



The TEA House Times™



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The Tea House Times, LLC
2 Main Street #1049
Sparta, NJ 07871
(973) 551-9161
www.TheTeaHouseTimes.com
info@theteahousetimes.com
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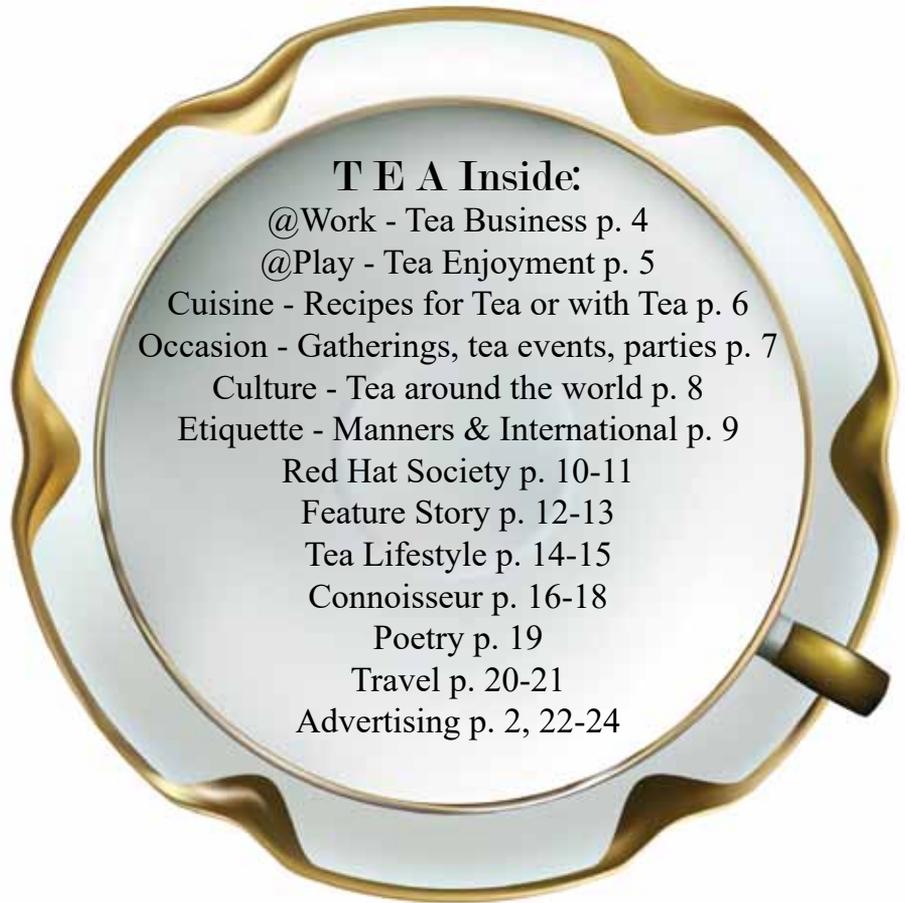


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Greetings from The TEA House Times!

Spring has finally sprung! And that means iced tea drinking season is right around the corner. In fact, June is iced tea month here in the USA and soon to be implemented in Canada along with a refreshing update to the #DrinkTea campaign iced tea graphics! Watch for it.

To celebrate iced tea month and to honor the amazing time I had in Sri Lanka in January, I will personally make an appearance in a sari (saree) during the Coffee & Tea Festival ICED, Brooklyn, New York on June 11. Ceylon tea will be the focus of course! Visit The Tea House Times booth and be sure to attend my session entitled, “Ceylon Tea and the Beautiful ‘Tea Island’ of Sri Lanka” free to all attendees.

Please join me in welcoming two new partners!! PAII is one. The Professional Association of Innkeepers International is featured on page 12. Second is Rosanna, Inc., a home decor design house featured on page 15.

SALUTATIONS

Each new partner brings fresh information and insight into other parallel industries doing good things with tea. We will cross promote, cross educate, and cross distribute to benefit all sides. Welcome new readers too!

As I write this, it is Easter weekend. I will take a few days off to focus on family, spring, and new beginnings. In this season of budding flowers and trees, I hope you also take time to connect, share, and enjoy more tea!



All the best,

*Gail
Gastelu*

@WORK

A message from . . .



We've all heard that we need to drink at least eight glasses of water a day to remain healthy—and for good reason. Water is necessary for basic bodily functions like circulation, temperature control, digestion, and waste removal, as well as the ability to protect the spinal cord and joints from injuries. In addition, water also helps to boost energy, relieve headaches and stomach cramps, and increase weight loss.

But despite all the benefits, let's face it: Drinking water can get a little boring sometimes. If you want to tickle your taste buds while still reaping the benefits of water, you can add lemon or lime wedges, spice it up with basil leaves or mint, or mix in a few drops of rose water.

Or you can drink tea for your hydration needs.

That may sound surprising because you probably heard the caffeine found in tea makes it a diuretic—and counterproductive in terms of hydration. However, if you've been thinking about substituting tea for water, there's good news: This belief, known as the caffeine myth, has been debunked by recent research. In fact, studies show that tea is an excellent source of hydration—in addition to its ability to boost the immune system, protect bones, and aid with weight loss.

In one study, researchers compared how black tea and water intake affected hydration by having participants drink either four to six cups of tea or water during a twelve-hour period. After testing their blood and urine, researchers found that those who drank tea had about the same hydration levels as participants who drank water.

Another study of iced tea had similar results: In this case, researchers found that consumption of five to eight cups of iced tea—or two to three cups of coffee—had no diuretic effects.

