



# The TEA House Times™



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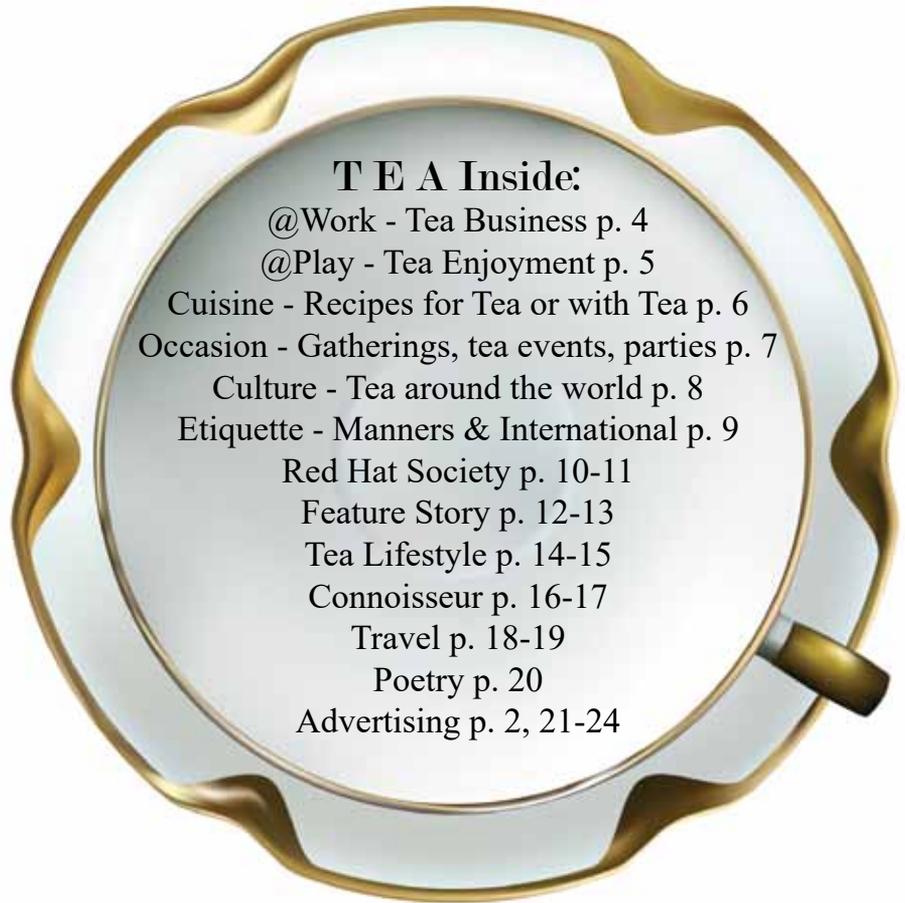
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## Greetings from The TEA House Times!

In case you missed my announcement online, we have just returned from a wonderful, unforgettable trip to Sri Lanka to learn more about Ceylon tea. 2017 marks the 150th Anniversary of Ceylon tea and we will be celebrating right along with them all year long as I regale you with tales of my journey! Have you been following our online eNews, blogs, and educational postings about Ceylon tea? If not, be sure to add your email address via the home page of our website or visit my personal blog: <http://gail.theteahousetimes.com>, Linda's blog: <http://linda.theteahousetimes.com>, and a dedicated educational blog for Sri Lanka and Ceylon tea here: <http://srilanka.theteahousetimes.com>

Ceylon tea will be the main feature of this issue and our May/June and July/August issues. We will keep you abreast of all 150th Anniversary celebrations that the Sri Lanka Tea Board is planning this year.

## SALUTATIONS

This focus project is quite a large undertaking so I asked Linda Villano, SerendipiTea (our Tea Connoisseur columnist), to join me on this incredible journey. We were a great team and hope you enjoy following our tale of Ceylon tea!! - - We added pages to this issue plus Barb, our travel columnist, is on leave this month so I have taken over two additional pages so we may share more with you. Have you tried Ceylon tea? If not, read all about the seven different regions and full range of unique and delicious characteristics of each!



All the best,

*Gail  
Gastelu*

# @WORK

A message from . . .



So, January 12th was Hot Tea Day in the USA, and it got me thinking, when isn't it time for tea?

The answer is, Never. (Okay, for all you school teachers, yes I am employing a double negative in this paragraph, so what I am saying is, "it is never not time for tea!")

But I digress.

I took a couple of days off from work at the Tea Association, in order to attend a course on the Rules of Golf. In the hopes of someday being a rules official, you know, the guys you see on TV with the golf pros pointing to the ground with their walkie talkies? This to me would be close to nirvana.

Now, many of you are probably bored to death, but let me tell you how tea is involved. Every hour or so, I went to the beverage station and got myself a cup of tea. And I was amazed at how many others in the room did the same. From about 90 people, a good 35 of them drank tea instead of coffee.

For those of us that attend a lot of meetings in hotels, this is actually a comparatively high percentage. So, I asked a few of the guys why, and the reasons were varied: "I like the taste", "It doesn't bother me like coffee."; "It gets me going, but not in a jittery way."; "It's good for you."

