

CUISINE

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CONNECTIONS

# The TEA<sup>TM</sup> House Times



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

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**[www.TheTeaHouseTimes.com](http://www.TheTeaHouseTimes.com)**  
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**[www.STITea.org](http://www.STITea.org)**  
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**[www.TeaCourseFastTrack.com](http://www.TeaCourseFastTrack.com)**  
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**[www.CoffeeTeaShow.ca](http://www.CoffeeTeaShow.ca)**  
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**[www.TEATRADESHOW.com](http://www.TEATRADESHOW.com)**  
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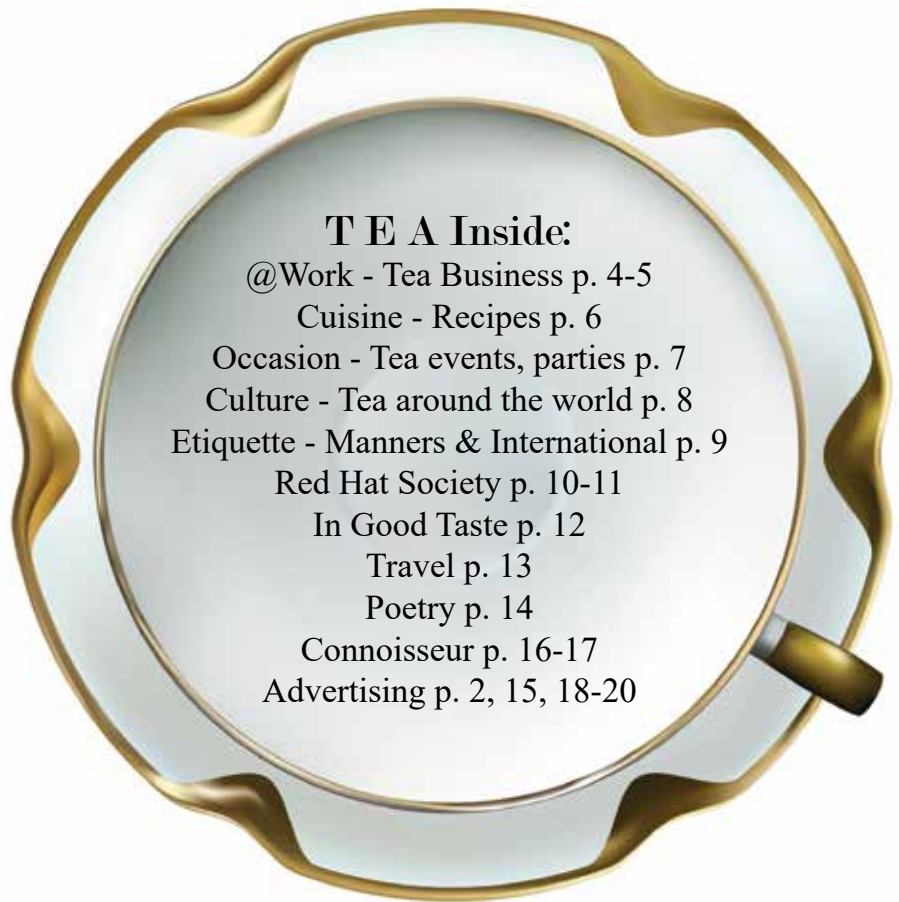
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## Greetings from The TEA House Times!

January was hot tea month, something I know you all look forward to each year! It was especially fun for me since I traveled to UC Davis in California for their 5th Annual Colloquium / Global Tea Initiative for the Study of Tea Culture and Science: Tea & Wine - this year, in cooperation with the Robert Mondavi Institute for Wine and Food Science. Imagine that! Yes, it was quite interesting.

March 5-7 brings Natural Products Expo West, perhaps I will see you there. But the most fun of all will be the week-end of March 21-22 when the Coffee & Tea Festival takes place in Brooklyn, NY. I will be there to teach my four-hour Tea Course Fast Track on each day from 10-2. Choose which day is best for you and register at [www.coffeeandteafestival.com/nyc](http://www.coffeeandteafestival.com/nyc) TCFT registration also includes VIP entrance to the show.

April 15-17, I will be very busy presenting at SIAL Canada in Montreal. Grateful to be named a SIAL ambassador and tea and beverage expert again this year, I will be leading nine workshops for INSPIRE DRINK over three days.