So, if you want to add variety to your daily fluid intake, brew some tea. It tastes great, has numerous health benefits, and will keep you hydrated throughout the day.




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

A message from . . .



The hot days of summer are nearly upon us, and with that so are the days of stirring up pitchers of thirst quenching iced-tea. These mercury breaking times are when we need to keep our hydration in check—your body is made up of nearly two-thirds water so it is really important to get enough fluids throughout the day.

Staying well hydrated is so important to good health and positively contributes to physical performance and our ability to think. If you are like most people, about 80% of your total fluid intake comes from drinking water and other beverages.

Tea drinkers can celebrate because tea is 99.5% water and counts towards your daily fluid intake. There is a misconception that because of the caffeine level, tea cannot contribute to your daily hydration, but we're here to bust that myth!

With evidence backed by the Dietitians of Canada, tea is not dehydrating and taking into consideration the recommended caffeine limit of 400 mg per day. Beyond that limit we recommend brewing up some herbal or decaffeinated tea.

Now, let's return to that nice cool pitcher of iced tea. Consumers have been enjoying all sorts of iced beverages, but I'm here to tell you that making iced tea at home is easy:

1. Place 2g of tea or tea bag / 8oz of water in pitcher
2. Steep for appropriate time (based on tea type)
3. Add ice
4. Pour a glass and enjoy!


Louise Roberge, MBA, CAE
Certified TAC TEA
SOMMELIER® Professional
President, Tea and Herbal
Association of Canada - Tea.ca



Ceylon tea!!

Special Features

News headlines below...

Features: pp. 12-13, 17-18



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Reading the Tea Leaves*

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Visit <http://teanews.theteahousetimes.com> to find links to all recent news pieces and sign up for our weekly eNews via email.

OUR NEWS:

~ Celebrating Ceylon Tea - NEW CONTENT DIRECTORY

FEATURED NEWS:

~ Global Tea Championship Names Fall Hot Tea, Packaged Single-Service Winners

~ The Tea Spot's Ten Percent Pledge Actively Supports Komen® Colorado's Snowshoe for the Cure

TEA SCOOP:

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

TEA BLOGS:

~ Celebrating Ceylon Tea: A History & Geography Lesson

~ Ceylon Tea, The Journey, Sri Lanka - Part II

~ The Savory Side of Scones

~ Poetry: Because We Will Not End

~ Find guest blog posts at

<http://teablogs.theteahousetimes.com>



June is Iced Tea Month!

#DrinkTea

DrinkTeaCampaign.com

Reading the Tea Leaves - For Fun!

Learn to read the tea leaves!

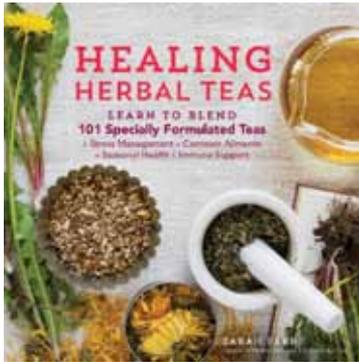
To learn tea leaf reading methods, find videos on YouTube or read more at TeaCourse.com Here are a few fun interpretations of symbols to add to your list:

Cart - Changes of fortune.

Fish - Good luck. With dots, travel.

Frog - Good omen for business & love.

Hawk - Warning against enemies.



Bright Chai

Excerpted from *Healing Herbal Teas*, © by Sarah Farr, photography by © Kyle Johnson, used with permission from Storey Publishing (Storey.com).

- 3 parts black tea (Assam or Ceylon) or rooibos
- 2 parts dried ginger (or 1 tsp grated fresh ginger per cup)
- 1 part cinnamon
- 0.5 part cardamom
- 0.5 part star anise
- 0.25 part allspice
- 0.25 part licorice root
- 1 vanilla bean per pound of blended tea
- 1 saffron thread per cup

This chai blend is designed for infusions — you do not need to decoct the spices by making a concentrate. It is really challenging to make your own traditional chai at work or when you are busy, so keep these blends on hand to drink when you don't have time to make chai using the stovetop method.

Bright chai has a sweet and spicy mouthfeel with luxurious aromatics. If you like your tea spicier, you can reduce the amount of black tea or add a pinch of black pepper to each cup.

Steeping

Pour 1.5 cups hot water or hot milk over 1 tablespoon tea. Steep for 5 to 8 minutes.



Blend your own teas!



Elegance Tea

Excerpted from *Healing Herbal Teas*, © by Sarah Farr, photography by © Kyle Johnson, used with permission from Storey Publishing (Storey.com).

- 1 part white tea
- 0.5 part rose petals
- 0.25 part osmanthus flowers

White teas are soft and airy in nature, as reflected in their light color and smooth taste. They remind of spring's delicacy and help reflect on the aspects of one's reemerging after winter. It takes courage for plants to expand and spread toward the sky when the weather and future are uncertain. It is equally courageous for people to focus and continue to develop as we age.

The light, elegant aroma and taste of white tea is perfectly complemented by rose petals and osmanthus flowers. Osmanthus flowers are sweet and intoxicating, while rose petals are bright and enchanting. The balance achieved among the three is miraculous as they gently captivate your senses. You are whisked away, rising above the cup as you breathe in the fragrance, and as you are carried through the high floral notes, you begin to notice the ever-so-subtle scent of the tea leaves: earthy in comparison to the flowers. Take a sip. The profound sensual experience of this tea will warm, energize, and inspire you.