Wow, it seems like all our hard work pushing tea the last couple of decades is working!

So, I can now say, even during a rules seminar . . .

*It's tea time!*



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

A message from . . .



Tea and Herbal Association of Canada  
Association du Thé et des Tisanes du Canada

There is nothing like the smell of spring, especially in Canada as we strive for the sunshine of longer days and celebrate new life after a long, cold and snowy winter. It's spring, drink TEA!

Canada is multi-cultural and as our population is more diverse so is our taste for tea and herbal teas. My goal is always to best represent our members and provide information to help them develop their strategies so their business can keep growing and thrive.

The Tea and Herbal Association of Canada's role is to make sure that we help you offer a safer product that complies with all regulations, so you can spend your time taking care of your customers. The Canadian Government has announced a new regulation: Food Safety Modernization Act (FSMA) that is changing the rules for imported products (including tea).

Eighty-four percent of Canadians drink tea, and all these teas are imported (although, we do have one farm on Vancouver Island). This means that you need to insure you have traceability, good manufacturing practices and an import license. The regulation will be in place for all companies, big or small.

There are many regulations which one needs to comply with when thinking of exporting tea to Canada and I invite every tea company to join as a member of the Tea and Herbal Association of Canada, as we are here to help you provide a safer product to your consumer.

With spring comes new regulation!



Louise Roberge, MBA, CAE  
Certified TAC TEA  
SOMMELIER® Professional  
President, Tea and Herbal  
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**Reading the Tea Leaves - For Fun!**

Learn to read the tea leaves! Part 9 To learn tea leaf reading methods, find videos on YouTube or read more at [Tea-Course.com](http://Tea-Course.com) Here are a few fun interpretations of symbols to add to your list:

*Compasses* - Travel.

*Jug* - Jovial companions.

*Mushroom* - Lover's dispute and parting.

*Monkey* - An inconstant/cunning lover.

**Reading the Tea Leaves\***

**What's Trending in Tea Business?**

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OUR NEWS: (Click ~ to link through)

~ *The Tea House Times* Travels to Sri Lanka to Kick Off 150th Anniversary Celebrations of Ceylon Tea

FEATURED NEWS:

~ The Celebration of 150 Years of 'Ceylon tea'

TEA SCOOP:

~ News Summaries: <http://teascoop.theteahousetimes.com>

TEA BLOGS:

~ An Invitation to Experience Sri Lanka

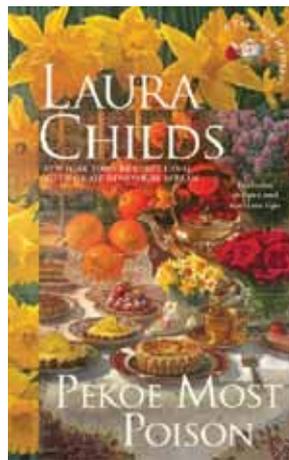
~ Gail Gastelu, *The Tea House Times*, in Sri Lanka with Tea Board Chairman Rohan Pethiyagoda

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## Lemon Tea Bread

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- 6 Tbsp. butter
- 1 cup sugar
- 2 eggs
- 1 ½ cups flour
- ¼ tsp. salt
- 1 tsp. baking powder
- ½ cup milk
- 1 lemon (grated rind)
- Whipped cream or Devonshire cream
- Sliced strawberries

PREHEAT oven to 350 degrees. In large mixing bowl, cream together butter, sugar, and eggs. Add in flour, salt, baking powder, and milk. Stir in lemon rind. Pour batter into a 9-inch-by-5-inch greased and floured pan. Bake for 55 to 60 minutes until toothpick comes out clean.

Serve with whipped cream or Devonshire cream, and sliced strawberries. Yields 1 small loaf.

## Avocado and Chicken Tea Sandwiches

- 1 avocado, ripe
- 1 Tbsp. chili paste (or hot sauce)
- 1 Tbsp. lime juice
- 6 slices of rye bread
- Roast chicken slices

Mash avocado in bowl and add chili paste and lime juice. Spread avocado paste on 6 slices of rye bread. Top three of the slices with roast chicken slices. Add top slices to the sandwiches and trim off crusts. Cut into squares or triangles. Yields 12 small sandwiches.

## Raisin Scones

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- 3 ½ cups flour
- ½ tsp. salt
- ¾ cup butter
- ½ cup sugar
- ½ cup raisins (or Craisins)
- 1 egg
- ¾ cup cream

Preheat oven to 350 degrees. In mixing bowl, add flour and salt, and then cut in butter. Stir in sugar and raisins. Make a well in the center and add the egg and half the cream. Mix and add the rest of the cream as you go along. If mixture is too dry, add a little more cream. Roll dough out on floured board to about ½-inch thick. Cut into wedges and place on greased baking sheet.

Bake for 12 to 15 minutes until golden brown. Yields 6 to 8 scones.

## Cranberry Iced Tea

- 1 quart tea  
(brewed and cooled)
- 2 cups cranberry juice
- Juice of 1 lemon
- 2 Tbsp. sugar

Combine all ingredients in a pitcher.

Serve over ice in tall glasses.

