



The **TEA** House TimesTM



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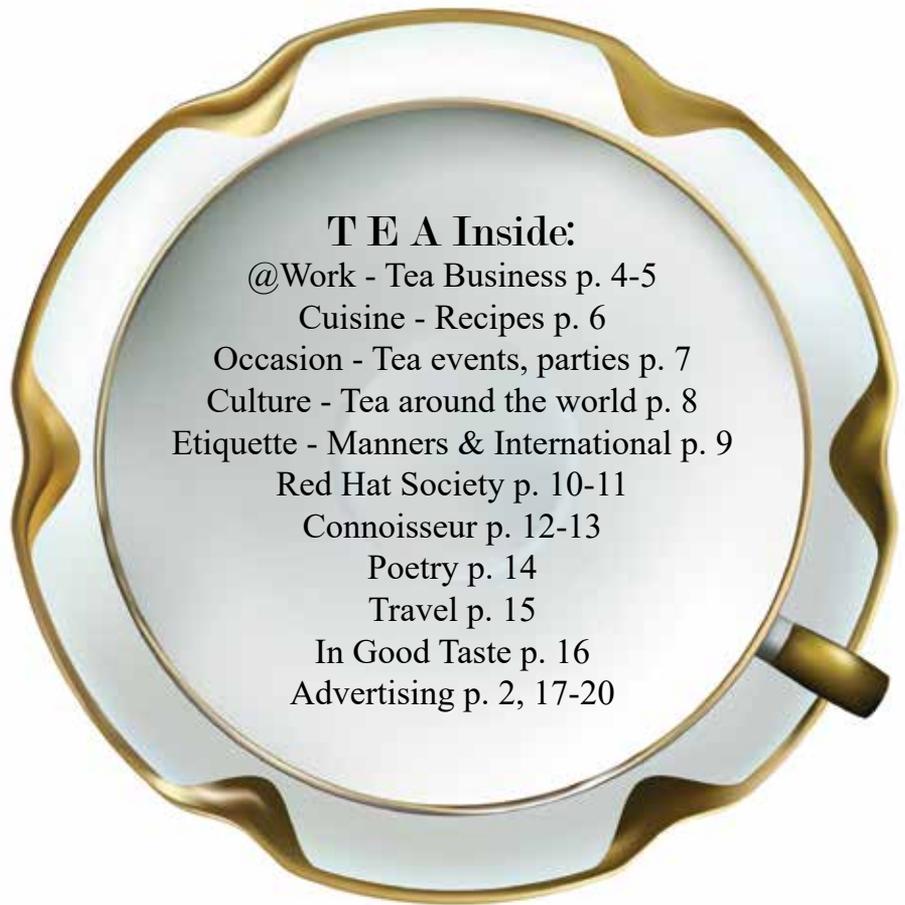


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Greetings from The TEA House Times!

It is funny how each issue of The Tea House Times comes together just right, on its own. I have never believed in producing an “editorial calendar” since I always trust that what my writers have to say truly comes from their hearts and at just the right time. This issue certainly reflects this as usual. We tea lovers have such a wonderful and positive attitude most of the time and I am certain it is fueled by tea and by sharing tea with others.

While we all look for ways to connect during these trying times, which can be quite lonely and stressful, I do feel that you will find some common comfort and joy within the pages of this issue.

Recently I presented an online tea tasting of teas from Sri Lanka... Ceylon tea! It was part of a virtual series of events put on by the Coffee & Tea Festival which normally takes place in person as a way for consumers to discover new tea and coffee. It was successful and fun! And, it is something I should do again!

SALUTATIONS

School, as we know it, may or may not be back in session. Usually September is a time when moms get out and meet for tea until their little ones return on the school bus. Perhaps we need to adjust how we approach this time of year right now, but if you are creative, you may recreate the comfort of tea on your own, by enjoying it at home.

I sincerely wish everyone a calm and comforting cup of tea with family or virtually with friends and accompanied by a healthy dose of laughter!

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.