For steeping, it is nice to use a tea pitcher and a gong-fu-style tea set to make the most of it; because this tea can and should be steeped many times, use just a small amount of tea, about a teaspoon. Rinse your tea set in hot water before steeping. Pour hot water over the leaves as if making a cup of tea. Let them steep for about 15 seconds and then pour off the water or strain the tea. Pour fresh hot water to steep the tea for drinking — but only steep it for about 30 seconds. Steep Elegance Tea five or six times before the flavor starts to wane.

by Kim Hendrickson



What do the holidays in May and June (Mother's Day, Memorial Day and Father's Day) have in common? Telling those in our lives, usually those older than us, how much we care. These opportunities to say thanks and celebrate the love and devotion families have extended to us throughout the years never get old.

These gatherings need not be fancy; in fact, a luncheon or an afternoon tea may be just the format, or the casual picnic might offer the best environment to be together. Regardless of the venue, remember what is most important is that you have fun together discussing memories -- reminding one another of a silly experience or reflections on the past are always fun.

The party ideas below may prompt a story to be told or encourage elders to share memories (that most have heard a million times) but remember the youngest in the gathering may be hearing the story for the first time!

Like old chestnuts, family stories can never be told too often just like the sharing of time and interest toward our family can never be enough.

- ♥ Seat various ages together at the table, making sure there is a young child or teen between different generations.
- ♥ Choose foods that are a particular individual's favorite (mac & cheese or chili) or homey family favorites that bring back memories; overstuffed croissant sandwiches, individual pot pies, etc.
- ♥ Iced cookies make wonderful place cards; use edible markers to write the names on the dried frosting.
- ♥ Choose pastel colored wide tissue paper strips to create a plaid effect on the solid tablecloth.

- ♥ Create an unconventional centerpiece with spring flowers. Instead of placing stemmed posies in a vase, create a large pile/bowl/tray or platter of mixed berries inserting random short stemmed flowers in-between the berries for a random, casual effect.
- ♥ Younger photos of each family member randomly placed under the luncheon plate to be pulled out for each guest to guess who each person is.
- ♥ Iced tisane, hot chai tea, champagne with berries to complement the meal. Don't forget fruit juice in fancy glasses for the young ones.



Ask everyone to bring a "white elephant" wrapped gift. Pick names out of a hat to exchange the gifts and to generate the laughter and stories one would expect.

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 See also: <http://kim.theteahousetimes.com>



CULTURE

Teas That Honor

by Gail Henderson

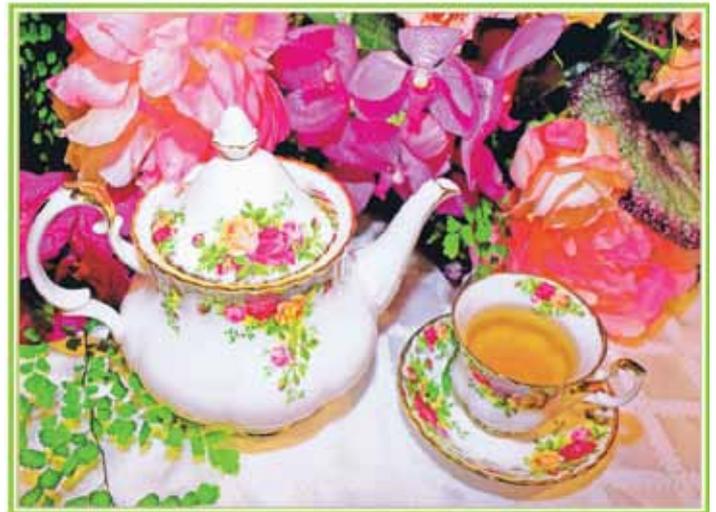
“The Lord Chamberlain is commanded by Her Majesty to invite _____ to a Garden Party at Buckingham Palace on Tuesday, May 16th, 2017 from 4 to 6 pm.”

If you are one of 30,000 invited to a May 16, 23rd or June 1st London Garden Party this year, we salute you! You must have been “nominated” for your public service or charitable work that has caught someone’s eye, never attended before (unless you are a royal or in service at Buckingham), undergone strict security checks, dressed according to online instructions, surrendered cameras, queued up an hour before the tea, and come rain or shine! You may ask a fellow British friend or family member (if cleared by Scotland Yard and at least 18) to traipse through the private gardens. Your party begins (and ends) when the National Anthem is played!

Fortunately for the Queen there is no receiving line, but about 200 lucky people are pre-screened to line up in several different “lanes” and it’s possible you are presented to the Queen or another royal before she heads to the Royal Tent for the rest of the party to greet her “special” guests. On the lawn there is a huge 400 foot buffet table and a covered Diplomatic Tent as well, where you may pick up a fruit squash, an iced coffee or a cup of Maison Lyons tea, an exclusively created Twinings blend of Darjeeling and Assam with peach or Muscat grape notes. Twenty-seven thousand cups of tea and twenty thousand fruit squashes are served on white porcelain individual tea plates with room for fruit cake, Victorian sponge, and many assorted finger sandwiches.

According to my friend Mary who worked near the Queen’s apartments for 25 years and is bound by the Official Secrets Act from revealing too much, the invitations used to be handwritten and addressed, requiring three part-time people and one full-time person from January to May. Only in the past five years have they been printed. “The invitation is still so honored that no one ever declines the party,” she added, “unless they are post-surgery!”

This tea is designed to reward unsung heroes. What if every nation followed suit and its teacups sang of good deeds and good people? What if we invited outstanding community members to tea on our lawns or held fashion shows with model citizens whose accomplishments were heralded in addition to their clothing? Perhaps the world needs a good Garden Party with or without a monarch. Perhaps Queen Victoria, who started the first Garden Parties in the 1860’s, and now Elizabeth, further refining the tradition, are ready to pass the baton to us! Any takers?