Yields 4 to 6 servings.



# SPRING FORWARD WITH A FLORAL BEGINNING

by Kim Hendrickson

OCCASION



Whether your winter is cold, rainy, dreary, dark, windy, or just different and looking for a change, the word spring gives us hope.

The thought of flowers growing under snow as the early crocus do or the little pokes of green signifying the bulbs planted last year are eager to appear are fun to watch.

Flowers, warmth, getting out of the house a little more, and light are the elements that excite us this time of the year. Why not create a gathering to include those very elements?

Invite friends over, plan a lunch or tea with flowers as the theme, and good conversation will deliver the warmth everyone will need. Perhaps some of these ideas will help you plan a memorable event. . .

Use floral dishes, old or new, to set your table.

Force or buy bulbs in individual glass containers so one can see the roots and growth and use different stages of growth and flowered bulbs as the centerpiece, then give each guest a piece of spring to take home. (Most items can be found in dollar stores).

Floral teas are so varied and abundant. Serve a chocolate rose tea, lemon chamomile, or tea of your choice.

Ask your guests to bring a plate or cup with a floral motif to the table gathering; stories behind the dishes are great conversation starters.

Find ways to include flowers, fresh or dried, into the foods you serve or as a stunning garnish on the side of each plate. Adding rosewater to your whipped cream for scones or chives (chive flowers) in your next sandwich spread are a few ideas.

Play a guessing game by asking guests to correctly guess the names of the flowers represented on your table.

Flower shapes can play a part in your food preparation: buttercream roses on top of cake, charcuterie flowers with herbed cream as a starter or sandwiches cut into flower and leaf shapes, etc.



*Remember, friendships are like flowers; they must be carefully nurtured to be enjoyed.*

---

Kim Hendrickson, author of the *Tastefully Small* cookbook series, has been teaching for nearly twenty years. A regular instructor at the John C. Campbell Folk School, she is a frequent speaker at culinary events throughout the U.S. She has catered for The Travel Channel's Bizarre Food Show, the New York Metropolitan Opera, the Penguin Repertory Theater and TV's "Slangman", David Burke. Kim's book, "Finger Sandwiches", is the only one of its kind, dedicated exclusively to a celebration of unique and flavorful tea sandwiches, and her "Savory Bites" and "Dessert Canapes" books help round out the *Tastefully Small* series to make any gathering both fun and delicious. Please visit [SalviaPress.com](http://SalviaPress.com) See also: <http://kim.theteahousetimes.com>



## Spring Tea Discoveries

by Gail Henderson



We seem to be sipping tea in a time of record-breaking history. Record temperatures, the Dow's apex, and political "firsts" can make us feel anxious, as if we were powerlessly being swept into the future -- or it can excite us. Let's take a moment to [tea] travel back in time, to sip a cup of history. Why?

Tea can be simply an escape to a gentler or nobler time. Or we can use it to discover how not to repeat history, to discover what made people tick, why they were sometimes cruel, sometimes heroic, and what source of strength rescued or sustained them?

I want to see the yearly re-enactment of the Boston Harbor Tea Party and reflect on the courage of the colonists, or ponder whenever I sip Twinings Earl Grey--the only tea not dumped that famous night.

I have actually been to a regimental tea in Halifax, Nova Scotia at the Citadel's barracks and wondered how those soldiers survived duty, and analyzed the rise of Nazism while gazing down from Eagles Nest, sipping a cup at Hitler's hidden personal tea room high in the Alps, which now sells tea for charities.

At Kensington Palace I learned why Queen Victoria's first act as Queen was to request a cup of tea, which unknowingly expanded the opium trade in China.

I have visited Kizhi Island and seen how Russian villagers survived harsh winters with tea from neighborhood samovars.

In France I sadly ate Jeanne D'Arc's "tears" (whole almonds dusted with chocolate powder) served with tea just steps from the stake in Rouen.

At Africa's historic Mt. Kenya Safari Club, I marveled that the spin in our teacups could change from counter to clockwise rotation if we stood exactly on one side of the Equator or the other. If only tea leaves could really talk, I might be smart!

History has offered us a mixed tea bag, so I'm still waiting for an international tea company to blend a pure tea called "Courage" to get us all out of hot water. But when we look closely we may just see the Hand of History is also pouring. That, along with spring, is a very reassuring thing, as the world is made new once again.



*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. Ms. Henderson's photo credit: Martha DeWeese

## Your Manners Matter® Minute with Cynthia Grosso

### Etiquette Tip:

#### The Origin of the Handshake

Have you ever wondered where the handshake comes from?

I find it interesting to understand where the common courtesies we use every day come from and yes, I may be the queen of trivia that no one cares about.

It has been said in ancient times when two people would shake hands, it was actually a way of checking for weapons. They would shake hands, so that if there was a weapon lodged up in their robe, armor or sleeve, the action of shaking the arm would dislodge the weapon and it would fall out.

Today the handshake has come to symbolize, "I come in peace, I have no weapons."