The 2020 edition of the IFIC Food and Health Survey marks the 15th consecutive year IFIC has examined consumer perceptions, beliefs and behaviors around food and nutrition. It also discusses how COVID-19 has altered perceptions both short- and long-term. (<https://foodinsight.org/>). Overall, the findings focused on: How the COVID-19 crisis has impacted food and diet habits. Views on food safety, especially in the context of the COVID-19 crisis. Changes in food and health attitudes and behaviors over the past decade. Food and beverage purchase drivers. Plant-based foods and eating patterns generally. The link between food and desired health outcomes. Beliefs about food production and food technologies. So where does tea fit into consumer perceptions? In a review of the findings, tea remains a perfect fit as an important dietary choice in some of the key trends: Perceived healthfulness of foods: fiber, whole grains, and protein from plant sources are viewed as the healthiest.

Sugars/Sweeteners: 74% are trying to limit/avoid sugars; Unsweetened Tea remains the perfect solution – a great tasting beverage with no calories. Women are more likely to avoid sugar to prevent extra calories, lose weight and to reduce carbohydrate intake. Women also drive tea consumption for their families. **Food Production:** Over 50% of consumers say knowing where their food comes from is an important factor. 59% say sustainability is an important factor – tea is one of the most sustainably sourced products in the world! “Natural” label is most influential when shopping and when purchasing food prepared outside the home followed by no added hormones or steroids, non-GMO, then organic. Once again, tea is at the bullseye of this target! Fresh and “all natural” products garner healthier images, as does “plant-based” foods even if products have the same Nutrition Facts Panel.

Caffeine Consumption: Over past 5 years consumers trended towards the belief that naturally occurring and added caffeine have the same effect (40% of men v. 28% of women). Caffeine consumption differs by gender and for those with and without children. Tea continues to be a sustainably sourced, natural, good-for-you product. It remains at the cross-hairs of consumer needs and continues to be a good choice for health-minded consumers. The Tea Association, Tea Council and STI continue to send this message to all its members and consumers. Please join us in maximizing the voice of the industry in making tea the #1 choice for a healthy beverage.

Please stay well and stay safe!



A handwritten signature in blue ink, appearing to read "Peter F. Goggi".

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

TheTeaHouseTimes.com | 4 | *September/October 2020*

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DrinkTeaCampaign.com



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A message from . . .



Keep running on tea.

During lockdown, a staggering 800,000+ people in the UK decided to take up running using the ‘Couch to 5k’ (C25K) app. This guides absolute beginners through a program of walking and running, three times a week, building up to a continuous 5 km run over nine weeks. It is an easy way to improve your physical health and can help you to lose weight, if combined with a healthy diet. Running also benefits mental health. Taking on the C25K challenge can help boost self-belief, as you prove you can set yourself a target and achieve a goal. Regular running can also relieve stress and has been shown to combat depression.

Although I have run long distances in the past I had stopped running due to a back issue, but after months of physio I decided to ease my way back in using the app. With Michael Johnson as my virtual coach I am flying through the course and actually enjoying running again. Key to maintaining performance is good hydration and tea is one of the best pre- and post run hydration solutions available. Whilst the caffeine content of tea stimulates and prepares us for activity, the balancing effect of the amino acid theanine induces a relaxed alertness that is said to reduce mental anxiety.

The perfect combination for someone who is trying running for the first time, plus a wealth of scientific evidence suggests that tea is as hydrating as water. In case you need more proof that drinking tea is the perfect partner for running, the famous Kenyan world record holder, Eliud Kipchoge, drinks a lot of tea - up to two liters a day! Whilst I will never break any records for my running, it is pleasing to know that I can match a world record holder at something, even if that is tea drinking!!



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

A message from . . .



Stop. Listen. Learn.

By now most of us have understood that there is no pre-COVID world to go back to. When lockdowns started in March, we all anticipated a few weeks of ‘this’ and then the resumption of life as we knew it. We would be armed perhaps with some sourdough recipes and a new hobby or two. The truth is however, that six months into a global pandemic, it should be clear to everyone that the world that was is no more – and that’s not something to be afraid of.

We talk about COVID having changed the world, and the truth is, I don’t think it has. I fall into the camp of people that believe COVID accelerated a world that was already happening. The last six months has put the world in fast forward; what would have perhaps happened over the next five years, happened in the blink of an eye. And to thrive in this, we need to look at the lessons learned.