## SALUTATIONS

Special thanks to some of my assistants for SIAL Canada this year including Lisa Mac Innis (SensioInc.com), Jeni Dodd (JeniDoddTea.com), and delicious pairings from companies such as ChocMod, Mlesna Teas, and others to be announced soon. Please pre-register for Inspire Drink sessions at SIAL-Canada.com. Seats are very limited for these exclusive and very special workshops. All mornings include tea with me followed by afternoon sessions with our drink expert Jean-Sébastien Michel.

Don't forget to register for World Tea Expo too; in Denver, Colorado this year from June 10-11.



See you soon!

All the best,

*Gail  
Gastelu*



# @WORK

A message from . . .



*Founded in 1899, the Tea Association of the USA, Inc. was formed to promote and protect the interests of the tea trade in the United States and is the recognized independent authority on Tea.*

As I have often said, the tea business faces four key challenges:

1. Supply and Demand
2. Free and Unencumbered Trade
3. Sustainability
  - a. Ecological Sustainability
  - b. Social Sustainability
  - c. Economic Sustainability
4. Promoting The Goodness of Tea

While these are strategic platforms for us to drive over time, we can't ignore the day-to-day issues that face us. Already, the end of 2019 and the beginning of 2020 have brought us some interesting and challenging tidbits:

Tariffs – when will they finally be reduced and will more reductions take place?

Research – on top of all the good research we see, we also find poorly done work that threatens to undermine the healthy reputation of tea.

Coronavirus – while there is absolutely no risk from tea products imported from China\*, impact of this epidemic (and possibly pandemic) virus continues to impact the globe.

[\* According to the CDC: "In general, because of poor survivability of these coronaviruses on surfaces, there is likely very low risk of spread from products or packaging that are shipped over a period of days or weeks at ambient temperatures. Coronaviruses are generally thought to be spread most often by respiratory droplets"]

I think the old Chinese curse is upon us: "May you be doomed to live in interesting times!" That's for sure!!!!



A handwritten signature in blue ink, reading "Peter F. Goggi".

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

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Learn more from tea associations below.

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**UK:** [www.Tea.co.uk](http://www.Tea.co.uk)

## A message from . . .

**UKTEA &  
INFUSIONS**  
ASSOCIATION



As I write, a leading UK breakfast TV show ‘This Morning’ is on a mission to ‘save the great British Cuppa!’ This is in response to media coverage suggesting we Brits are falling out of love with our favourite brew. Although to be honest, I am not sure it needs saving. By the end of each day we Brits will have consumed between 100-150 million cups of tea (and I say cups, but please forget the image of us sitting down for Afternoon Tea with dainty china, which we love to do as a treat, but day to day we are drinking tea by the hearty mug-full).

I don’t deny that black tea has, in volume, been declining for some time. We have a lot of work to do to engage the next generation of tea-drinkers. But black tea, usually taken with milk, still represents the largest segment (70%) in the UK tea and infusions market.

Yes, we are seeing healthy growth in the herbal & fruit infusions sector and this is to be embraced, as to the consumer – it is all ‘tea’. I know not everyone will agree with this, but when it comes to engaging with younger consumers, if everything is ‘tea’ then there is no barrier to them trying a black, green, oolong, white or yellow tea, whether it is blended with herbals, or not.

When the media talks about us falling out of love with our traditional cuppa, they are not comparing apples with apples. Our markets have changed dramatically over the years, with more choice of beverages than ever before. So in many respects tea is holding its own in a much more crowded market.

Let’s work together (join the #brewcrew) and ensure that people stay in love with tea or help them to fall in love with tea for the first time.



Sharon Hall  
Chief Executive  
UK Tea & Infusions  
[Tea.co.uk](http://Tea.co.uk)

## A message from . . .



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

A few months have passed since the start of the year. For me, a big part of my annual assessments of life as I get older, means looking at overall well-being. So many of us for example, start the year committing to exercise. And while exercise is an important commitment, most of us forget about the other elements of well-being – our minds and our spirits.

You may or may not have heard the term Sophrology; it was the biggest wellness trend last year. And even if you haven’t heard the word, you know the principle. It’s about managing stress and living a more mindful life. Professor Alfonso Caycedo, the father of Sophrology, describes it as, “...learning to live”.