**Although the nuances of the handshake may vary by culture, knowing the proper etiquette and protocol of extending your hand internationally will enable the handshake to be used for its original intent, as a globally accepted symbol of peace and greeting.**

*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!*



### International Protocol:

#### Handshakes Around The World

In discussing the origin of handshakes as a common greeting in America, it is interesting to note that they are also common around the world. There are differences around the world, however, due to different cultural traditions.

Often people around the world may know that the handshake is a commonly used gesture in America. However, we as Americans must be sensitive to the fact that although it may be common around the world as well, it may be given differently.

In some cultures, the handshake may be longer and lingering, or accompanied with a hug, a bow, a touch on the arm or a kiss. It may only be women to women or men to men.

The important thing is to be aware of the culture where you are traveling and know that your handshake may need to vary.

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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. They offer seminars and consulting services in professionalism excellence and medical/dental office protocol.



# New Beginnings

Over the years, Members of the Red Hat Society have shared many stories about the serendipitous ways they learned about the Sisterhood and the profound affect it has had on their lives. Hatters have called the Red Hat Society a life-saver, a much-needed escape, a home away from home, their chosen family and much more. RHS Ambassador Sue Gough (Texas, United States) calls it a "new beginning" in this wonderful story about her Red Hat journey. Like many women, Sue learned about the Sisterhood via word of mouth. She was invited to join a Chapter after church one Sunday in 2006. At the time she had no idea what the Red Hat Society was, but she gave it a chance, and ten years later she's the Queen of her own Chapter and a RHS Ambassador. Here's her story in her own words:

"I went to my first meeting at a Health Food Restaurant off the Katy Freeway. Men were coming over to our table with red napkins on top of their heads - asking if they could join us. It sure was causing a lot of attention with all the woman wearing their Red Hats.

The ladies told me it has always been that way when out in our colors and Red Hats. Well, that was the day I purchased the Queen's Red Hat off of her head since I did not own one hat myself!

After the meeting, I went home to show my husband my new Red Hat, and he laughed at me. I asked, 'what is so funny?' He said, 'well, I have never seen you in a big Red Hat before!' He got used to many, many more hats after that day! Then he would say, 'why did you buy another hat? You only have one head!'

I started out as a Member in the Sassy Sexy Ladies Chapter! Later,



I joined the Red Hat Roadrunners Chapter and was asked to be one of their Vice Queens. I branched out on June 17, 2011 and started my own Chapter. We are the Red Hat Texas Travelers of Houston, Texas. We started out with five in our Chapter and now have grown to over 30 Members!

I have met and made friends with Red Hatters from all over the world. I have gotten to go places

and do things I would never have gotten to do if it had not been for the RHS! Each adventure has been a 'new beginning' for me.

My late husband loved my Red Hat friends. He enjoyed grilling meat for them each year when we would have a pool party. They ALL loved him too! When he passed away almost seven years ago they all were there for me, to support me during a very difficult time in my life.

We have quite a lot of newbies in our Chapter, and it is wonderful to see them so excited about the RHS. So, this means a New Beginning for them now, and I get to be part of it! I thank God each day for leading me to the RHS because it has changed my life forever.

Our motto for our Chapter is this: **WE COME TOGETHER AS STRANGERS BUT LEAVE AS FRIENDS FOREVER!**"

If you are looking for some friends to share a cup of tea with, we invite you to become a Member of the Red Hat Society. We can't wait to meet you.  
Learn more about the Red Hat Society at:



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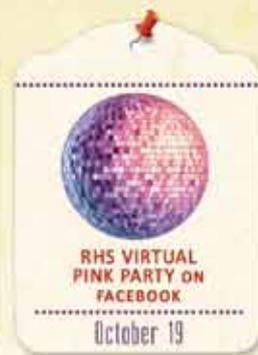
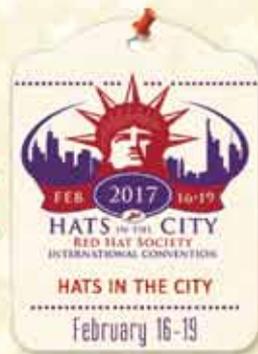
INTERNATIONAL

# HAPPY BIRTHDAY, RED HAT SOCIETY!



On April 25, 2017 The Red Hat Society will celebrate our 19th Birthday! We are still in awe that a simple day of dress up and tea shared with friends has become a worldwide Sisterhood shared by 60,000 women in 30 countries! Birthday celebrations are scheduled around the globe and it will be commonplace on that day to see Red (and Pink) Hatters out and about frolicking and enjoying one another's company.

The Red Hat Society invites you to join us! Make 2017 the year you get connected to like-minded women, make new friends and enrich your life through the power of fun and friendship!