In tea, we saw the greatest growth we’ve ever seen. Yes, food service was decimated, but at home consumption went up in numbers nobody could have imagined. According to Nielsen, the week ending March 21st, tea sales in Canada went up 70% - no that’s not a typo! The following ten weeks aggregated show a continued growth, but tempered down to 37% growth. That’s compared to total consumer product growth of 20%. People WANT their tea. Something has been driving consumers to flock to tea in this time of crisis and we need to determine what we can learn from this information.

Comfort is a word we use often in the world of tea and never has that been proven stronger than in the numbers I’m sharing with you. As lockdowns are lifted and people begin to slowly go back to work and back to restaurants, what can we in the world of tea do to continue them wanting that comfort. How do we translate the drive to tea during lockdown to a drive to tea as a lifestyle. There are important lessons being taught at the moment on a very micro level – if only we pay attention. Stop. Listen. Learn.



Shabnam Weber
President
Tea and Herbal
Association of Canada
Tea.ca



Date Nut Bread & Pineapple Cream Cheese Tea Sandwiches



- 2 cups chopped dates
- 1 cup hot black breakfast tea
- Zest & juice of one orange
- 3/4 cup brown sugar
- 1/4 cup vegetable oil
- 1 large egg
- 1 tsp. vanilla
- 1-3/4 cups unbleached flour
- 1/2 tsp. baking powder
- 1 tsp. baking soda
- 1/2 tsp. salt
- 3/4 cup chopped walnuts

Prepare a loaf pan with baker's spray or spread sides and bottom with butter and flour lightly. Preheat oven to 350 degrees.

Add orange juice to liquid measuring cup and top with hot tea to make 1 cup liquid. Pour over dates in large bowl until cooled. Do NOT drain. Add orange zest, brown sugar, oil, egg and vanilla and stir well. Add in flour, baking powder, baking soda, salt, and nuts, folding gently until mixed. Batter will be thick. Place in prepared loaf pan and smooth top.

Bake for about 45-55 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes in pan. Turn onto cooling rack to cool completely. Wrap and keep in refrigerator until ready to make the sandwiches. Blend together one 8 oz. tin of crushed pineapple in syrup, well drained, with as much juice squeezed out as possible, and one 8 oz. softened cream cheese. Slice loaf as thinly as possible (about 22-24 slices).

The bread will slice better if the loaf is chilled thoroughly in refrigerator overnight. Make sandwiches with the pineapple cream cheese and cut each sandwich into 3 fingers.

Orange Scones



- 2 cups unbleached flour
- 1-1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/3 cup sugar
- 6 Tbsp. unsalted butter
- Zest from one orange
- Juice from one orange
- About 1/2 cup buttermilk, as needed

Preheat oven to 400 degrees F.

Blend flour, sugar, orange zest, baking powder & soda in large bowl. Cut the butter in well. Use fingers to work out larger pieces and make a nice crumb. Add orange juice to measuring cup and add buttermilk to 1/2 cup level. Stir in vanilla. Fold liquid into to dry mix, careful not to over mix or knead dough. Add a little more buttermilk to dough if needed. On a floured surface gather up dough and fold and press a few times until it is ready to roll out. Roll dough about 1/2" thick and cut into 2-1/2" rounds. You may also form dough into 7" circle and cut into 8 wedges, separated on baking sheet. Brush tops of scones with a little buttermilk.

Bake for 15 minutes, checking at 12 minutes and watch until scones are golden. When you pick one up and hold near your ear you should hear it "sing" with bubbling steam.



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

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Celebrate Halloween the Victorian Way

OCCASION

by Kim Hendrickson

Victorian Halloween celebrations were a far cry from costumed children knocking on doors begging for candy and the oversized inflatables that pop up each year. These parties were very much an adult affair, mostly unmarried adults & chaperons, for social reasons and mostly for matchmaking goals. Gone were the scary, creepy gatherings inspired by the Celts of the past; this holiday was another excuse to have a party. These parties were celebrated with great enthusiasm. Costumes were expected, especially animal costumes and masks. These were worn at bonfires and parades with food and candles left outside of one's door to keep negative spirits at bay. The church tried to make the holiday less scary by creating All Saints Day and on the secular front the emphasis was placed on fun and predicting one's (matrimonial) future.