Gail Henderson connects people through her business - Love Your Neighborhood. She lives in Palmetto, Florida. Gail makes memories with her grandchildren and helps others make memories by giving away tea resources and information. Visit her website to learn more: LoveYourNeighborhood.com Or call 813-928-1166 for information and help. Photo credits: Martha DeWeese

Your Manners Matter® Minute with Cynthia Grosso

As we travel in America and around the world, tipping will vary.

Being globally savvy is not just about the places you have visited, but also it is about learning the customs and culture of the people who may enhance our travel experience along the way.

Etiquette Tip:

Tipping: How Much is Common?

Do you know the most common percentage for tipping people for restaurant service?

In a poll conducted recently, the majority of people tip 15% no matter what part of the country you live in. 62% of the people surveyed tipped at least 15%, the largest percentage, even if the service was subpar.

35% of participants say they would tip 10% or less for subpar service, while 8% say they would not tip at all. As part of tipping etiquette, I recommend tipping between 15-20% for good restaurant service. I also recommend tipping 10-15% for sub-standard service, rather than no tip at all.

According to a poll conducted by Horizon Media, 81% of American restaurant-goers are not interested in getting rid of tipping.

Tipping has always been and still is a gesture of appreciation for service rendered well done.



International Protocol:

Tipping Around The World

Tipping in America is common place. However, when travelling internationally, do not assume it is the same as America. It is not the same in all areas of the world.

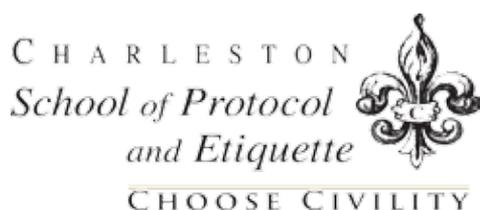
In some parts of the globe tipping is readily accepted and in many cases expected. In those areas, it may range from 10 to 20 percent with 15 typically a common percentage.

In some countries, tipping may be common but can vary from town to town or city to city. People may or may not leave a tip and the acceptable amount may also vary.

In some countries tipping may be illegal.



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!



Contact: (843) 207-1025
charlestonschoolofprotocol.com

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.





A MAD HATTER'S TEA PARTY

Recently, Queen Errin Dunbar of The Blinged Beauties, Bedford, Texas, USA held a Mad Hatter Tea Party and the costumes were so magnificent that we just had to share!

Queen Errin shares, "I love Alice in Wonderland and Red Hatters love teas...so, naturally, The Mad Hatter's Unbirthday Tea came to mind as a great opportunity for a Hatventure. The Blinged Beauties love to get creative and dress up, so we donned our colors and costumes and had a wonderful Mad Hatter's tea. There were Mad Hatters, White Rabbits, Red Queens and a Cheshire Cat! It was so fun! We had 'Drink Me' bottles and 'Eat Me' cakes. We laughed and enjoyed the day much like the March Hare, Mad Hatter and the Door mouse!"



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SPECIAL FEATURE

Our Tale of Ceylon Tea

Follow along and experience our journey to Sri Lanka.
Read our feature blog: <http://srilanka.theteahousetimes.com>



Take a look at the advertisement on the facing page. “If it is not Ceylon tea, why drink tea at all?” Good question. And the answer is all about the quality of Ceylon tea and the care taken by the Sri Lankan tea industry to ensure their tea is clean, yes clean. (See Linda Villano’s article on page 17.) As you can see, celebrations are planned worldwide on July 6 and the most exciting and important activities to recognize the 150th Anniversary of Ceylon tea will take place this August in Sri Lanka. Here, enjoy a few more photos from our trip in January. More @teahousetimes Facebook.

Photos: ← ↑ @98 Acres Resort | ↓ ↓ @Tea Research Institute

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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 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>

If it is not Ceylon Tea, why drink tea at all.

*At 4000 feet above sea level on an exotic island far far away,
tea-pluckers are looking for a cup of tea
good enough to impress you.*

*It is what makes Ceylon Tea the finest tea in the world:
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which we guard the authenticity of every sip you take.*

*To make sure you pick it up,
we even seal it with the legendary 'Ceylon Tea Lion Logo'.*

*Now tell us, why would you bother
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Pure Enchantment in a Cup



A HERITAGE OF EXCELLENCE

Invitation to tea lovers and tea fraternities
around the world to join
the celebration of 150 years of
"Ceylon Tea"



Global Ceylon Tea Party
6 July 2017

Hosted by Sri Lankan Diplomatic
Missions Worldwide

Ceylon Tea Festival
12 August 2017
Colombo, Sri Lanka

Colombo International Tea Convention
9 - 11 August 2017

BMICH, Colombo, Sri Lanka

CRT International Exhibition 2017
11 - 13 August 2017
BMICH, Colombo, Sri Lanka

Sri Lanka Tea Board
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Welcoming Spring

By Sarah, Duchess of York

I couldn't look at my phone, or at social media, or in the news in the last month, without a reminder that spring is officially here! How wonderful. Gone, now, are the coats we are forced to bundle ourselves into, or the heaters we must crank up to their fullest. Gone, now, is staying indoors instead of relishing in the beautiful outdoors just because we have to. Gone, now, are the days of needing a hot drink solely to warm your bones rather than warm your soul.

Now, that is not to say that I don't enjoy bundling up as much as the next person, or sitting by a warm fire, or – obviously – drinking tea throughout the day. However, I do enjoy the fact that we have moved into the part of the year when the weather doesn't have to define my day or the activities in which I would like to partake.

