

Tea Lover's News



HAPPY MEMORIAL DAY!

The "snowbirds" have left, traffic is getting lighter, the days are getting warmer and we are getting all of our preparations ready for the upcoming hurricane season, while making plans for the kid's summer camp reservations. Summer vacation will be here before you know it.

I've been busy taking my TEA EDUCATION to our local libraries and having great turnouts at the TEA TASTING events for which I thank all of you.

I am happy to announce a new partnership with [THE SEAGATE HOTEL & SPA](#) here in Delray Beach to host my Educational "HIGH TEAS" beginning in June. I'm teaming up with Executive Chef Adam Gottlieb to bring you the traditional English High Tea combined with the education of TEA in a delightful and elegant setting.

For those interested in providing fundraisers, community events, non-profit events, bridal spa packages or wedding events, promotional incentives will be available. I will also plan a "Young Etiquette Classes" for the socially conscious! I guarantee that it will be lots of fun. You may read all about it at under my [PRESS RELEASE!](#)

June 8th I have been asked to appear at Boca Raton Community Hospital's Cancer Survivors Day in cooperation with The Eugene M. & Christine E. Lynn Cancer Institute. That day will focus on Integrative Therapies with a presentation by four BRCH physicians who practice and/or facilitate the practice of acupuncture within BRCH. Prior to the presentation, which will begin at 5PM, they will have a health fair which will include a TEA TASTING from THE ORCHID TEA ROOM. The event will be held in the Sandler Pavilion - 3rd floor lobby at 701 NW 13th Street and is open to the public.

June 16th begins the Series of Three Healing Workshops "[Peaceful Moms ~ Peaceful World](#)" and "Healing Heels: Stroll For The Sole" at The Red Tent in Delray Beach. My friend Randy Eady (*who some of you have creatively nicknamed "The Foot Whisperer"*) will begin the series which will focus on his unique work with

LEMON SOYMILK PUDDING

A creamy dairy free alternative!
Serves 8

6 Tablespoons cornstarch
Zest of 2 organic lemons
1 pinch of sea salt
1 cup organic cane sugar
4-1/4 cups of unsweetened organic soy milk
Juice of 2 organic lemons
(or more to taste)

In a large pot mix the cornstarch, the grated lemon zest, salt and sugar. Slowly mix in enough soymilk to make a smooth paste. Mix in the remaining soy milk, stirring to keep the mixture smooth. Cook over medium heat, stirring constantly, until thickened. Stir in the lemon juice. (Use a little more or less depending on your taste). Chill in small glass cups, then garnish with fresh organic raspberries or blueberries.

Enjoy with a WHITE tipped Silver Needles TEA!

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A SUMMER TREAT! ICED

feet, posture and stride to help improve symmetry, balance and energy levels. In the June 26th program we learn about the "calming reflex" aimed from Maternal Reflexology, through sound, aroma, movement and heat guided by Patricia Grude. July 10th a totally unique, holistic workshop provides whole body renewal with Energy Light Rejuvenation. All classes will include the Lotus Foot Spa and of course I will be on hand to serve organic teas while the workshops proceed. The 3-Course Price is an astounding \$75! The best part will be a portion of the proceeds will benefit the NEW Therapeutic Garden being constructed in Veteran's Park! Space is limited so don't delay in your reservations. This will be a SELLOUT!

Mark your calendars June 19th, for a **"Healthy and FREE JUNETEENTH 2010 CELEBRATION!"** Sponsored by One Love Community this family fun day will be from 9:00am-10:00pm in Old School Square in Delray Beach. Free health testing & screenings, great exhibits & TEA demonstrations, a kid's pavilion, artists showcases, live bands, great dancers, food and vendors. There will be a free evening concert as well. For those interested in performing please contact: tristar_franzz@yahoo.com or call 561-819-1126.