Games were really important. Well known ones like Blind Man's Bluff, Bobbing for Apples (men only; women wouldn't want to ruin their make-up & hair), Charades were common as well as lesser known games: Three Luggies, Trying for a Raisin and always ending with the Ghostly Fire. Queen Victoria herself celebrated the holiday in a grand and democratic way in 1876 when she included farmers and tenants to the outdoor parade and bonfire with the parade ending at the Queen's door for further celebrating. Children didn't get actively involved in any of the merriment until the turn-of-the-century. Food-wise there was a great emphasis on roasted apples, fruit, nuts and raisins. Don't think desserts weren't served especially the Halloween Pudding. This important sweet was a layer cake where charms were hidden in the batter. Everyone got a piece. If you found a ring (you will get married), coin (wealth will come your way), thimble (you will be an old maid), button (you'll meet your love soon), or a key (a trip is in your future). Also, your first words after you cut into your cake will be prophetic for the next year.

Make Halloween an adult affair again. Do it the Victorian way. You and your guests just might have a lot of untraditional fun.

- Make costumes mandatory or provide face painting materials to paint your guest's faces in the popular Victorian tradition: animal faces.
- Create a unique snail-mail invitation by gluing a hand written (or typed) invite to the back of a large leaf. The challenge is finding an envelope to fit! Maybe hand deliver?
- Make this a buffet gathering, placing all of your edibles on a sideboard or a variety of small tables.
- Keep bad spirits away; make sure your table has a lot of candles!
- Heavily decorate the tables with fall motifs: leaf garlands, twigs, colored leaves, fall flowers, acorns, gourds, anything that communicates the season; but do not include modern Halloween decorations.
- Mark a bunch of acorns with a number for your guests to choose out of a basket. The number will correspond to a small gift with the same number in another basket as they leave the party.
- Offer games, LOTS of games: well known ones like Blind Man's Bluff, Pin the Tail on the Donkey, or Bobbing for Apples or Google Victorian games to offer both authentic games while those attending relive history.
- Beverages need to include cider, wine and fall flavored teas & tisanes both hot and cold: pumpkin, spice/cinnamon, earthy black tea, etc.
- Depending on the time of your party, offer a wide selection. If dinner hour, include cold cut meat, biscuits or rolls, lots of finger foods that include veggies and cheese. If this is a luncheon or afternoon tea affair, include finger sandwiches in fall shapes: pumpkins, leaves, witches hats or pumpkin spice scones or flavored butters, apple bread and lots of nuts. Plus, don't forget the desserts!



Kim Hendrickson, author of the Tastefully Small cookbook series, has been teaching for over 25 years. A regular instructor in assorted programs in the New York area, JCCFS in North Carolina and The North Folk School in Minnesota and a frequent speaker throughout the US. She has catered for The Travel Channel's Bizarre Food Show, No Taste Like Home in NC, The New York Metropolitan Opera, Penguin Repertory Theatre, and TV's "Slangman" David Burke. Please visit salviapress.net



CULTURE

Tea in the Time of COVID

by Gail Henderson

If ever we needed a calming cup of tea, it's now! We could all probably write a book called Tea in the Time of Covid. My free "Tell All" book might begin this way: "I have poured stress and fear into my teapot and it has been transformed into a cup of caring for others worse off than I."

My "best-seller" would offer some specific how-to directions as well as general ones. First I would suggest readers research local non-profits. Next step: organize a Chari-TEA to help the one that stands out to them.

In my case, I discovered that Guardian ad Litem volunteers are advocating for children who through neglect or abuse of their parents are in the court system in state or foster care. In my area, 60% of these 900 children are being "parented" by folks not receiving any government stipends. The non-profit provides funds a Guardian can use to supply birthday gift cards, soccer cleats, prom dresses, a tutor, whatever the child they are advocating for needs in order to experience life a little more normally.