Just today, I went outside into the garden and delighted in the bright flowers and verdant trees, in the natural fragrance infusing the air so wonderfully, even in the gentle buzzing of bumblebees as they hopped from petal to petal. Every season has its beauty, but there is something so extraordinary about the sun beating down on new life for weeks on end. Closing my eyes and tipping my head back to feel the full force of the often shy English sun, I wondered what to drink out here as I read in the bright light. For the first time this year, it wasn't just bright but cold – I was outside without even a jacket!

Alright, so it wasn't exactly a balmy 30 degrees, so of course I settled on my usual choice of tea and healthy homemade biscuits. But I am so looking forward to summer just around the corner, to the May flowers



brought on by April showers. I look forward to sitting in the garden when it is perhaps warm enough even for iced tea! Many find iced tea not real tea, but I can tell you how enjoyable it can be, especially if it is the right flavour. Alex Probyn, the fantastic Master Tea-blender of whom I know I've spoken before, has created 'mocktail' teas which are healthy, fun, and dare I say, summery alternatives to classic tea.

So, now that spring is here, let's all make the most of it. Let's also commit, not just to staying healthy and active, to drinking tea as we always do, as part of our routine. Let's endeavour to have a little fun this season. Whether it's a slightly rogue, exciting new flavour of tea, or changing up our daily responsibilities with a trip outside with our work, let's enjoy ourselves, shall we?



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

Tea and Feminism

By the team at Rosanna, Inc.



Tea and feminism have a relationship that extends across generations, causes and continents. It's hard to imagine sipping tea being an affront to society in the 1800's, but in the United Kingdom it was linked to radical, revolutionary feminism. Complaints came from the upper class, arguing peasant women shouldn't be wasting time and money on tea. Clearly, if they had time to sit and take a break they were ignoring their domestic duties. Or worse, it could lead to political engagement or rebellion.

Ladies' tea breaks started small - asking for higher wages and standing against their companies, but no large social movements... yet.

Pamphlets were distributed explaining why long tea breaks were morally wrong. In one publication, Cottage Dialogues, it was argued tea time and dialogue between women could become habit-forming, like an addiction - likening the drink to alcohol.

These views against ladies' tea time wasn't new, in 1785, A Classical Dictionary of the Vulgar Tongue, took slang words and defined them. A few terms used to describe tea drinking? Chatter Broth, Scandal Broth, Cat Lap, and to Stand Bitch (or "a Bitch") which generally meant a woman that was making tea.

The trend continued through 1874 in The Slang Dictionary: Etymological, Historical, and Anecdotal, where tea parties are described as: "Tabby Parties: a party consisting entirely of women, a tea and tattle gathering," and "sipping the scandal-potion." Are you flashing forward to "Nasty Woman" and being "Bossy?" Good, me too.

Some of the upper-class European concerns did come true even though it wasn't related to them (Kudos to them for predicting tea as the feminist-brew though, right?).

July 9, 1848: Five key members of the American Women's Suffrage Movement met for tea in Waterloo, NY: Lucretia Mott, Martha Wright, Mary Ann McClintock, Elizabeth Cady Stanton and hostess, Jane Hunt.

While drinking some Scandal Broth, this Tabby Party went from talking about passions to a full-on revolution discussion. Their afternoon tea became a launch pad for the Seneca Falls Convention: The first women's rights conference in the Western world.

Fast forward to 1985, Nancy Reagan convinced her husband and President Ronald Reagan to hold "summit" conferences - where Reagan and Mikhail Gorbachev of the Soviet Union developed a relationship through negotiations.

The relationship between Nancy Reagan and Raisa Gorbachev, however, was not so productive. The two would sit to tea and fake pleasantries while discussing the differences between the US and USSR in front of press.

These meetings changed the public's perception of Nancy Reagan from tea-party-hosting first lady to someone with hidden power in the White House. Gossip at tea parties was no longer just "tattle gathering," but instead became information that the most influential politician in the country heard about from his partner.

Girlfriends, we've come far. Keep sipping your tea, talking about the world and making change. Remember the words of Nancy Reagan:

"A woman is like a tea bag. You never know how strong she is until she's in hot water."

ROSANNA INC. is an international award-winning home decor design house run by women, for women. Our team brings this column and is dedicated to bringing people together - after all, there's nothing better than chatting with girlfriends over tea. Learn more about Rosanna, Inc. at rosannainc.com and look for social media @rosannainc Please read blog posts provided by Rosanna here: <http://rosanna.theteahousetimes.com>



*Rosanna*TM

CONNOISSEUR

James Norwood Pratt



What do those letters mean?

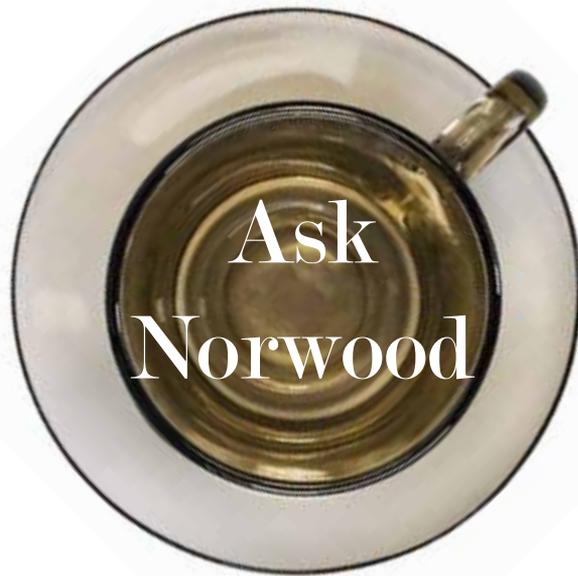


Image: Tarzhanova/Shutterstock.com

As mentioned in the previous issue, grading is the 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. Consumers may or may not be exposed to labeling of leaf grades, however, businesses definitely will, so if you are curious....here is a run-down of some of the most often seen tea leaf grades.