What better way to find that balance, than through a cup of tea. We all feel something when we sit down with a tea. Tea does something to us on an emotional level that no other beverage manages to achieve. And that connection is what feeds our mind and our spirit.

Thich Nhat Hanh, the Vietnamese Buddhist Monk practices a beautiful tea meditation. (You can find the full version on line.) He says:

“You must be completely awake in the present to enjoy the tea. Only in the awareness of the present, can your hands feel the pleasant warmth of the cup. Only in the present, can you savor the aroma, taste the sweetness, appreciate the delicacy. If you are ruminating about the past, or worrying about the future, you will completely miss the experience of enjoying the cup of tea. You will look down at the cup, and the tea will be gone. Life is like that.”

So don’t beat yourself up if that January list is collecting dust. Take care of your inside – and perhaps the happiness a cup of tea brings will even motivate you to get back to the gym.

Shabnam Weber  
President  
Tea and Herbal  
Association of Canada  
[Tea.ca](http://Tea.ca)





Both Passover and Easter are observed in April this year. The following recipes can be easily adapted for both family celebrations. Serve certified Kosher Japanese Sencha, Shizuoka province, Japan, from Harney & Sons (Harney.com). The fresh, vegetal flavors with slight roasted notes elevate the fresh pea and mint in the English Pea Soup. This high-quality Sencha can also be used for the steeped tea used in the soup recipe. Organic and certified Kosher, Ti Kuan Yin oolong tea (Iron Goddess of Mercy) Fujian Province, China from SerendipiTea (serendipitea.com) pairs well with the creamy smoked salmon rosettes.

## English Pea Soup

*This fresh, simple soup, with its bright color is a perfect springtime soup. Delicious warm or cold, served in teacups, it makes a lovely addition to your table.*

(makes 12 5 oz. portions served in teacups)

- 1 medium yellow onion, chopped
- 4 Tbsp. butter or non-dairy butter
- 6 cups frozen peas (2 lbs.)
- 2 tsp. brown sugar
- ¼ cup chopped fresh mint
- 2 cups light vegetable broth plus extra as needed
- 1 cup steeped Sencha green tea
- 1 tsp. salt
- ¼ tsp. fresh ground pepper

Chopped fresh chives or mint for garnish

Optional garnishes: a drizzle of sour cream or croutons

Steep 1 rounded teaspoon sencha (Japanese green tea) in 8 oz. of 175 degrees water for 3 minutes. Remove tea leaves and set steeped tea aside. Sauté onions in butter until soft and golden. Add vegetable broth to sautéed onions and bring to a boil. Add peas and lower temperature, cooking peas until tender, about 5 minutes. Add fresh mint, salt, pepper and prepared sencha tea. Using an immersion blender, pulse the soup until smooth. If you prefer your soup a little thinner, add water or vegetable broth as you pulse. The soup thickens on standing. If you don't have an immersion blender, a traditional blender will work just as well. Ladle warmed or chilled soup into teacups, garnish and serve.

## Smoked Salmon Mousse Rosettes

*There are many ways to enjoy this smoked salmon mousse. However, this presentation of piped rosettes is really quite lovely, so easily made & quickly assembled.*

(makes about 24 rosettes on bread or matzo crackers)

- 8 oz. cream cheese, room temperature
- 4 oz. smoked salmon
- 3 Tbsp. heavy cream
- 2 tsp. fresh lemon juice
- Pinch white pepper

Manischewitz Matzo Crackers (individual round)  
or Pumpernickel bread cut into 2" rounds  
Fresh dill sprigs for garnish

Place first 6 ingredients in a food processor and pulse until well blended and smooth. Place mousse in piping bag fitted with 1M size star tip. On each cracker or bread round, starting in center, pipe the salmon mousse in a closed circle around the center, creating a rosette. Pinch off one or two small pieces of fresh dill and place on side of rosette as a "leaf." Continue until the salmon mousse is used, creating about 24 rosettes. Serve immediately or chill in refrigerator until ready to serve.