Then I got some friends together who decided to share this info and strategize as only tea drinkers can! Fortunately, we knew a tea room planning to re-open soon, booked a date, and invited folks wondering what to do with their stimulus checks to a Par-TEA. (The price of the tea includes a donation.) Alternatively, some friends are opening their homes or lawns and inviting neighbors to share the plight of these children as they sip a cup of Generosi-TEA.

If virtual teas are still your best option, then so be it. Attendees can Zoom. You might send a tea to each invitee to sip together while a spokesperson for the charity

explains their needs.

So what tea will you be serving this fall? I am expecting it will be the one we have been longing for, one that tastes like Normali-TEA! There are a number of ways we can all serve that up, in a small way at least, to a world that longs for it.



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

Smiling affects our brains in a positive way and is a good idea now during this time and into the future, mask or no mask.



Etiquette Tip: The Face Behind the Mask



A few short months ago, masks were not the norm for most of us (except for religious purposes). Now we see them everywhere and in some areas in America they are mandated. However, the world has changed so quickly that the new norms have happened in record time.

Your face is your center of power in business and the smile is such an important part of a person being able to connect with you. The mask however, covers over half of your face with your mouth being totally concealed.

Although a pleasant look on your face is always the preference, now more than ever, we may need to be more conscious of that because by putting a smile on your face you put a smile in your voice. Although people may not be able to see your smile with your mouth, covered up, they may be able to hear it in your voice.

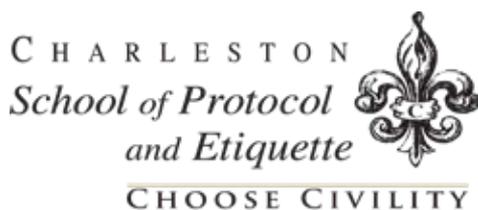


Just as important, your smile, like your handshake, is wired neurologically to the brain. When you smile you send positive chemicals to the brain like dopamine. In business when two people greet each other with a smile these chemicals help the meeting to start off on a more positive note. This is so important to help people connect both personally and professionally.

Smiling affects our brains in a positive way and is a good idea now during this time and into the future, mask or no mask.



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
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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.





While the world was ordered to stay inside for a time, many wondered how they were going to keep connected with friends and those they interacted with regularly. Thankfully, RHS members around the globe plugged in online and showed that not even a worldwide pandemic can stop our fun or keep us apart!

During the “stay-at-home” orders, many Hatters got creative with their interactions – taking tea parties online and social distancing when coming together. In fact, to celebrate the Red Hat Society’s 22nd birthday earlier this year, a group of RHS sisters planned a virtual tea party! Members prepared for the party individually in their own homes – making tea and dressing in their RHS regalia and hats! When it came time to party, they gathered on a video conference call, and it was as if they were in the same room together.

Virtually Connected



During the virtual tea, the group played games, learned ways to organize their hat collections, and simply enjoyed being together. It just goes to show that you can’t keep Hatters from having fun!

If you’re looking to join a group of women who love to have fun no matter what their circumstances, join RHS today – visit RedHatSociety.com to get started!



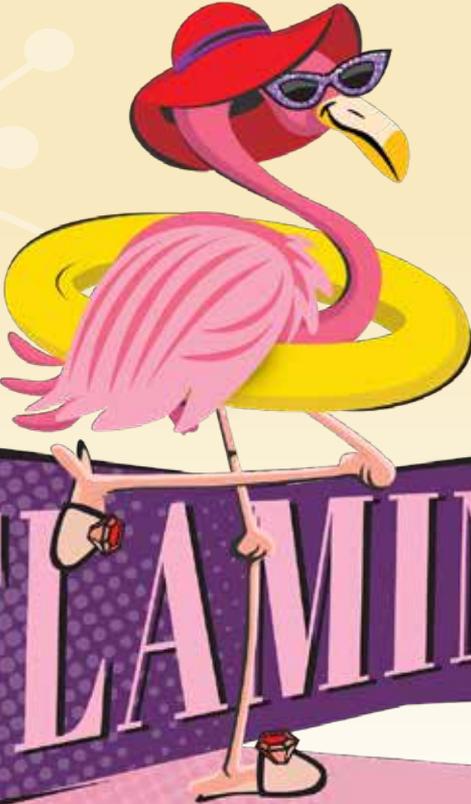
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CONNOISSEUR