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# SPECIAL FEATURE

## Our Tale of Ceylon Tea, Part 1

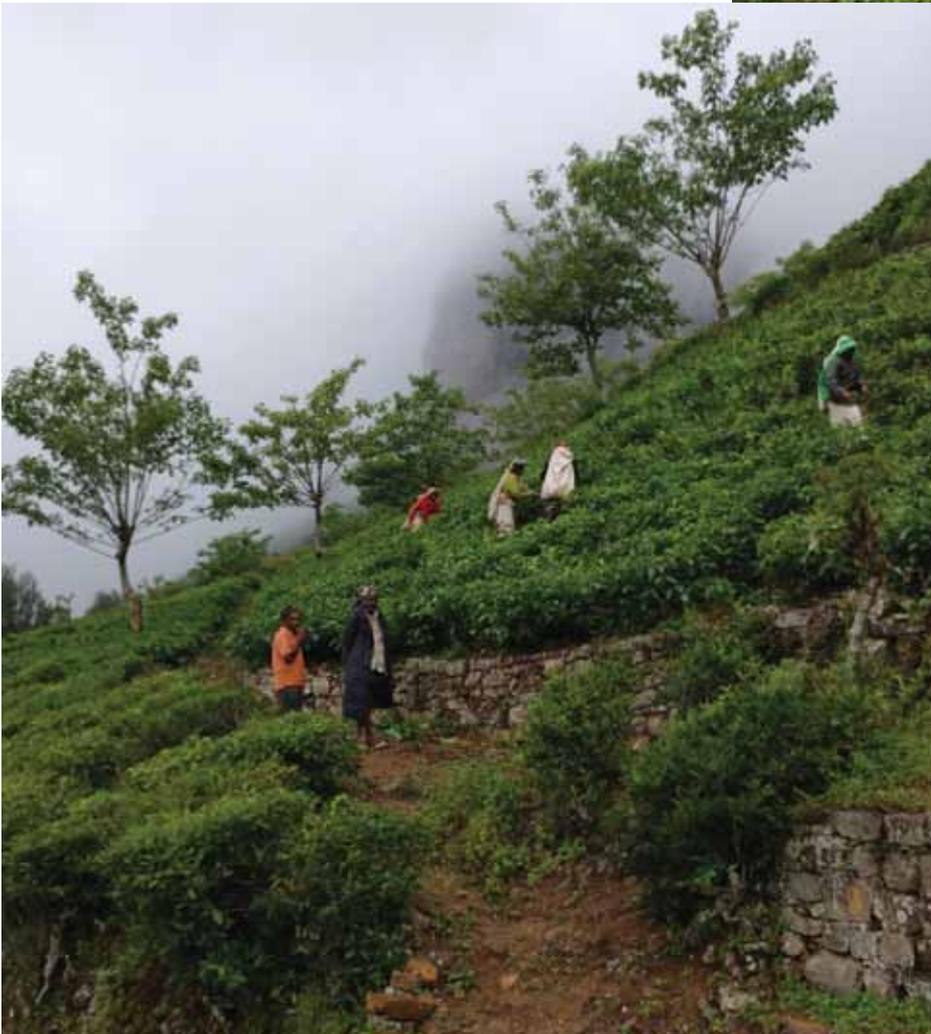
Follow along and experience our journey to Sri Lanka.  
Read Gail's blog: <http://gail.theteahousetimes.com>



Our tale of Ceylon tea begins with *The Tea House Times*' trip to Sri Lanka from Jan. 21-31, 2017. With more than 2500 photographs taken, videos produced, and so many memorable moments to recount, we will be reporting / featuring this special focus on Ceylon tea for several months. The photos on these two pages are just a sneak peek at our wonderful trip. You may view photos from every day of our journey via *The Tea House Times* Facebook page: <http://www.facebook.com/teahousetimes>

Photos: ←↓ @ Mlesna Tea | ↑ Tea at the Sri Lanka Tea Board  
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Our travels took us through all seven of the notable tea growing regions that are “Ceylon tea.” You simply must taste each tea to understand how different each tastes because of terroir, those variables that make each tea unique, from climate, location, to elevation, handling, and more!

Experience just a little of what we felt from being there by reading Gail’s article on page 15. Learn more about the seven regions and their geographical indicators by reading Linda’s article; pages 17-19.

Watch [TheTeaHouseTimes.com](http://TheTeaHouseTimes.com) calendar for 150th Anniversary of Ceylon Tea events and celebrations! See also: Sri Lanka Tea Board: [PureCeylonTea.com](http://PureCeylonTea.com)

PHOTOS: Top (left) Ceylon Tea Museum  
Other photos: Loolecondera Estate

*All images ©2017 The Tea House Times*

# TEA LIFESTYLE

## NEW SEASON, NEW CHALLENGE

By Sarah, Duchess of York

With 2017 now in full swing, I find myself no longer longing for the holidays past, for alpine air and roaring fires, warm drinks and family time. Instead, I'm enjoying the changing weather and relishing the thought that Spring is almost here! And as we all know, April showers bring May flowers...

One of the things I am most excited for will be trips to the countryside to visit with the fantastic Master Tea-blender Alex Probyn to discuss and create new teas. Down in the beautiful Sevenoaks, we will endeavour to fuse the new season with something delicious. As always with me, I try to keep my mind on health and wellness, with tea at its heart and centre. In keeping with this, we've tried to create teas which can be substituted for sweets, like pudding-flavoured teas. What are the tastes of spring? Strawberries, for me, evoke the sweetness of the season. We already have a Strawberries and Cream tea, but there are infinitely more creations to be dreamt up. What fun!



