

THE TEA ROOM TIMES



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Black Tea, The Most Popular Type of Tea

When many people think of tea, they most commonly think of black tea. That is because black tea is consumed by more individuals, and more cups are drunk of that type of tea than all other types of tea combined. That may be because black tea has been the most available type of tea since shortly after it made it's way to Europe.

The Dutch, the first to important tea from China in 1610 (before the English), would bring green tea to their country. However, after some trials and failures, it was discovered that the journey from bush to cup was too difficult on the delicate green leaves. The time it took to cross the ocean, and the environmental elements the tea was exposed to would often destroy it. Looking for an alternative option, it was soon discovered that the more oxidized black tea would retain its flavor and freshness longer than green teas.

It is important to note that all tea comes from one plant, and how the leaves are processed once plucked will determine what type of tea is made. All tea is grown from the *Camellia Sinensis* plant. When it comes to making black tea specifically, there are two methods, Orthodox and CTC (cut tear curl). Here we will be discussing the Orthodox method as a majority of our teas are made this way.

Plucking: The leaves will be plucked from the bush. Only the top new shoots are plucked. This includes a bud and the next two leaves. Depending on the type of black tea, sometimes a 3rd and 4th leaf will also be plucked. Once it is plucked, the leaves are weighed and taken to their production facility.

Withering: After plucking comes the withering process. During this process, the tea leaves are put into a temperature controlled room where they are able to release moisture and become soft and pliable.

Rolling: After the withering stage, the leaves are rolled to break down the cell walls of the leaf, thus releasing enzymes and essential oils that will change the leaf's flavor. This is where the flavor of tea comes from.

Oxidizing: This stage creates a chemical reaction that will alter the tea flavor and will help it determine its color and leaf appearance. The amount of oxidizing of the leaf will determine the type. Black tea is highly oxidized which makes it strong in color and flavor.

After oxidization, the tea leaves are dried (fired), sorted, and taste-tested to determine what their future will be. Will they be a highly sought after tea, be used in blended or flavored teas, or end up in a tea bag? One thing is for sure, each tea leaf endures many changes to become the beverage we love. Therefore, no matter the type we like best, we should always be sure to enjoy the fruits of labors the tea went through to get to our cup for us to enjoy.

Did you know..... According to the Tea Association of the USA, in 2017, Americans consumed over 84 billion servings of tea, or more than 3.8 billion gallons. About 86% of all tea consumed was black tea, 13% was green Tea, and the small remaining amount was oolong, white and dark tea.

"Autumn makes me want to wear tweed, drink tea, and learn something new."

-Anonymous



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Photo: Pumpkin Spice Black Tea, made with Orange Pekoe grade black tea.

This and our other teas are available on our tea company website.

Visit Driftwood Tea Company online for a complete list of our teas.

Join us to learn more about tea!

Check out our upcoming tea workshops!



Exploring Tea: Origins and Types of Tea

Wed. Oct. 24th 6-8 pm
or

Fri. Oct. 26th 5-7pm
\$15 per person

Come explore the history of tea, and learn about the various types of tea that come from the Camellia Sinensis plant. We will also sample various teas that we discuss, including: white, green, oolong, and black teas.



Exploring Tea: Black Tea

Wed. Nov. 14th 6-8 pm
or

Fri. Nov. 16th 5-7pm
\$15 per person

Join us as we explore what makes black tea unique. We will learn about how black tea is made, and will sample and compare several black teas from different regions around the world.

There are many types of black tea, perhaps you have heard of some. Darjeeling, Assam, and Yunnan rank among the most recognizable. That may be because they were some of the first teas made popular in England.

Perhaps you have also heard of Orange Pekoe. The term, made synonymous by Mr. Lipton himself, has provided the tea world with much controversy over the past 150 years or so.

While tea was still relatively new to the people of England (and most of the rest of the western world), it was up to tea purveyors to sell their products, marketing them how they felt best, to entice people to try their brand. And in a stroke of marketing genius, to make his tea sound more “exotic”, Mr. Lipton started adding that his tea was “Orange Pekoe”.

Many people today are under the assumption that Orange Pekoe refers to the flavor of tea, when it actually refers to the English grading system of tea leaves grown and processed in India and Sri Lanka (where at one time most tea plantations were English-owned).

You see, no matter where the tea is grown and processed, they sort and sell tea by a grading system. The grading system includes terms like: Orange Pekoe (sometimes seen as OP on a box of tea), Broken Orange Pekoe (BOP), Flowery Broken Orange Pekoe (FBOP) and so on.

So, don't worry if you thought that Orange Pekoe referred to the flavor of tea. Most of the world thinks the same thing. Now that you know the truth behind Orange Pekoe, we hope you will have fun checking out your teas at home to see if they are Orange Pekoe, or looking at the grade the next time you purchase tea. You now know a little secret about the tea industry that many people around the world don't know.