James Norwood Pratt



Grow Your Own Tea



Christine Parks is a long way from California where she grew up with a violinist mother who taught her the instrument. Away at Reed College in Portland, Oregon, she became friends with another musician in the school orchestra. David Parks played cello and after graduation, he and Christine were married and went to live in his native North Carolina. In time they took over running Camellia Forest Nursery which David's parents had started in 1985. David's father was professor at UNC Chapel Hill and a noted horticulturist and collector and breeder of camellias; mother Kai Mei, whose family fled China before the Communist take-over, was in equal parts artist and gardener.

David and Christine expanded the nursery on their property near Chapel Hill, NC, starting in 1996, and gradually transformed Kai Mei's scattered patches of tea plants into a garden with nearly 1000 plants and dozens of varieties. Full of years rich with satisfaction, she died in 2016. Now her tea plants, like her grandchildren, are growing up. Twice a year the nursery hosts an open house so the community can visit the plants and taste tea made from their leaf. Christine, with a passion for tea, also holds workshops to teach people the rudiments of growing, plucking, and processing.

Demand for *Camellia sinensis* plants has grown steadily and is now set to surge with the publication of "Grow Your Own Tea." On this ten-year project, David has played background music while Christine collaborated with Susan Walcott in writing the book. (Full disclosure: Twas I who first suggested they meet.) "Grow Your Own Tea" is due for release this September and will be seen as a monument in America's horticultural history and a landmark on our path to becoming a tea consuming nation.

Alexander Parks, a cellist like his father, is currently studying cello at the Cleveland Institute for Music. Daughter Julia, at 16 years, helps in the nursery and is an enthusiastic tea taster. David and Christine, happily at home in "the southern part of heaven," as Chapel Hill is called, carry on. Their works will live after them. Visit them at Camforest.com!



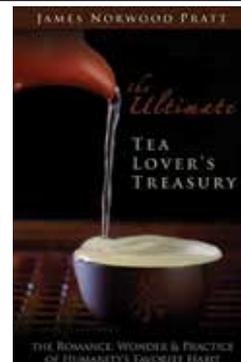
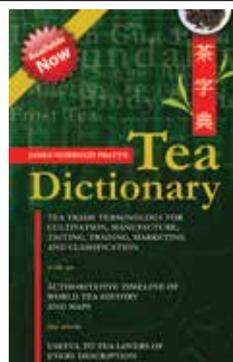
James Norwood Pratt is acknowledged as America's Tea Sage. He is an award winning author and authority on tea.

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

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



A Cup of Kindness

by Jeni Dodd

The simple cup of tea never ceases to amaze. In the last few months, the country and the world have been experiencing uncertainty, fear and sometimes outright meanness. For an elixir look no further than the humble leaf – kindness in a cup. Does it seem too simple? Think about everything the tea leaf is capable of achieving.

Tea cultivates good health. Much has been made of the physical health benefits of tea. There are numerous studies demonstrating the effectiveness of tea in reducing the risk of certain cancers, cardiovascular issues and strokes, to name a few health concerns. Scientific evidence also shows that tea supports the immune system and acts as a neuroprotector. There is little doubt that tea is a healthy beverage and should be included in a healthy lifestyle. Tea is care for your physical body. And yet, this little cup of bliss goes even further by also helping with mental health. During COVID, we are staying closer to home and unable to see as many people in person resulting in many struggling to find ways to maintain connection despite physical distance. Tea cultivates connection and can ease that struggle.

First and foremost, tea promotes a connection to yourself bringing awareness to the present moment and present emotions. There is a saying, that paraphrased goes: the past is over, the future has not happened and all we have is now. Yet, we rarely have the chance to slow down and focus on now, denying ourselves the time to self-reflect which is the foundation of a better connection to yourself.