Unfortunately, this season will not be all creativity, and I have an increasing amount of work piling up on my desk as this article is being written. Finding a way to deal healthily and effectively with the pressures of work and life in general isn't something I alone struggle with. But obviously, being in the public eye means that any failings on my part are more widely circulated, and that's an added pressure in and of itself. So I am moving forward this season more motivated than ever to utilise every tool at my disposal to organise myself and my life in the best way possible.

Drinking tea is not just for enjoyment for me, and it's not just about taste or caffeine either. It's about taking those moments out of a busy life and reflecting about how best to deal with the stresses that come our way every day. I'm setting myself a challenge – and I hope you will all join me – to be my best, most creative, most organised self this season. And tea will help us do it!

Last time I wrote, I wrote about a new year, and a new me. Now, let it be a new season and a new challenge! Whatever you feel your greatest challenge is, take the moments you have for yourself, to drink a cup of tea and really think about how to tackle it. I know that's what I'll be doing.



*Sarah Ferguson, The Duchess of York, is a businesswoman and bestselling author of over 40 books for adults and children. She produced the film 'The Young Victoria' alongside Martin Scorsese, has been a popular guest and presenter on shows such as The Today Show, and for ten years was the U.S. spokesperson for Weight Watchers International. She is a passionate promoter of wellness, healthy weight loss and weight management. She is a tireless advocate for children and children's causes, founding Children in Crisis in 1993, a charity dedicated to providing forgotten children around the world with an education. ~ Find full bio linked through her blog here: <http://duchess.theteahousetimes.com> See also: [FergiesFCC.com](http://FergiesFCC.com)*

## A Ceylon Tea Experience, Like Stepping Back in Time

By Gail Gastelu

If you have made tea a part of your lifestyle, you know what it feels like to personally do something that feels good, and healthful. You know what it feels like to connect with others, to spend quality time with friends and family; important people in your life.

Surely, by now you know that I have just returned from Sri Lanka. I was invited by the Ministry of Plantation Industries, Sri Lanka Tea Board, to experience Ceylon tea in their beautiful country, proudly referred to as “tea island.”

Since returning, many people have asked me what I thought about the people there. Of course, my reply was that everyone was very kind to me....very caring, so hospitable. Over and again, I am hearing from people who have friends from Sri Lanka and tell me that they think they are the kindest people they ever knew. Well, I certainly feel the same way.

To think that Sri Lanka is celebrating the 150th Anniversary of Ceylon tea is quite remarkable. Everyone I met there drinks tea, serves tea to guests, and ensures you have eaten no matter the time of day. Every person I met on this incredible journey went out of their way to offer hospitality and respite. Every morsel of food I consumed on this trip was most delicious! I especially loved the fruit and treats served along with tea time refreshments.



We traveled through the seven tea growing regions with multiple stops daily and different accommodations nightly. When we were treated to a bungalow stay, it was like stepping back in time. I felt like I was living in an old time movie. It was a romantic style of living in a way, special, and grounding too. We even dined by candlelight one night because I was afraid of one or two mosquitos flying about! Unnecessary worry, but it turned out to be a fun, enchanted evening.

These photos are very meaningful to me as they depict the great pride and care demonstrated by some wonderful people who served us. Each dining experience a deeply memorable occasion. If I am lucky enough to be invited back, I would go again in a heartbeat!



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*Gail Gastelu is owner/publisher of The Tea House Times, producer of Tea Course and Tea Course Fast Track, co-owner of Tea Etiquette Certified and Culinary Tea Course and a frequent presenter at tea and/or coffee shows nationwide. Connecting businesses and consumers since 2003, her passion and drive is to help tea businesses grow by providing many services beneficial to the tea industry. The publication, news, education, hosted blogs, special features, and resources may be found by visiting [TheTeaHouseTimes.com](http://TheTeaHouseTimes.com) website. Gail recently created the nationwide #Drink-Tea Campaign with the Tea Council of the USA and Tea Association of Canada. Gail currently serves on the Tea Association of the USA's Specialty Tea Institute Advisory Board and over the years has been an officer or advisory board member to several associations, trade shows, and organizations. Blog: <http://gail.theteahousetimes.com>*



# CONNOISSEUR

James Norwood Pratt



## Some Trade Terms



Image: Tarzhanova/Shutterstock.com

Country of Origin is a term used by the tea industry/tea trade to indicate the country where a tea was actually grown and manufactured. If someone asks if you have ever been to origin, it can mean any tea growing country. Or you might one day be asked the origin of the tea you are serving or selling.

Organic Tea is a term which indicates that a third party independent certifying agency has officially identified the tea as having been grown without the use of any man-made chemicals, whether fertilizers or pesticides. Before certification is granted, a tea estate which had not been farming organically must undergo a minimum three year waiting period from the date of the application. Upon applying, the estate ceases all use of chemicals, fertilizers or pesticides, the waiting period allows any pesticide or fertilizer residue that may be present in the soil to dissipate. All teas sold as “organic” in the US must carry the USDA NOP Certificate. Other countries have other standards and regulation.

As for manufacture. . .