OP - Orange Pekoe

A manufacturing term for the largest grade of black tea with long unbroken leaf. It is followed by the Pekoe grade and Broken Orange Pekoe grade. The OP classification is often confused by consumers who mistakenly believe it refers to tea flavour as opposed to leaf size. The name conjures up a vision of a flavoury and exotic variety. Early Dutch traders seem to have used “Orange” to suggest Holland’s ruling House of Orange.

P - Pekoe

Originally a Chinese dialect word for “white hair” meaning the downy white cilia covering unopened tea leaf bud. Pekoe has long been used to describe the size of black tea leaves, specifically the largest unbroken leaf grade of India and Ceylon teas immediately below Orange Pekoe or OP.

FBOP - Flowery Broken Orange Pekoe

Broken grade usually larger than the standard BOP and often containing silver or brown tips.

Broken refers to the primary grade of black tea. The two main grades of black tea are Leaf and Broken. The broken grade comprises the small sizes of the leaf grade and is further divided into Broken Orange Pekoe, Broken Pekoe (BP) and Broken Pekoe Souchong (BPS). Still smaller grades are classified as Fannings and Dust. Broken grades normally give a darker liquid and stronger cup than the leaf grades.

Fannings

Very small broken leaf grade – smaller than BOP but larger than dust. Naturally produced in manufacture of black tea. A very useful grade for tea bags, fannings produce a quick-steeping infusion with good colour liquor.

Dust - The finest siftings of black tea is termed dust, which is mostly used in giving strength and colour to teabag blends.

Some other abbreviations you might see include:

TGOF - Tippy Golden Orange Fanning – used as a grade in Assam and Darjeeling.

TGFOP - Tippy Golden Flowery Orange Pekoe. Top grade of whole leaf Darjeeling and Assam teas. Buds, which are abundant, are of lighter colour than leaves, hence “tippy golden.”

Find more of James Norwood Pratt’s work at TeaCourse.com where learning never ends.

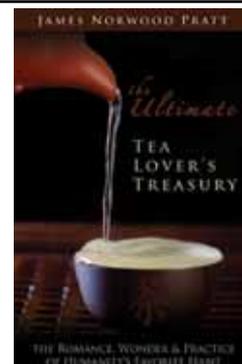
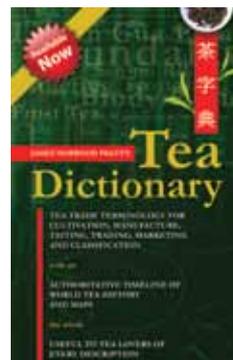


James Norwood Pratt
is acknowledged as America’s Tea Sage.
He is an award winning author and authority on tea.

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



Linda Villano

Ceylon Tea = Clean Tea

by Linda Villano, SerendipiTea



For many decades tea has been Sri Lanka's leading export crop. This industry employs more than one million Sri Lankans and contributes an impressive 14% to national export earnings. It is with great pride that Sri Lanka produces and promotes clean, premium quality, orthodox tea which is highly prized globally.

What is CLEAN tea? Often associated with the organic growing process only, there are actually many variables which contribute to the deep-seated commitment to clean tea which begins as philosophy then translates to practice. The Sri Lanka Tea Board's website, pureceylontea.com, informs us that "While the proportion of organically-produced Ceylon tea harvested increases annually to keep pace with demand, conventionally-grown teas must also pass the Tea Board's stringent rules on chemical content. This not only results in a safer and healthier product, but also helps protect the environment."

The Sri Lanka Tea Board has compiled a wealth of information about all facets of Ceylon tea and the Board's Promotion Division has provided permission to share these details about the country's Clean Tea commitment. The industry's emphasis on environmentally responsible, sustainable, ozone-friendly tea is evident.

"Sustainability is not just a fashionable catch-phrase among members of Sri Lanka's tea industry. The drive towards sustainable practice in all aspects of the cultivation, manufacture, storage, transportation and distribution of Ceylon tea has gathered momentum, with legislation and industry rules in place. Alliances have been forged with international conservation bodies and hundreds of individual initiatives are being practiced on estates and smallholder farms throughout Sri Lanka's tea-growing districts."



There exists a long history of forest preservation, conservation and sustainability in Sri Lanka's agricultural industries. For example, "above the estates of the Sabaragamuwa tea-growing district lies the Sinharaja, a tract of virgin high-altitude rainforest that is home to hundreds of species of plant and animal found nowhere else in the world. Apart from its natural treasures, the Sinharaja forest also has important climatic effects on the surrounding countryside. Other high-altitude ecosystems, such as the Hakgala forest reserve in Uda Pusselawa district, Horton Plains and the Peak Wilderness around Adam's Peak, are also essential elements in the web of climatic and ecological interactions that give Ceylon tea its unique character. Tea planters have long understood the importance of preserving the forests that lie above the tea, and a considerable part of the labor of running a tea-estate is dedicated to this task. To an experienced planter, the condition of the surrounding forests is one of the marks by which a well-run tea plantation is judged.