Having a daily tea ritual gives you that quiet moment, just to be and to be at ease with yourself. The experience of having tea actually brings focus to the present moment while the chemical properties of the leaf help you realize a calm state. Of course, a more elaborate tea ritual gives you more time in the quiet moment. But, even if you are using a teabag to make a cup of tea, you still have the opportunity to be present in the moment. You can listen to the sound of the water heating to a boil. You can watch the color change during the infusion, start to smell the aroma. Then you can feel the warmth and comfort from the first sip while tasting the flavor. Tea activates each of your senses and by paying close attention, you can be fully present in the current moment. Having tea is a kind gift to yourself.



Amazingly, this little leaf also encourages a connection among friends and community. As it is said, “the first time you share tea, you are a stranger, the second time you are an honored guest, the third time you are family.” Sharing tea builds a bond with others. When you ask someone to join you for tea, you are beginning that path of becoming family. The tea is the conduit to both of your hearts. It is an act of compassion to bring someone into your family and it is an act of kindness to share tea with another.

And, on the other end of the relationship spectrum, we can see how tea even engenders kindness in business relationships. Often, when trying to justify some less than kind action, people will say “it’s just business”, as if that excuses behaving poorly. And, true, there is some of that in the tea world. Yet, tea business is much more personal. We care deeply about the people who grow and produce tea. Those who source tea from countries of origin often talk about going to their second home or of those in the foreign country as family. People call others who are devoted to tea, tea sisters and brothers, part of their tea family born of a bond not blood but rather the leaf. This is not the way we talk of our bankers or insurance salespeople. Tea has the power to connect people deeply even in the most transactional situations.

It seems incredulous that one little leaf could accomplish so much in the world. It brings you physical health, mental health and connects you to friends, family even business partners. So, maybe what is in that cup is not merely hot water steeped with an agricultural product that has certain beneficial chemical compounds, but rather the physical manifestation of kindness. Be kind to yourself, be kind to others. Drink more tea, share more kindness. We need that more than ever right now.



TEA IS POETRY POURED

By Susan Patterson aka Earlene Grey

Greetings! And may you have a happy fall in 2020. Well, I have to say, this has been a difficult year for many of us. The COVID virus has hit the world hard. It is an election year in the United States, which is always nerve-racking. Due to a variety of other reasons, ill will and bad feelings have covered the earth like dark flat clouds.

For those who follow my work, you will know I can be pretty hard on humanity. We humans have made a whole lot of mistakes in our history. But, I also think humanity can and will do better. Here is just one way. As each of us individually makes an effort to be more kind, more understanding and more loving, others will notice. Some of those who notice will take that kindness and love and use it in his or her personal life. In the poem, "There Still is a Chance", I talk about how a blossom of an individual can change the world. You can be a blossom too.

Your own poet in Oregon, skip



Rarely Pursued, Often Unclaimed

You may not see it.
But it is there.
Like the stratosphere above the
Clouds. It circles the Earth
In a vapor of readiness.

It can lower to meet you. Or
You can lift up to claim it.
It is above
The muck and mire that
Stops you dead in your tracks.

But it is there,
Redemption.

Susan Patterson

There Still is a Chance

We are an evil lot
To the core, at the heart, evil.

We take and plunder and kill
Whatever we want. We ravage and
Eat every thing, even our own at times.

We live on a bio mess of that
Which we have extruded from
The reckonings of our generations.

Yet, once in a while a blossom of
A human grows up from the
Fermentation of our existence.
Then we, others, bow and scrape and
Worship and wail and weep.
Then we fight and take some more.

But every once in a while that blossom
Of a human enlightens another,
And then another,
Then there is a field of blossoms,
And then a hillside of blossoms.
Then a valley full.
And we can walk in it.

Susan Patterson
Oregon



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



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The history of tea dates back almost 5,000 years and tea itself now has more than 3,000 different variations. The most widely consumed beverage in the world has both a historical and cultural importance that cannot



be rivaled. Tea is one of the most popular beverages in the world, second only to water. More health-conscious Americans are turning to tea, rich in polyphenols, natural plant compounds with potent antibacterial and antiviral properties.

Afternoon tea is served in the barn, to the left of the main entryway. To begin, you will start with a choice of teas, after you've enjoyed your first sips of tea, a tiered tray of scones, savory sandwiches, pastries, cakes and fresh fruit complete the experience.