*This recipe is quite versatile. It can be used to make traditional tea sandwiches; can be piped onto cucumber slices or celery sticks; or simply placed in small bowl with spreader and selection of crackers or baguette slices for guests to help themselves.*



*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 and manager of the Orchard Tea Room at Rose Hip Barn, Thornton, PA. See [GreenhalghTea.com](http://GreenhalghTea.com)*

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# What's Your Sign?

by Kim Hendrickson

OCCASION

Astrology Day and Multiple Personality Day are celebrated in March what better excuse is there to use those themes to plan your next party.

Have you ever looked at your own astrological chart? Some may think we all have many personalities based on the number of signs that influence our individual personalities. Why not use all of that variety to create a party theme that would entertain us all. Don't we all need something to look forward to after the winter starts to wind down?

The Gemini, me, suggests the following ideas:

- Moon, Star, Sun shortbread cookies, frosted or sugared, make great desserts.
- Use wire with metallic stars on it (found in dollar stores) to wind around napkins.
- Play a game of matching characteristics with the Astrological Signs.
- Use iridescent tinsel (dollar store), scattering it over your tablecloth to add light. Using a dark blue tablecloth (like the night sky) will enhance the glittery effect.
- Make sparkling luminaries for the center of your table. Glue glitter inside mason jars (see Pinterest for instructions). Insert a fake candle and stack them decoratively in the center of your table. Add left over star wire (from your napkin rings) to curl around and insert into the spaces of the jars. Give each guest one to take home.
- Zodiac personal invitations. Using blank note cards, either copy/draw each person's astrological sign on the front using markers or "connect the dots" of each

star by poking a hole in your card for each star placement and in "kindergarten fashion" pull yarn through to create the image.

- Saturn finger sandwiches will delight. Take any sandwich filling that can be rolled into a  $\frac{3}{4}$ " ball (tuna, flavored cream cheese, deviled ham). Cut rings of bread from any bread so it will fit over the ball like a Saturn ring. Pumpernickel bread or marbled rye work great for edible contrasting rings.

- Serve any delicious punch with a chip of dry ice to create an "other-worldly" mood .

- Instead of names on place cards, write 2-3 word personality descriptions and see if each guest can find their place.



*"We are born at a given moment, in a given place and, like vintage years of wine, we have the qualities of the year and of the season of which we are born. Astrology does not lay claim to anything more."*

*Carl Jung*

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



# CULTURE

## Tea With the Animals

by Gail Henderson

Sipping rooibos tea in Cape Town's elegant One and Only Hotel may be over the top, but nothing beats tea with the animals! Safaris in Namibia and the Serengeti, while crossing the Equator (literally) with other tea takers at Mt. Kenya paired us with some unforgettable animals.

Since Kenya produces more black tea than China or India today, it isn't surprising that our teatime at Mt. Kenya Safari Club Resort included Mt. Kilimanjaro black. The surprise was the peacocks walking through the lobby while guests were having tea, overlooking a golf course where baboons stole the flags from each hole at night. We were definitely having tea with the animals.



Guests who took a teacup outside with the peacocks to cross the resort's red carpet actually crossed the Equator. On one side of the carpet, the water from a fountain swirled clock-wise and from the other side, counter-clockwise!

The tea foods looked British, but they were served on a distinctly patterned Maasai checkered cloth. Reminding us not to wander too far, as the only humans whom



lions fear is the Maasai warrior, who still walks untouched through the Serengeti with just his spear. Really.

Sighting animals by jeep in one of Namibia's wildlife refuge resorts revealed an interesting side of animals who know they are not being hunted. White rhinos grazed peacefully near our jeeps. One lion, lamed by a giraffe, was unable to hunt. Two other lions would roar when they had a kill to alert him to come share. This uncharacteristic kindness of animals in a resort where they are not hunted was also extended to us. The "three brothers" allowed us to take their picture at a close distance from our jeep—as long as we were respectful and didn't talk!

Enjoying the teas of Africa with your dog or cat is more doable, but nowhere near as fun! Tea from South Africa or Kenya, however, will not disappoint.



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



## Your Manners Matter® Minute with Cynthia Grosso

*When you show deference to someone, you are yielding to that person out of reverence for his or her position, role or age.*

### Etiquette Tip: Deference



### International Protocol: Respect by Way of Deference is of Global Proportion

What is deference and why is it important?

Deference as described by Webster's New World Dictionary is: "out of regard or respect for, honor." When you show deference to someone, you are yielding to that person out of reverence for his or her position, role or age.