Today, when climate change is a reality experienced daily and deforestation is a worldwide issue, the emphasis on forest conservation in the Ceylon tea industry is stronger than ever. Many Sri Lankan estates and smallholder co-operatives have entered into partnership with the Rainforest Alliance, an international non-profit organization that sets standards for sustainable practice by land users of all kinds, including tea cultivators. The Alliance offers valuable certification to cultivators who conform to these standards, and works with some of the world's leading tea producers to promote them."

For more about the Rainforest Alliance visit www.rainforest-alliance.org

Continued on page 18.



Linda Villano is
Co-Founder/President of SerendipiTea.
The NY-Based Importer/Manufacturer est.
in 1995, specializes in Premium Tea &
Tisane and Small Batch Blends.

SerendipiTea.com

See also <http://linda.theteahousetimes.com>

Photo Credit: SerendipiTea



CONNOISSEUR Continued

Ceylon Tea = Clean Tea

by Linda Villano, SerendipiTea

In addition, “Sri Lankan tea growers follow standards of the Sustainable Agriculture Network (SAN), an international body that sets standards and recommends best practices for sustainability. Inspection and certification is undertaken through the Rainforest Alliance.”

For more about the Sustainable Agriculture Network (SAN) visit www.san.ag

The presence of the ozone layer high in the atmosphere has important regulating effects on weather and climate, life, and your health. Taking the clean commitment even further, tea grown in Sri Lanka is one hundred percent ozone-friendly, a rare distinction.

Sri Lanka was acclaimed a ‘leader in ozone-layer protection’, receiving the Montreal Protocol Implementers Award in 2007. Plans are being drawn up to impose a total ban on methyl bromide use in applications like export packaging and shipping. As of May 2011, Ceylon tea is entitled to bear the ‘Ozone Friendly Pure Ceylon Tea’ logo, certifying that it has been produced without the use of any ozone-depleting substances.”

In addition to the overt efforts to maintain Clean Tea practice at the gardens, scientists and technicians in the many varied divisions at the Tea Research Institute of Sri Lanka (TRI) work tirelessly behind the scenes in areas such as:

Crop Improvement: The Biochemistry Division conducts studies on chemical and biochemical aspects of tea. In addition to research activities, the Division renders disease diagnostic services for tea cultivations and microbial testing services for tea factories.

Soil Fertilization Improvements: The Agronomy Division focuses on the introduction of novel, appropriate and cost effective agronomic practices for tea cultivation in order to enhance land productivity, effective use of labor, conservation of soil, water and environment and improvements of made tea quality. Studies on the rational use of chemicals for weed control are also undertaken. Present challenges such as the impact of climate change, environmental degradation and bio energy production are also investigated. And the activities of the Soils and Plant Nutrition Division are directed towards the establishment of optimum nutrient quantities of plant material necessary for



Photo Credit: SerendipiTea

the productivity improvements whilst ensuring profitability and preventing environmental degradation through integration of soil nutrient dynamics and plant nutrition, and fertilizer inputs.

Integrative Pest Management: The Entomology and Nematology Division engages in research on development of integrated pest management strategies to ensure sustainable and safe living and working environments in the tea eco system.

Productivity Improvement and Alternative Energy Sources and Energy Saving Techniques: The Process Technology Division is engaged in developing technologies in different stages of tea processing, with more emphasis being given to black tea, and is also responsible for developing/modifying machinery related to tea processing in order to improve the quality of the product, and reduce cost of processing by conserving electrical and thermal energy.

While the Plant Physiology Division focuses on all the above through an understanding of the functioning of the tea plant, the main areas of physiological research are under crop improvement, land productivity improvement, impact of climate change and crop management, drought screening, carbon sequestration and carbon budgeting.

The above content was provided with permission from the Tea Research Institute of Sri Lanka (TRI). For more about TRI visit www.tri.lk/home.

Tea is the most labor-intensive agricultural product worldwide. Now, aware of the herculean effort, deep commitment, varied resources and on-going research behind Ceylon’s Clean Tea production we must take a moment, at the very least, to contemplate and appreciate this affordable luxury in our cuppa.

TEA IS POETRY POURED

By Susan Patterson

Hello there! This is Susan Patterson greeting you in the first edition of my new column, *Tea is Poetry Poured*. You have most likely been reading my poetry here in *The Tea House Times* for many years, but now, we are starting a new chapter. In each edition of this, our favorite award winning tea magazine, I will present a poem and then a small discussion. As always, I urge you to contact me and let me know your thoughts.

Come Now, My Dear

Come now my Dear,
And we shall have
A cup of tea and a glass
Of reverie.

We shall sit and sip
And gossip and laugh
And sigh and sip again.

For tea brings forth secrets and
Sensibilities at the same time.
So when we drink, we will know
With a surety just where
We find ourselves to be.

Susan Patterson
04-2002



Mercedes Dalton, 7-14-11- 8-01-2009

Come Now, My Dear, is the very first poem I wrote. I thought it only fitting that the new column be started with this classic. Back in 2002, I wanted to invite my mother-in-law, Mercedes, to tea as an incentive for her speedy recovery from a severe heart attack. But, you know what? I simply could not find a card inviting someone to tea. Goodness! Then, in the middle of the night, this poem came to me. Verbatim. I woke up enough to write it down and then happily fell back asleep. The poem was a perfect invitation. Mercedes recovered quite nicely, and we catered tea for her and fourteen of her closest friends. Everyone had a jolly time, sipping and laughing. And there you have it, the beginning of a writing career.

But what can I say? You and I know the value of a good cup of tea with a friend. We wouldn't be reading this fine magazine if we did not. However, I still bet that the general population does not know our secret. They do not know the joys, insights, blessings, or friendships that come from sharing an excellent tea. I would submit then, it is our duty, even privilege, to clue them in. Together, over a cuppa, we might discover a new path; find delicious humor or humbling secrets; or simply grasp a sensible truth.

