a wonderful place to attend Afternoon Tea. Even without the gardens in bloom, the tea service was set inside the beautiful Wisner House, surrounded by windows overlooking the grounds and was a very special and delicious experience.

Afternoon tea is served with your choice of tea or infusion, perfectly steeped. Freshly baked scones are accompanied by delicious jam and homemade clotted cream. Finger sandwiches are very fresh, delicious, a feast for the eyes. And included sweets are heavenly treats. Another secret about The Secret Tea Room - you’ll be offered a complimentary glass of Prosecco, a Mimosa, or sparkling lemonade. Such fun!

Featured Tea Service

Private tea parties are possible as well as tea party bridal showers, baby showers, birthday parties and corporate gatherings. Getting even more creative, The Secret Tea Room is open to creative suggestions for your group. Have a great learning experience or perhaps workshops on mindful tea, chai tea, dining etiquette, coffee, tea, and local history (their passion)! Why not plan a group tea with scones and a workshop or walking tour of Summit.

Reeves-Reed Arboretum, located in Summit, NJ, is listed on the National and State Registers of Historic Places. Its estate and gardens represent design trends by prominent landscape architects of the late 19th and early 20th centuries. The location is so beautiful, you might consider having your wedding and reception there, a special celebration, birthday or shower, or visit when the daffodils are in bloom! Learn more about other special events taking place at the Arboretum, along with address and more information by visiting www.reeves-reedarboretum.org

For more information about The Secret Tea Room events or private functions, visit Instagram or the website listed above, or contact Richard@secrettearoom.us



LITERATURE

Tea and other Tales by Laura Childs



Yes, You Can Write!

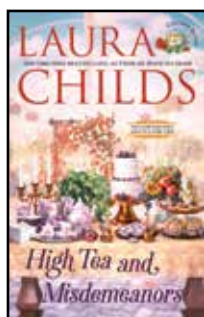
Probably the number one question I get asked at book signings and during interviews is, “Where do you get your ideas?” The truth of the matter is, ideas come from our imagination. Some of which is gifted to us through DNA, while much of our imagination comes compliments of life experiences. Luckily, this wonderful imagination we possess is also a powerful muscle. Which means the more we use it, the stronger it gets.

If you’re an aspiring writer, you probably know that starting a poem, short story, book, or screenplay can feel like tobogganing through molasses. But hang on, all this means is that you need to organize your thoughts and hone in on your story, setting, character, or whatever will help you get going.

You also need a bit of inspiration. This elusive ingredient is the magic key that gets the whole shebang off the ground. But where do you find it? How do you grasp that

spark and put it to work for you? You need to dig deep and find an emotional connection with whatever you want to write. Ask yourself a few key questions: What thrills you? What scares you silly? What warms your heart and brings tears to your eyes?

Once you find your big idea and really start to feel it, I guarantee that your concept will take shape. Now you can start writing, build an outline, and drive your work forward. Remember, all writers are alchemists in drag. Writers (yes, I mean you) have the ability to take a few facts, add a little pixie dust, and weave everything into an emotional and enjoyable story. So focus on the task at hand, believe in your innate creativity, and never, ever doubt your skill as a writer. Really, you’ve got this!



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



OCCASION

Mother's Love is Like a Cup of Tea by Kim Hendrickson



MOTHER'S LOVE IS LIKE A CUP OF TEA.....

Mother's Day ranks among one of the biggest "spending holidays" along with Valentine's Day and Christmas but there is no holiday in the course of the year that "demands" tea more than this one! Statistics claim the average spent on this holiday is \$254 per person and if you are a tea shop owner that is a powerful statistic, meaning multiple tea experiences.

Celebrating Mother's Day occurs the second Sunday in May in both the US and Canada, but around the world the date and activities vary. Anna Jarvis is given the historical honor of creating the holiday but first she created Mother's Day Work Clubs to provide aid during the Civil War. When her mother died in 1908, it took her three years to organize Mother's Day as the day of respect, taking Woodrow Wilson until 1914 to make it a national holiday.

But, prior to Jarvis' activities, Julia Howe was working on getting mothers together for universal peace initiatives during the Civil War. By 1948 when Jarvis died, she was very disillusioned that the holiday she created had become too commercial. Over time the white carnation had become

the flower to give and wear for this holiday; a tradition that seems to have been lost or ignored today.

The holiday professes love and gratitude, manifesting itself in giving time; the most common gift, or breakfast in bed, or a day of nothing; but we all agree that drinking tea and enjoying each others company is probably the best choice!

REMEMBER they are always there to comfort you.....

SET THE TABLE:

- White carnations would make an historical statement for the center of the table.
- Pull out your best linens and china; the best for the best!
- Tie decorative scarves around your center vase and drape them decoratively at each place setting under each plate: decoration and favor all in one.

MENU:

- Earl grey cocktails
- Lemon thyme scones or mango studded wedges
- Go classic on the sandwiches: cucumber, shrimp, piment to cream, ham & arugula, date & nut bread sandwich
- Cookies using a hat or heart shape, lemon/lime bars, small cup of chocolate mousse and cheesecake strawberries.

ACTIVITIES

- Provide an assortment of teas and bags. Allow your guests to make their own tea blend to take home.
- Have white carnation corsages or fascinators or flower clip ready when the Moms arrive.

"Mom's like double-sided tape---they hold everything together."

Unknown



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 or 845-633-3961.

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