In business, this could be a client, visitor, a boss, or an elderly person. A failure to acknowledge the respect someone has earned is considered impolite.

A simple, but yet powerful way to show deference to someone is to stand to say hello and shake hands. This applies to men and women.

By showing someone else consideration in this way, you also show esteem for yourself, as it is often an appreciated recognition silently acknowledged and remembered.

In international business, deference or yielding to a person out of reverence for his or her position, role or age is of utmost importance. It is an unspoken graciousness towards someone and something that is held in high esteem.

According to etiquette, there are many ways to show deference to someone. One way to do this in business is to shake hands with the senior most person first, upon entering a room.

This suggestion of deference is critical in the international arena, as acknowledgement of someone's rank and status are extremely important. When this is not followed, there can be irreparable damage to the relationship or future business.

Showing this kind of international savvy is the building block for lasting and prosperous relationships.



*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.



# What a Hoot!

**W**hat exactly is a Hoot? A “Hoot” is the RHS word for an unstructured and extremely informal gathering of RHS Members. It’s usually a one day event. Sometimes (but not always) it involves a train with Members traveling from near and far to meet at one location. Hatters pick a place and go there in mass, gather briefly to say hello, then go their merry ways.

Queen Angie and her Chapter, the Red Hat Hoots, were inspired by past Hoots and declared a Coffee and Tea Hoot Week! They picked three locations around their town, scheduled events on Sunday afternoon, Wednesday morning, and Saturday evening, and invited all the Members in the area.

Members were welcome to drop in and have a warm drink and conversation whenever it was convenient for them on the designated days.

“Each Hoot was filled with laughter, conversations, and taking time to learn more about each other,” Queen Angie says.

They kept the gatherings simple, with no games or raffles – just lively conversation. They simply gathered together in the name of fun and friendship!



**Join 🎩 Connect 🎩 Engage 🎩 Play!**



If you like to gather with fun-loving women, we'd love to invite you to join the Red Hat Society! There are women all over the world who would love to chat over a cup of tea. Visit [RedHatSociety.com](http://RedHatSociety.com) to join today!



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APRIL 15, 2020	AT SEA
APRIL 16, 2020	AT SEA
APRIL 17, 2020	HILO, HAWAII
APRIL 18, 2020	KAILUA KONA, HAWAII
APRIL 19, 2020	LAHAINA, MAUI, HAWAII
APRIL 20, 2020	HONOLULU, OAHU, HAWAII

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2020



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- CHINATOWN
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# IN GOOD TASTE

## A Moment in the Life of a Tea Taster, Part IV by Birendra “Jopy” Perera

*Types of liquors – the perceiving of cups strength and taste*

In Sri Lanka we have seven separate agro climatic regions for growing tea. Now, bear in mind that this is a tropical island and humidity, sun, and rain are plentiful – ideal for consistent growing conditions. That being said, the seven regions are categorically from highest elevation to lowest elevation as follows:

Nuwara Eliya (6500 – 7000 feet above sea level)  
Uda Pussellawa (5000 – 6000 feet above sea level)  
Dimbula (4800 – 5500 feet above sea level)  
Uva (4500 – 5000 feet above sea level)  
Kandy (3000 – 4000 feet above sea level)  
Sabaragamuwa (2500 – 3500 feet above sea level)  
Ruhuna (600 – 1800 feet above sea level)

The main difference here is that the highest elevation will produce teas that are light in liquor yet strong in flavour and depth. This will change to the lowest, where the liquor will be strong and very colourful and robust. It should also be pointed out how a grade can vary strength, as can a region – this is unique to Ceylon teas from Sri Lanka.

I will write a separate segment on the regional teas of Sri Lanka for all those tea aficionados out there, which will deepen your knowledge on the subject of Ceylon tea from Sri Lanka. But for now, let us get back to blending. Having learnt this rough 101 on regional differences in tea, we can now understand that some of these regions can be blended/married together to produce tantalizing results.

*Marrying the regions – how Ceylon/Sri Lanka is unique in producing seven different tastes by blending these seven regions together in varying contributions*

For example – one can produce a nice pick me up type blend to produce a tea similar to an English Breakfast tea – strong and with depth yet retaining a nice flavour. Or one can produce a tea which is light and nice post dinner. Or even an afternoon/ early

evening medium strength blend. The combinations can be limitless, and personalized. This art and skill is purely perfected through years of experience.

