

Tea Lover's News



HAPPY INDEPENDENCE DAY!

The month of June was an especially celebratory month for me! I passed all of my exams and graduated from [THE SPECIALTY TEA INSTITUTE'S](#) Professional Foundations of TEA Certification.

What does this mean for you?

You may be assured that when you purchase tea from THE ORCHID TEA ROOM, or hear me speak about Camellia Sinensis you can be guaranteed that you've obtained quality! You may also be assured that quality transcends price. I will continue to educate you on the many differences, flavor profiles and nuances of White, Green, Oolong and Black teas, and bring to you the latest studies on why drinking tea will enhance your health. I will continue to present you with the finest tea selection, and I look forward to meeting you at any of my TEA TASTING or Educational EVENTS!

I am continuing to present Traditional English Tea Parties, on a reservation basis, throughout the summer at [THE SEAGATE HOTEL & SPA](#) here in Delray Beach. New to the TEA Program will be certain educational components which you may add to any of your tea luncheons.

Corporate Events, Fundraisers, Non-Profit Events, Promotional Incentives, and Young Etiquette Classes, all may include the traditional tea service, or transform it to fit any of your luncheon needs. Still offered are custom Bridal Shower Spa Packages, Birthday and Baby Shower Events. Coming Soon are Sensory Cupping Classes!

July 10th ends the Series of Three Healing Workshops "[Peaceful Moms ~ Peaceful World](#)" introducing "Energy Light Rejuvenation" with Patricia Grude, Est. at The Red Tent in Delray Beach. Patricia will explain, in this totally unique holistic workshop, how the combination of Micro-current and color light therapy, plus harmonious audible tones, provide positive healing effects not only on the face, but on the entire body. I will be there serving up Organic MATCHA MANGO SMOOTHIES while you experience Delray's only Lotus Foot Spa to go along with Patricia's healing reflexology!

The best part of this event will be that all proceeds will benefit the NEW Community Therapeutic Garden being constructed in Delray's Intracoastal Veteran's Park! (See Below) Space is limited so don't delay in your reservations. This will be a SELLOUT!

Vendor space is still available for the upcoming [FREE HOLISTIC HEALTH FAIR & GARDEN AWARENESS DAY](#) sponsored by the City of Delray and the Parks & Recreation Center in the community center at Veteran's Park on the Intracoastal & Atlantic Avenue from 1pm - 4pm on Wednesday, July 28, 2010.

The planned Veterans Park Community-vested *Therapeutic Garden Project Plan* calls for four zones - a Zen garden with an *ashiyu*-style Japanese water feature, a medicinal herb garden modeled after the one located on the Nova Southeastern University campus in Davie, FL., a butterfly garden replete with flowers and an organic vegetable garden, which provide down-to-earth opportunities for the community to touch both nature and spirit. Tables & Chairs will be provided for the vendors, and the table fee is a nominal \$40. If interested, please email Randy

SPICED ROOIBOS PUNCH

Bring on the Party Punch for July 4th Celebrations

Makes 35 cups of Punch

6 quarts of filtered or spring water
1 teaspoon whole cloves
3 whole cinnamon sticks
6 teaspoons Cranberry Hibiscus Rooibos*
Juice of 3 Organic Lemons
Juice of 6 Organic Oranges
2 Cups Organic Pineapple Juice
1 Cup Organic Cane Sugar or Honey

In a cheese cloth or tea infusion bag place cloves, cinnamon, & rooibos. Add to the water and bring to a boil. Turn off and let stand for ten minutes. Remove and discard infusion bag. Stir in the sweetener and juices. Adjust taste to sweetness desired. May be served hot or chill for a few hours.

* Purchased from The Orchid Tea Room.

FOLLOW
THE ORCHID TEA ROOM
ON [facebook](#)

STICKY TEA-RUBBED RIBS!

2 Racks of Baby Back Ribs (about 2 lbs)
membrane removed
4 Tablespoons of Organic Whole Leaf Black Tea
1/4 Cup plus 2 Tablespoons packed organic light brown sugar
2 Teaspoons Kosher Salt
1/4 Teaspoon freshly ground black pepper
1 Organic Orange

Break up whole leaf black tea with your fingers. Combine 3 tablespoons of the loose tea with 1/4 cup brown sugar, 2 teaspoons salt and 1/4 teaspoon fresh around nenner. Grate in

Eady at koshareyrhythms@gmail.com .

Keep an eye on my events page on my website for more information and upcoming events. My wish for you is a safe and happy holiday....and if you are driving, DRINK TEA~

As always, I look forward to hearing from you. All The Best Through Tea!

Barbara The Tea Specialist

THE LEGEND OF WU LONG

Wu Liang was picking tea one day. On his way home he spotted a deer, killed it and took it home. Distracted by the preparation of the deer, he forgot to dry his tea. When he finally remembered his tea, it had changed color. Wu was worried that the tea was spoiled, but not wanting to be wasteful, he let it continue to dry.

After the tea was dried, he made a cup and tried it cautiously. He was pleasantly surprised by its mellow taste and aromatic fragrance. He made some for his neighbors as well, and very soon his name spread throughout the province. The tea eventually became known as "Wu Long" or "black dragon" tea.

The meaning of the word "oolong" is "dark dragon" and sometimes translated as "black dragon". It may be simply that the shape and color of the leaf - long, twisted and dark - earned this tea its name. Dragons are considered very auspicious and are highly revered in China.

Oolong tea is sometimes seen spelled as wulong or wu lung. Oolong is the most common spelling used in the American tea industry today, but all versions refer to the same tea. The name "oolong" (or "wulong" or "wulung") is a Chinese name from the Mandarin dialect.

There are several different systems for converting any dialect of the Chinese language into English words. This process is called Romanization. It allows westerners to learn the language without having to learn thousands of different Chinese characters.

Romanization systems include Wade Giles, Pinyin, Yale, and Gwoyea Romatzyh. The differing results from these competing systems of Romanization cause the confusion over the Western spelling of Chinese words.

China has adopted the Pinyin system while Taiwan and Singapore use Wade Giles. "Oolong" is an example of Wade Giles, and "Wulong" (or more precisely) "Wu Long" is the Pinyin spelling.

The Orchid Tea Room is proud to present a variety of Oolongs both from China where it originated, and from Taiwan. Because of the popularity of this unique tea, plan on seeing varieties evolve from all over the world. Soon we will have an Oolong which I tasted at this month's World Tea Expo grown in New Zealand called Zelong!

"Education of Tea One Sip at a Time"

the orange zest. Dry the ribs with a paper towel and rub the ribs all over with the tea mixture. With the meat side up place in a roasting pan and let stand around 20 minutes.

Preheat oven to 275 degrees F. Steep 1 Tablespoon of the remaining black tea in 2 cups of boiling water for 5 minutes. Strain into a bowl and add the remaining 2 tablespoons of brown sugar and the juice of half the orange. Pour the mixture around the ribs and cover with foil. Roast until tender, about 1-1/2 hours.

Remove the ribs from the oven and drain the liquid into a sauce pan and bring to simmer over medium high heat until the sauce gets a little thick.

Turn the grill to medium-high heat Baste the ribs until dark and glazed about 20 minutes.

The Orchid Tea Room

561/213/3990

**Fine Organic Teas,
Tisanes & Products**

FOLLOW
THE ORCHID TEA ROOM
ON [facebook](#)