Warmly, *Kelly*

*Kelly Hackman is the owner of The White Heron Tea & Gifts and Driftwood Tea Company, and is a WTA Certified Tea Sommelier

TEA SPOTLIGHT: Lavender Vanilla Ashwaghandha Chai



This Fall, we are excited to highlight one of our newest editions to our tea menu, our

Lavender Vanilla Ashwaghandha Chai.

This Rooibos based herbal (yes, that means caffeine free!) combines the smooth flavors of vanilla and the slightly floral flavors of lavender, almond pieces, and a nice mellow base Rooibos. As with traditional chai, this tea contains some delicious spices to help contribute to its beautifully balanced flavors, including: cinnamon, cardamom, and ginger.

As the name suggests, this blend also includes Ashwaghandha, also known as Indian ginseng. Ashwagandha is most commonly used in Ayurvedic medicine to reduce levels of fat and sugar in the blood, as well as to help the body cope with daily stress. Some people also use it to improve their thinking ability, decrease pain and swelling, and to help prevent the effects of aging.

This tea, as well as all of our teas, is available in 2 oz loose leaf and 15 pyramid sachet tins.

Steeping Instructions: We suggest enjoying this tea hot, at any time during the day or evening. We recommend a steeping time of 5 minutes, but if you go over there are no worries as this is a Rooibos and you don't have to worry about it bittering.

UPCOMING EVENTS

Friday, October 19, 2018 from 6-8 pm: *Shop and Sip!* Visit participating businesses in downtown New Port Richey to sample wine and other goodies and enjoy specials at various restaurants. Gather your friends and come downtown, and have an enjoyable night checking out our town!



Saturday, October 20th at 2 pm and 4 pm: *Mommy and Me Princess Tea.* Once upon a time, there was a beautiful princess that came for tea with her friends. \$16.95 per person. Adult must accompany child for tea. Advance reservations required. Call early as *Mommy and Me Princess Tea* fills up quickly.



Wednesday, October 24th from 6-8 pm: *Exploring Tea: The Origins of Tea Workshop* (Advance reservation required—see opposite page for details and ticket information)

Friday, October 26th from 5-7 pm: *Exploring Tea: The Origins of Tea Workshop* (Advance reservation required—see opposite page for details and ticket information)

Tuesday, October 30th from 6-7:30 pm: *Haunted Halloween Eve Dessert Tea* - Join us for our first evening tea time: Tea After Dark. The Tea Room will be decorated for Halloween and we will be serving some goulsh dessert teas. Come dressed in costume for fun! Tickets are \$15 per person (price includes petite desserts, scones, and tea)

Wednesday, November 14th from 6-8 pm: *Exploring Tea: Black Tea Workshop* (Advance reservation required—see opposite page for details and ticket information)

Friday, November 16th from 5-7 pm: *Exploring Tea: Black Tea Workshop* (Advance reservation required—see opposite page for details and ticket information)

Sunday, November 18th from 12-5 pm: *Holiday Open House.* Mark your calendars now and plan to attend one of our favorite events of the year, our annual Holiday Open House. Enjoy tasting some of the most popular flavors this Holiday season with our annual Winter Tea Tasting, and get a head start on those gifts by visiting our beautifully decorated gift shop.



Thursday, November 22nd - Happy Thanksgiving (tea room and gift shop closed)

Saturday, November 24, 2018 from 11 am - 7 pm: *Small Business Saturday.* Join us as we celebrate Small Business Saturday with fun activities, free giveaways, and more.

Seasonal Staff Picks: Caramel Black

This month, in celebration of the start of fall, our staff has chosen one of our year round favorites to highlight as the weather starts to cool.

“Sweet creamy notes of caramel make this smooth black tea the perfect warm cup to wrap your hands around on a brisk Fall day.” - Morwyn, Tea Assistant



Steeping Times and Temperatures*

To steep what we consider the perfect cup of tea, we recommend using 6-8 ounces of water to the following:

White Tea: 1 Tbsp at 175-185 degrees for 1-3 minutes

Green Tea: 1 tsp at 180-185 degrees for 3 minutes

Black Tea: 1 tsp at 205 degrees for 3-5 minutes

Herbal: 1 Tbsp at 205 degrees for 5-7 minutes

*Each person is different when it comes to how they like their tea. We encourage you to try different amounts of tea at different times to determine how you like your tea the best.

Contact Us

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Visit us on the web at
www.thewhiteheronfl.com

Enjoy our tea at home. Visit our tea website at
www.driftwoodteacompany.com

Reservations required for tea room services. Please call a minimum of 48 hours in advance.

***Large parties are encouraged to call well in advance as the tea room fills quickly.**

The White Heron Tea & Gifts

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