Having briefly touched on what a blend is we must then remember, and not assume, what one may expect in a cup – a perceived understanding versus past experience and personal preference.

Taste is very individual and this is where the phrase “not my cup of tea” was born, because everyone has their own special way of taking their tea. Therefore tea is the most personal drink in the world – and so it should be, just like your finger print – it is your own identity. We often walk into a store, a café or restaurant and expect a certain taste, strength, aroma, flavour and standard when we order a cup of tea. But what we must remember, as aficionados of the second most popular beverage on the planet, is that it is dangerous to expect, and so we must then first ask – What tea do you serve? Where is it from? Is it black, green or herbal? Is it well stored? Is it fresh?

Now if we were to ask all this, we will probably be served a cup of hot water – for we would have frightened the staff, or infuriated them.... And this is why (thankfully) we have menus, and knowledge on tea. But then, we now have a new question – what blends do you serve? Whilst it may push someone’s buttons in the wrong manner to be asked, it will pique our interest to know and heighten our pleasure to consume a cup made of a blend!

*What the reality of a cup is – how good a blend is – repetition - consistency*

The pleasure of consuming a cup that has been blended to perfection is the sign of trust developed by an aficionado – one who knows what they want; a cup that is individual; tailored to perfection some may say, but we tea tasters prefer to say “blended to perfection”. After all there is only one thing that can satisfy anyone – and that is a cup of tea!



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**



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And, of course, don't forget their nightly homemade Chocolate Chip Oatmeal cookies for all guests!!

Beginning in December of 2019 Bakers Bed and Breakfast began hosting themed-teas. Their December tea was an Ugly Sweater Tea Party, complete with an ugly sweater contest, ugly sweater cookie decorating and judging, plus all the yummy tea and foods you enjoy at a tea party! In January 2020, in keeping with the season, they held a Winter High Tea. Upon entering Bakers Bed and Breakfast, you are encouraged to pick your favorite tea cup from the collection that the innkeeper, Karen Baker, has on display.

After taking a seat at the table, you may choose your favorite tea from a selection of five or six to be brewed especially for you! Delicious scones with Devonshire cream and jam, a savory soup, and a selection of finger sandwiches are then to be enjoyed. As a finale, a choice from two decadent desserts will round out the afternoon delights.

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>

# TEA IS POETRY POURED

By Susan Patterson aka Earlene Grey

Hello to all who enjoy spring...well isn't that everyone? Yes, I know, some of you have allergies with which to deal. Others have winter's ravages to clean. And still others will miss the exciting winter sports. But still and all, spring is not to be denied as one of the happiest times of the year. All of nature seems to have a spring beauty. As the poetess said, "Spring is green run amuck." Enjoy.

However, just before you go out to have tea in the warming of the season, let's finish this series where we discuss human personalities. Through the Myers-Briggs Personality Type Indicator, we have learned that there are four parts to our personalities; how we approach the world, how we gather information, decide choices, and organize our world. In our final consideration of the brain functions, we will look at how we organize the world in which we live.

Some of us love to make lists and notebooks and organize closets, oh my! These people are called Judging because they like to decide things quickly and to be organized. Others of us enjoy a little chaos and letting life go with the flow. These people might not enjoy balancing the checkbook or keeping a tidy house. Or, they might routinely show up late to church. Ooooooh! Here we have the Perceptive group. They like to perceive as much of the world as they can before deciding what to do.

As in all of the Myers-Briggs personality types, these are simply preferences to a way of life. Neither group is good or bad. Both ways to structure a life are simply different approaches as to how one prefers to live his life. Humanity is split just about half and half, and here is where we must absolutely give the other side of the equation a break. Enjoying the calmness of structure or excitement of going with the flow is just about as opposite as one can get. But both approaches are valid and important. Yet, these differences can be very challenging to accommodate. We get angry at each other. We fight and cry and pout. Yet, we absolutely need both types of preferences. Imagine a world with no rules or guidelines. Imagine a world with no surprises from friends and family or time to think about what is beyond the sky. How boring and dull. So, dear reader, embrace each part of you and yours. Enjoy the similarities and differences. Then have your favorite tea with your favorite people and marvel at what you find.