Of late, I have made it a point to invite people to my home and serve them tea. Whether it is for a business meeting, or a quick social visit, I suggest my simple tea instead of a loud coffee shop or a busy restaurant. Every time, my guests are pleasantly surprised that they enjoy the tea along with slow and civilized conversation. We have no dishes rattling in the background, no people ordering or servers yelling out names. There are no cappuccino machines or loud music intruding in to the discussions. I know, I know, to some that is the charm of coffee shops. Have at it, I say! I will take a quiet cuppa anytime. I hope you will too. So, if you are in the area, call me and let's have a cuppa together at my home. . . Your poet, skp.

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 to schedule appearances and to purchase books. See also: <http://susan.theteahousetimes.com>



English Tea in Barbados

by Barbara Tuson



On a recent trip to Bridgetown, Barbados we were pleasantly surprised to find The Sunbury Plantation House and Museum. The house is located in the tranquil St. Philip countryside and is a loving monument to sugar plantation life of a bygone era. We were treated to visiting a carefully restored and lovingly cherished home.

The Sunbury Plantation House is over 300 years old, and portrays a vivid impression of life on a sugar estate in the 18th and 19th centuries. The house is magnificently furnished and the cellar houses the Caribbean's finest collection of antique carriages.

The highlight of this visit was an English Tea served in the gardens. We enjoyed freshly baked scones served with butter, fresh cream and jam; tuna, cheese, and cucumber finger sandwiches; and fruitcake. We sipped freshly brewed tea. The tea served was from the EVE Company which is located in Africa. It was an oolong which was very nice.



While enjoying tea I was able to speak with the manager, who is the daughter of the owners. She explained that her parents, Mr. and Mrs. Keith Melville, were inspired by a firm commitment to preserve the heritage of a gracious past. The Melville's resided at Sunbury until 1984 and Sunbury House was opened to the public in 1985. Her mother loved to entertain and the house was meticulously restored and re-opened to the public in 1996 after a fire in 1995. They now hold weekly candlelight dinners in the lovely dining room and Friday night fish fries on the grounds. It remains a main attraction on the island.



Barb Tuson is owner of Tea Time Travels. Previous owner of SBS Teas, after she sold that business, she and her husband decided it was time to travel the world so they became travel agents and named their travel agency Tea Time Travels because they wanted to travel and drink tea all around the world. See TeaTimeTravels.globaltravel.com if you need help with your travels and sampling tea all around the world.

Bricktown Inn B&B

112 Hudson Avenue
Haverstraw, NY 10927
(845) 429-8447

Website: www.bricktowninnbnb.com

Bricktown Inn is located in the historic Village of Haverstraw, Rockland County, New York. Once known as the “Brickmaking Capital of the World”, many of the buildings in New York City, just 40 minutes away, were built from brick made in Haverstraw in the 1800’s. This area of the Hudson Valley is rich in history both for its brickmaking and historic revolutionary war sites. The battle of Stony Point occurred just three miles from here and the historic treason of Benedict Arnold occurred on the shores.

The house was constructed in 1868 by William Felter, owner of one of Haverstraw’s brickyards, in the 2nd Empire Victorian style and made of solid Haverstraw brick.



The building has been lovingly restored to its original grandeur but with all modern amenities, maintaining the integrity of beautiful original architectural features such as a mahogany staircase, ten and one half foot ceilings and beautifully crafted wood floors and plaster moldings. Each room has been artfully decorated with an eclectic mix of magnificent antiques and family heirlooms. The parlor includes a baby grand piano for guests who may be musically inclined and the Garden Room provides a relaxing space to watch a movie or just gaze out into the gardens and koi pond.

In 2003 Michelle and Joe Natale, after four years of renovation, opened Bricktown Inn, Haverstraw’s first B&B. Soon after they began hosting High Tea at the inn and the Holiday Victorian Teas have become a “must do” event for local residents to begin the holiday season. Teas are also offered during the spring for Mother’s Day and private teas for groups of 15-30 are offered as birthday celebrations, bridal or baby showers.



Through our partnership with PAII - Professional Association of Innkeepers International, their member Bed & Breakfasts / Inns / Boutique Hotels are featured in every issue of *The Tea House Times*. All PAII member innkeepers receive a digital subscription and may share it as an amenity to guests. PAII’s non-innkeeper members include future innkeepers, retired innkeepers, vendor affiliates, and lodging associations - all receive *The Tea House Times* digital subscription to discover the inns that will welcome them with tea time and hospitality, and that also will enhance their personal knowledge and enjoyment of tea.



Innkeepers who choose membership in PAII are committed to high standards of hospitality through continuing education on management, marketing, and exceeding guest expectations. PAII’s membership includes hundreds of innkeepers in the US, and is seasoned with innkeepers outside of the US borders. PAII is delighted to acquaint *The Tea House Times* readers with the historic mansions, rustic lodges, intimate cottages, contemporary inns, and more, with innkeepers that offer tea service. To discover more about PAII, visit <http://www.paii.org>



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THE TEA HOUSE TIMES EVENTS:

Ceylon tea tasting and slide show @Tea Assoc. of USA in NYC - For members only in May.

Exhibit and Ceylon tea presentation at Coffee & Tea Festival ICED, Brooklyn, NY, June 11. Gail in a sari! Don't miss it!

Exhibit at World Tea Expo June 13-15

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of the Tea Shop Mysteries

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