Orthodox manufacturing is a traditional method of tea manufacturing by machines which mimic by-hand methods employed in old China. In this process, each batch of leaf is withered and then put into rollers, which bruise and shape it prior to oxidation. Next the leaf is fired to arrest further chemical change and preserve it with approximately 2.5-3% moisture content. It is

then graded by leaf size. Great black teas are produced by orthodox manufacture, which preserves the integrity and full flavor of the leaf. It is expensive and time consuming compared to CTC manufacture.

Grading is a final step in manufacture of black tea in which made tea is passed through sieves of progressively smaller mesh sizes to separate the leaves into different sizes called grades. Various grading machines have been invented but all use the basic principal of shaking screens with varying mesh sizes.

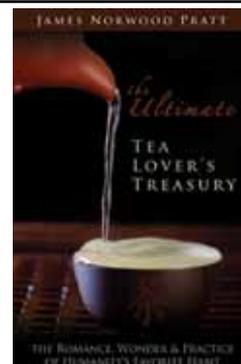
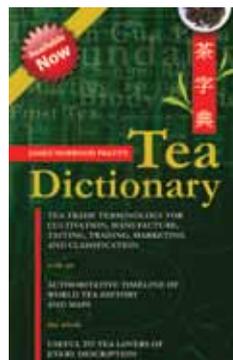
CTC manufacture is a continuous machine process which shreds leaf into uniform particles and achieves quick, complete oxidation before firing. CTC process denigrates the inherent quality of the leaf but is less time and energy intensive than orthodox manufacture and results in a higher cup-per-pound yield.

Instant Tea is a powdered soluble product prepared by evaporating tea liquor, whereupon the solid so formed is dried and powdered. (For example, Nestea).

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



*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](mailto:info@theteahousetimes.com)



Linda Villano

# Sri Lanka: Ceylon Tea Growing Regions

by Linda Villano, SerendipiTea



Sri Lanka, formerly known as Ceylon, is celebrating “150 years of Ceylon tea”.

This island nation is about the size of West Virginia yet ranks fourth in tea production and is the second largest tea exporter in the world. Staggering facts, and all the more reason to join in the celebrations of this milestone year.

Tea growth and production began in Sri Lanka while under British rule (1815-1948). Coffee was at first the star crop but after blight wiped out nearly all the coffee plants, an enterprising young Scotsman named James Taylor blazed the tea trail in the highlands of Kandy by founding the first 19 acres of Loolecondera Estate in 1867. Since that time, tea, the vast majority of which is black, has become one of Sri Lanka’s main industries and a great source of pride.

We in the tea industry are familiar with the concept of terroir. We understand that elements comprising the actual place where tea grows, including elevation, weather patterns, soil conditions, proximity to and the variety of neighboring crop growth, cultural traditions regarding planting, nurturing and harvesting, etc. all play distinct roles in the quality, taste and characteristics of the end cuppa. In Sri Lanka there are seven tea-specific growing regions ranging from low-grown to mid-grown to high-grown, each identified by seven unique region-specific Geographical Indicators (GI). The Sri Lanka Tea Board (SLTB), a government body under the Ministry of Plantation Industries, strictly oversees, monitors, regulates and promotes the quality and purity of all Ceylon Tea. This entity also ensures that all tea from these seven regions is marked accordingly with prescribed text and assigned license numbers. Batches that consist of blends from different regions are not acceptable and cannot bear GI marks. *Continued on pages 18-19.*



Credits: ← ©TheTeaHouseTimes  
→ Map: Sri Lanka Tea Board: pureceylontea.com

[CLICK TO ENLARGE MAP](#)



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## Sri Lanka: Ceylon Tea Growing Regions

by Linda Villano, SerendipiTea

(Continued from page 17.) Let's now visit the seven tea districts and learn about the meanings of the distinctive GI logos which are owned by the Sri Lanka Tea Board.

The highest of Ceylon high-grown tea is from the mountainous region of Nuwara Eliya. At elevations of up to 6,200 feet above sea level, conditions are ideal for specialty tea as the day time climate is sub-tropical and night temperatures plunge low enough to produce frost. Leaves from this district are delicately fragrant and steep to a light copper colored liquor; a refined, exquisitely aromatic cuppa.



The GI mark for Nuwara Eliya is two mountains and a waterfall depicting the elevation of this high-grown region and its plentiful, picturesque waterfalls. Perhaps one of the mountains is the famed Adam's Peak

which is located partially in this region. Buddhist's believe the footprint of the Buddha is at the summit and Christians believe it is the place where, when Adam came down from Heaven to Eden, first touched the Earth.

Uda Pussellawa, an area devoted almost entirely to tea growth and production, is another high-grown region with elevations of 3,000-5,000 feet above sea level. Wet and moist conditions make for a cuppa that is darker and heavier than most Ceylon tea with a flavor described locally as distinctly tangy. - - The GI mark for Uda Pussellawa illustrates a large mountain, indicating a high-grown region as well as a waterfall and other plant life representing the famous Hakgala Strict Natural Reserve where rare wildlife and exotic plant species are found.