Your poet in Oregon, Susan Patterson.



## ***A Decision Not to Know***

Sometimes I am defined by what I do,  
Trying to make what I do, into who I am.  
Yet spinning about so from one to another me  
Weakens the mind and binds the soul.

Sometimes, who one is has to be said  
And then it must be owned.  
But who is to say what and why and when?

Is it for me to say and be and then to do?  
Or shall I just do and then I will be?  
I truly haven't a clue.

Well then, what?  
'Have tea!' I say to those who query.  
And leave me quietly and respectfully be!  
Amen.

Earlene Grey



Susan Patterson is an unexpected author. She did not put writing into her life's plan. However, after a demanding and busy career in business, much to her surprise, poetry came to her. Ms. Patterson is an author of the heart and writer for the soul. Her work, it has been said, is so sharp, so intricate; it is like a Fabergé egg. Ms. Patterson's worldwide audience declares her writing to be in the top caliber of modern poets. Her work, which ranges from humorous to thoughtfully intelligent, is always quietly compelling. Please visit [EarleneGrey.com](http://EarleneGrey.com) See also: <http://susan.theteahousetimes.com>





# SIAL Canada 2020: Helping you embody change.

By 2030, the agri-food industry will have to feed almost 9 billion people while trying to protect its resources from a vulnerable environment. For three days, from April 15 to 17, 2020 at the Palais des Congrès, the 17th edition of SIAL Canada puts the spotlight on the city of Montreal, which is turning into a hub for the agri-food industry, both Canadian and international, and will allow you to discover many new approaches and initiatives to meet these immense challenges.

SIAL Canada remains the essential crossroads for exchanging and growing business with more than 1,200 exhibitors from across Canada and around the world on 280,000 square feet of surface area; ready to meet more than 25,000 decision-makers from 60 countries! High-level conferences are offered in areas of food innovation (the new ingredients and food alternatives of tomorrow), new production models, new consumption modes (zero waste, health, etc.), packaging, local production and markets, and new technologies.

Other highlights of SIAL include:

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CHEESE BY SIAL: a flagship event - hosted by SIAL's renowned expert, Gurth Petty. Discover hundreds of cheeses from around the world and from Canada through workshops of "pairing" demonstrations or tastings

INSPIRE DRINK - Workshops dedicated to all types of drinks and mixology. You will be able to meet SIAL's two experts and Ambassadors, Jean-Sébastien Michel for alcoholic products, and Gail Gastelu for infused drinks!

AGRI-FOOD START-UPS - a Food-Tech village of around thirty start-ups that are ready to meet investors during a pitching competition unique in North America.

Italy is back as the Country of Honor this year; special thanks to ICE, the Italian Embassy in Canada and Universal Marketing for their constant involvement and support.

Visit [SialCanada.com/en](http://SialCanada.com/en) for more information.

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## James Norwood Pratt



I noticed the words “Tea Tasting” on a new awning and saw that the door to the shop was open. When I stepped inside a voice called out “We’re not open yet” but I was not asked to leave. Once my eyes had adjusted, I was amazed to discover a display of various China teas that I had only read about and never imagined seeing on these shores. The story of this first day of the rest of my life is one I was happy to tell an audience of several hundred at this January’s Third Annual Global Tea Initiative at UC Davis because it gave me a chance to introduce and brag on the proprietors of that shop, my teachers Grace and Roy Fong. We have been friends ever since meeting on that July 3rd, 1993, the day before they opened Imperial Tea Court, North America’s first traditional Chinese tea house.

If I was amazed at the range of their teas, Grace and Roy were almost equally dumb struck to encounter an American who had ever heard of the rare and often legendary tea they imported. The new shop was nearby, and I became an instant habitué, spending all the time I could drinking tea and learning all I could from Grace and Roy. In 1993, let us admit, Americans understood very little about tea and practically nothing about “all the tea in China.” Trade with the People’s Republic had only resumed two decades before and today’s “Tea Renaissance” was in its earliest infancy. Few Americans had ever tasted a green tea and nobody before Roy had ever told us to use less than boiling water and short steeping times repeatedly over multiple infusions. The book I’d written about tea suddenly became mere preparation for Grace and Roy’s tutelage. They taught me how to use a gaiwan, the