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IN GOOD TASTE

Take Time to Detox by Birendra “Jopy” Perera

Drinking tea has been associated with many situations through time and in modern day living it is a social habit as well as part of functional living that we have come to understand as being part of a healthy lifestyle. Drinking tea, the art, the activity and the functionality of this action is now considered a part of life. In this respect we must understand if we celebrate this passion we must have an equal level of detoxing post celebration.

Being a professional tea taster I often find the tongue can get tired of too much of a good thing – yes it is possible. In my experience when this level of fatigue has fallen upon me from tasting the myriad cups of Ceylon tea I often find myself wanting a break. How does a tea taster take a break? With more cups of tea! I simply take a break from one world of tea and venture into another world of tea to give my mind a feeling of refreshment, to give my tongue a feeling of change and to give my entire system a detox. It can be understood, then, that detoxing from one event in our lives is important in order to prepare and reset the system for our next experience in life.

Detoxing post celebration is essential. Previously I spoke of celebration as we all felt the need for a moment to center ourselves to define happiness and to feel the exhilaration of stepping out into the new norms having previously been in self-contained lockdown. Post all the celebration of coming back out into life we must understand that we need to look after ourselves in what is considered the “norm” of today – online living. To the large extent this means getting out for some healthy exercise, eating correctly and of course consuming the correct beverage. A detoxing beverage can always help with making this process simpler and easily more enjoyable. A few simple steps will ensure this habit is not a chore but indeed a part of your daily routine.

Walk over to your refrigerator and I’m sure you will find a few things you can detox with immediately. Almost every household has a jar of bees honey or brown sugar sitting in a larder, some lemon or lime in a refrigerator and possibly some root ginger, mint leaf or turmeric stashed somewhere with all the condiments for cooking. Most people think these are things we either use in exotic cooking or when we are ill and need a complete pick me up herbal beverage or dish. It does not necessarily need to be so.

First Detox – turn on the kettle and slice some ginger, and lemon. Add sliced ginger to your favorite tea cup – remember sliced, *not* minced or chopped up, add the slice of lemon in there too. Using the convex part of your spoon give both slices a firm press to push out the juices and prepare it for steeping. Pour some freshly boiled water over it and let it sit for 4 minutes. Add some bees honey to taste and let the beverage cool down to a decent drinking temperature and enjoy. The ginger is a natural antibiotic and will kill off any undesired toxins in your system; the lemon is high in vitamin C and will help cell production and thus make you feel better. The bees honey will help to soothe your sinuses as well as create a balance in your system for electrolytes. Value tip – you could add some lightly brewed black tea to make the drink more interesting. This is a good pick me up to start you up or even calm you down for the day.

Second Detox – cut some lime into quarters, and throw in some chopped up mint leaf. Add some demerara/brown sugar and muddle the ingredients in order to make everything stick together and bring out the juices and enzymes. Add hot water and brew for 4 – 6 minutes. A very soothing yet refreshing brew; perfect for a mid-day detox and to reset your alertness.

Third Detox – add some turmeric (either fresh sliced or powdered will do) to fresh milk, and gently warm over a stove while stirring consistently. Add some bees honey to taste and this is a perfect calming, soothing healthy drink, albeit quite filling. The turmeric has antibiotic healing properties and the milk will boost lactic acid in your system to help your body to regain lost energy and to aid healing power. The bees honey will make the drink taste a lot nicer, especially to the craving sweet tooth.

And now make your choice on your detoxing drink and experiment with the mentioned ideas and I am sure you will reset yourself to feel great again.

Until next time – stay safe, take care and enjoy your tea in good taste!



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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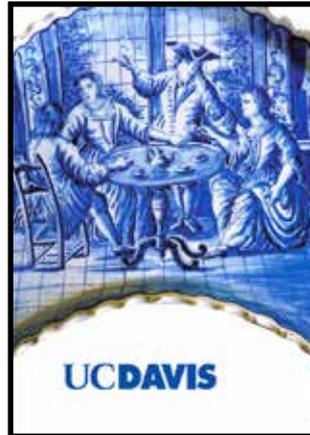


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