Dimbula, one of the first tea growing regions, produces high-grown tea in wet and misty conditions at elevations of up to 4,000 feet above sea level. Favored by local Sri Lankans, with a drop of milk and sometimes sugar, Dimbula tea is reputedly "refreshingly mellow" with an undeniably bright, golden orange color. - - The GI mark for Dimbula is a lone mountain which depicts high-grown tea and perhaps also represents the revered Adam's Peak as it can be viewed from this region.



Uva boasts both high- and medium-grown tea with elevations ranging from 2,000-5,000 feet above sea level. Thomas Lipton established himself in this relatively dry region so it is not surprising that the taste many Americans associate with black tea is from Uva.

The GI mark for Uva is a pair of peacocks perhaps representing Moneragala (rock of peacock landing), the largest district in Sri Lanka made up mainly of rubber and sugar cane plantations and rice paddies. In addition to wildlife such as elephants, foxes, buffalos, deer and elks, peacocks are plentiful there.

*Images and credits:*

(left-Lover's Leap cup) & (right-Adam's Peak & Uva Halpewatte Tea Factory) Credit: SerendipiTea.com  
(GI marks below) Credit: Sri Lanka Tea Board - pureceylontea.com



Kandy was the first tea growing region in Sri Lanka. Considered mid-grown at elevations of 2,000-4,000 feet above sea level, the cup is copper colored and full bodied with pronounced flavor.

The GI mark for Kandy is the Buddhist Temple of the Sacred Tooth Relic (Sri Dalada Maligawa) another revered pilgrimage site where a fragment of the Buddha's tooth is believed to be housed.

Ruhuna is another low-grown tea region with elevations of about 2,000-2,500 feet above sea level. The exceptional soil conditions in Ruhuna result in leaves that make a dark, rich cuppa tea with great depth and character.

The GI mark for Ruhuna is a drummer in traditional garb representing Sri Lanka's rich drumming culture which often accompanies dancers in masks during rituals and festivals in the low country.



Sabaragamuwa is a low-grown tea region with elevations of about 2,000-2,500 feet above sea level. Indicative of rainforests the climate is generally hot and humid but cool under the tree canopies. Although smooth, the tea from Sabaragamuwa is very strong and not consumed by locals. Most if not all is exported to countries in the Middle East and former Soviet Union. - - The GI mark for Sabaragamuwa is a gem stone. Famous worldwide for precious gems, mining in this region is the dominant industry and dates back over 2,000 years. Especially known for sapphires, rubies, cat's eyes and moonstones.

With such range and diversity, there is certainly a Ceylon tea to suit every individual's taste and mood. Choose a favorite and raise a cuppa in celebration of Sri Lanka's Big Year!

For more about Ceylon tea and the seven tea growing regions, follow [this link](#) to the Sri Lanka Tea Board website.

Learn more: Sri Lanka Tea Board  
 Website: [PureCeylonTea.com](http://PureCeylonTea.com)  
 Facebook: Sri Lanka Tea Board

*Images and credits:*

(left-Loolecondera Estate in Kandy) & (right-Lumbini Tea Garden) Credit: SerendipiTea.com  
 (GI marks below) Credit: Sri Lanka Tea Board - [pureceylontea.com](http://pureceylontea.com)



# POETRY

## Musings and sentiments for tea time...

Statesman, yet friend to truth of soul sincere,  
In action faithful, and in honor clear;  
Who broke no promise, served no private end,  
Who gained no title, and who lost no friend.

~Alexander Pope



So long as we love, we serve; so long as we are loved  
by others I would almost say that we are indispen-  
sable; and no man is useless while he has a friend.

~Robert Louis Stevenson



Few men are calculated for that close connection  
which we distinguish by the name of friendship; and  
we well know the difference between a friend and an  
acquaintance.

~Lawrence Sterne



Flowers are lovely; love is flower-like;  
Friendship is a sheltering tree;  
Oh, the joys that came down shower-like,  
Of friendship, love and liberty,  
Ere I was old!

~Samuel Taylor Coleridge

## Your Travel Through The Existence of Earth

Some will tell you to do as  
Much as you can.  
Several things at once  
In fact.  
To experience  
The most for your dime,  
So to speak.

I do not advocate that  
At all. No Sir.  
Plain to say,  
It is not necessary.

Slow down.  
Enjoy the humanity.  
Do not speed.  
You may very well be ticketed  
For unsafe travel!

Invite a fellow wayfarer to sit and  
Have tea with bread and jam.

What is put in front of you  
Is what you are to experience.  
Nothing more. Nothing less.  
Marvel at that.  
Enjoy the scenery.  
Relish the company.

Susan Patterson  
-08-2008-

Earlene  
Grey

Susan Patterson who on occasion writes under the name of Earlene Grey, is the author of two books of tea poetry, *Musings With a Cuppa-The Poetry of Tea* and *Heart to Heart-Considered Sentiments for Teatime*. She has also published a book of memoirs, *Tom and Irma-Chronicles of the 1950's*. Her latest book, *Unnoticed Moments*, is a collection of contemporary poetry. Ms. Patterson posts a weekly poetry blog, *The Causerie*, and is a weekly guest on an international podcast from England. Please visit [www.EarleneGrey.com](http://www.EarleneGrey.com) to schedule appearances and to purchase books. See also: <http://susan.theteahousetimes.com>





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