Continuing in health study news, researchers have found that White Tea Extract has a potential anti-obesity effect. You may read about this study [HERE](#). Once again I am looking forward to attending this years WORLD TEA EXPO. This conference not only brings thousands of tea sellers, vendors, and growers together, but is where I continue my certification process. The Specialty Tea Institute, a branch of the United States Tea Association provides the classes and certification. I will be enrolled in the Oolong Cupping Class which I am very excited to attend to continue Level 3.

Save the date for July 29, 2010 when plans are in the works for the first of its kind "Holistic Mamma Health Fair" to be held at Veteran's Park in Delray. Keep an eye on my events page on my website for more information and upcoming events.

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

Barbara The Tea Specialist
561-213-3990

CRANBERRY HIBISCUS ROOIBOS

ICED African Rooibos flavored with whole cranberries, elderberries, black currants & wild hibiscus topped with an organic orange slice!

Did you know that three grams of ROOIBOS (pronounced ROY-BOSS) brewed in 8oz of water contain: 1.09 of calcium, .022 mg of ...fluoride, 0.07 mg of iron 1.67 mg of manganese, 7.12 mg of potassium, 6.16 mg of sodium and 0.04 mg of zinc.? Current health studies on hibiscus not only show high levels of vitamin C but also good effects on people who suffer from hypertension.

Check out other health studies of TEA on my website!

" Education of TEA One Sip at a TIME!"

[The Orchid Tea Room](#)

561/213/3990

**Fine Organic Teas,
Tisanes & Products**

BEGINNINGS OF THE TEA TRADE

The Ming Dynasty ruled China between 1368 and 1644, almost 300 years. Under its rule The Horse and Tea Bureau played a vital role in the economy. Tea ranked as one of the empires' most valuable commodities. The Bureau became responsible for bartering tea for horses. They created incentives for the farmers to grow tea by reducing the tax to 1% (farmers would allocate 1% of their crop to the state).

During the Ming Dynasty tea was first introduced to Europe. Rumors circulated there that tea weakened a person's vitality and was being exported to sap the energy from its potential enemies. Ironically, it would be England that traded opium for tea -- truly sapping the energies of those that used the drug. The two peaks of Mt. Tianmu in Zhejiang Province are famous for its scenery and misty slopes. Tea bushes grow in the valleys, where it is misty $\frac{3}{4}$ of the time. This gives the tea its unmistakable taste and visual appearance.

This tea is manufactured under shou-mei principles, those being sun-dried and subjected to a minimum amount of processing so the tea's color and aroma are as close as possible to those of fresh leaves. You can see evidence of this in the leaf appearance -- the leaves are virtually whole with many bud sets and slight "hairy" down, indicative of very careful hand rolling and superior hand sorting.

Try The Orchid Tea Room's ORGANIC TIANMU MING DYNASTY. Cup characteristics include a superb taste, sweet light notes, and almost honey-like delicious vegetative smoothness.

"Education of Tea One Sip at a Time"

SUN-DRIED TOMATO & CASHEW VEGGIE DIP

Makes about 8 Cups

2 Cups Sun-dried tomatoes, soaked for 1 hour in filtered water

2 Cups raw cashews, soaked for 1 hour in filtered water

Zest of 1 organic orange
 $\frac{3}{4}$ Cup organic extra virgin olive oil

$\frac{1}{4}$ Cup organic red miso
 $\frac{1}{2}$ Cup organic lemon juice
1 Small clove garlic, chopped

1 Tablespoon Za'atar Seasoning

(found in Middle Eastern stores or

You may substitute $\frac{3}{4}$ Tablespoon of

dried thyme and $\frac{1}{4}$ Tablespoon raw sesame seeds)

1 Teaspoon Sea Salt
Freshly ground pepper to taste

Place all of the ingredients in a food processor or blender until well combined. If consistency is too thick add a little water to thin. Serve with sliced veggies or crackers. Also delicious as a sandwich spread!

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