covered Chinese tea bowl for which there was no name in English before I decided for some reason it should be spelled “gaiwan,” even though it’s pronounced “Guy-Wan.” I was eager to share my new knowledge with friends and every prospective customer who entered the shop. There were then only two tiny US publications devoted to tea and I wrote for both. There was so very much to tell, after all: how to use Yixing pots in preparing tea gongfu style and the nearly sacred names of those deliciously different oolongs, how jasmine pearls are made or the amazing fact that whole families of tea--white, yellow and Puer--still remained unbeknownst to us. I reported all this good news to the country’s 19 or 20 foremost tea enthusiasts whom John Harney gathered for his initial Tea Summit in Salisbury, Connecticut, and word of these discoveries gradually began to spread.

Back home in San Francisco Roy appreciated my efforts and anointed me “Honorary Director” of Imperial Tea Court, a distinction I will always cherish. Grace and I spent long and happy hours savoring Puers together and Roy deepened my education with each new tea he introduced, eventually taking me home with him to China several times. He and Grace will always remain my first and principal teachers of China’s ancient tea lore and practice. If American lovers of China’s many teas number in the millions today and Imperial Tea Court is far from our only source, it is they whom we must thank.



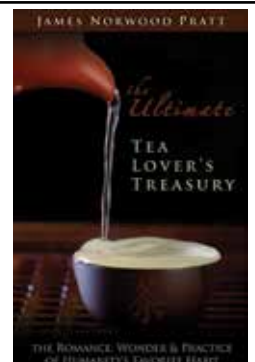
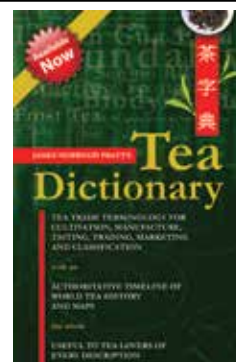
*James Norwood Pratt  
is acknowledged as America’s Tea Sage.  
He is an award winning author and authority on tea.  
Please visit*

**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)

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





# I'm a Little Tea Pot

by Linda Villano, SerendipiTea

*I'm a little teapot  
Short and stout  
Here is my handle  
Here is my spout  
When I get all steamed up  
I just shout  
Tip me over and pour me out*

*I'm a very special pot  
It is true  
Here's an example of what I can do  
I can turn my handle into a spout  
Tip me over and pour me out*

Many of us remember miming the actions of an anthropomorphized teapot in our youth to a tune so enduring I often find myself humming it while prepping my kettle. I've often wondered about the origin and history of this nursery song. Here's what I learned.

The Teapot Song (also known as I'm a Little Teapot) was written by George Harold Sanders and Clarence Z. Kelley and published in 1939. Clarence Kelley and his wife ran a dance school for children. Although I was not able to find satisfactory back-up to confirm, one online post indicated that the studio was located in NYC's Tin Pan Alley a musical hot bed that was located on West 28th Street between Fifth and Sixth Avenue George Harold Sanders (not to be confused with the stage and screen actor George H. Sanders) played the piano there. The story is that George Sanders wrote The Teapot Song to assist in teaching very young students who found advanced dance steps difficult. The movements he choreographed for the tune required minimal skill and encouraged

## CONNOISSEUR

Linda Villano



pantomime. Little did they know their song and dance was to become an enduring bit of Americana.

The tune spread quickly and a few years later Lipton used a more elaborate arrangement for commercials. There is a link to a perfectly charming recording of I'm a Little Tea Pot performed with orchestra online. The notation reads, "This was a 1941 hit for Horace Heidt, with words and music by Clarence Kelley and George H. Sanders. Performed by Ronnie Kemper, the record sold over a million copies and the tune was used in Lipton Tea commercials. There was also a dance associated with the song, called the The Teapot Tip."

So now that we all have this catchy, nostalgic tune in our heads, here's a question for all the JEOPARDY fans reading. Is it just me or do those last notes of the show's theme music send you running to check on the kettle?



*This topic is continued in greater detail including additional resources and information at [TeaCourse.com](http://TeaCourse.com)*



Linda Villano is  
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The NY-Based Importer/Manufacturer est.  
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**SerendipiTea.com**

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

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