

THE TEA ROOM TIMES



Published by The White Heron Tea & Gifts and Driftwood Tea Company

January - February 2019

Herbal Teas for a Healthy New You!

Many times when guests come into our tea shop, they ask for recommendations on which teas they should drink. More specifically, they ask us about “healthy teas”, or teas that do something for your body. As we know, tea itself is healthy to consume daily. But, what if you are looking for a tea that helps with an ailment, or to help keep you healthy when everyone around you is sick this winter season. Our answer, we have something for you!

Herbal “Teas” (also known in the tea industry as “tisanes” because they don’t actually contain tea), have been used for various ailments for hundreds of years, if not more. It is the herbs in these tisanes that help your body. Different herbs help our bodies in different ways.

One of the most common herbals we are asked about is something to help with relaxation and sleep (we all know that with our busy lives, it can be hard to go to sleep, let alone stay there). Certain herbs can work to relax you, calm your internal system, and allow your body to rest. And of course, one of the best ways to do that is through enjoying an evening tea (let’s face it, having tea at night is relaxing itself). To avoid a beverage with caffeine, we often suggest one of our soothing herbal blends, Lullaby and Goodnight.

Lullaby and Goodnight combines calming herbs to help you get a good night sleep. These herbs include: valerian root (believed to elevate gamma—aminobutyric acid in the brain and induce sleep), Chamomile (known for its mild sedative effects), Peppermint & Spearmint (said to ease the mind into preparation for sleep), and Rosehip (packed with vitamin C, it’s thought to act as a natural antidepressant and sleep aid). All of these herbs work together to provide you the perfect relaxation, and are best enjoyed in tea form.

In addition to relaxation teas, we are often asked about wellness, or more specific for Cold and Flu. We are in the midst of the annual Cold and Flu season, and yes we have a tea to help you get through it (actually several). On newest herbal blends that we are using to fight off our colds is Cranberry Echinacea. Many of us already know that taking echinacea is effective at preventing cold symptoms, but did you know that the Native Americans also have maintained that Echinacea is the key to preventing many other illnesses and infections. By consuming echinacea we help to eliminate or lessen the effects of a cold. We don’t know about you but that sounds really good to us!

Always remember when looking at Herbal Tisanes, there are many types available that can do just about anything to help you (but please note, they should not be taken in lieu of medical diagnosis or treatment). Herbals are meant to help you along the way. So, if you are looking for something to help with inflammation from arthritis, strengthening your hair and nails, relief from flu and cold symptoms, or helping with sleep, the probability is that we have an herbal tea (tisane) to help you!



*“Tea! Bless ordinary
everyday afternoon
tea!”*

— *Agatha Christie*

In This Issue

- A New Year’s Resolution You Can Keep!
- 5 Quick Facts about Tea
- Seasonal Staff Pick: Swiss White Truffle Rooibos
- Mark Your Calendar: Check out our Upcoming Events



Herbal tisanes (also know in the US as herbal teas) are a great alternative to traditional teas, are often caffeine free, and offer many health benefits.

Another Year, Another Resolution Broken.... Here's One to Change Your Life!

It's January, and for many of us that means the dreaded task of thinking up a resolution for our New Year. It's something we promise to do this year that maybe we didn't last. Something to make us feel better, act better, just be better. But more often than not, these little promises we make for ourselves tend to be broken less than 3 weeks from our start date. Why is that? Is it because, while we have the best of intentions, it's hard to make drastic changes in our lives? Lack of true desire? Or something else?

This year, instead of vowing to make a complete life change, I encourage you do make a decision to do something that will completely change your life. Something that will provide you the opportunity to slow down and enjoy life's little nuances. Something that will lift your spirit. Something that will give you energy, guidance, and calmness all at once.

Of course, I am talking about...Tea! It's true that in today's fast pace world filled with technology, we rarely take time out to just be. Of course, coming to a tea room always helps you to get a relaxing break. But what about all of those other days you can't come have tea with us? How about taking a tea break at home, or dare I say, at work??

Scheduling in fifteen minutes in the middle of your afternoon to sit and sip a cup may seem like a pretty hard things to do but studies show that just a few minute with a cup of tea can do wonders for your productivity. Taking a "tea break" will allow your body and brain time to relax and decompress before dealing with even more stress. Not to mention, taking the time to enjoy just one cup of tea allows you the opportunity to....breathe!

When was the last time you took a few minutes out at home to make a cup and sit on your porch to listen to the birds, or the rain? It sounds trivial but in today's environment we should make the resolution to relax with some tea. I challenge you to make it a point to enjoy a cup of tea at least once during your day. But the hardest part of this challenge is going to be sitting down and doing nothing else for fifteen minutes, and just enjoying sipping your cuppa.

So, heat up the water and grab a small sweet (I keep some tea cookies in my desk drawer for times when I can have tea in the afternoon), and let's all make an effort to take time to breathe each day. I promise you, it will change your life!

Happy Steeping!

Kelly

*Kelly M. Hackman is a Tea Sommelier, Certified Tea Specialist, and Owner of The White Heron Tea & Gifts in historic downtown New Port Richey, Florida.

Make 2019 your year to learn more about tea!



One of the highlights of having a tea room and a tea company is learning about tea and sharing it with you!

This amazing plant has the ability to produce 6 different kinds of teas, including: white, green, oolong, black, Pu-erh, and yellow. All of these amazing teas come from one plant, and in addition, the tea plant has shown tremendous promise to aid in many different ailments among other things.

We are excited to offer unique workshops to help you learn more about tea this year.

From making the perfect cup of tea to learning about different tea cultures, we look forward to sharing our love of tea with you!

Check out our Exploring Tea sessions under our upcoming events.

5 Quick Facts about Tea

1. Tea used to be very expensive. It was kept in a locked tea chest in the parlor. The lady of the house was responsible for the tea and was often the only person with the key for the lock.
2. English tea gardens were the first public gathering place where women were allowed to mix with men publicly, without scandal or criticism.
3. In Ancient China, tea was a form of currency. Tea leaves were pressed into a brick. One side was scored so that it could easily be broken if change was needed.
4. There is a special name for when tea leaves uncurl as hot water is poured over them. It is called "the agony of the leaves."
5. Herbal teas are not actually teas because they do not contain leaves from the plant *Camellia Sinensis*. Instead, they are infusions made from the roots, leaves, flowers, seeds, and/or fruits of various plants.



UPCOMING EVENTS

Saturday, January 12, 2019 - 11 am - 4 pm - Three Year Anniversary! (And National Hot Tea Day!) Join us as we celebrate 3 years in business as The White Heron Tea & Gifts. Our day will be filled with cake, several hot tea samples (it is after all National Hot Tea Month), a tea basket raffle, and specials on teas to go. We look forward to seeing you!



Tuesday, January 15, 2019 - 6 pm - Tea Room After Dark - Hot Tea Trivia Join us as we host our first Tea After Dark of the New Year! In honor of National Hot Tea Month, we will play a fun game of Tea Trivia. Whether you know a lot or a little about tea, this will be a fun and informative event for you to enjoy. So bring your friends and test your hot tea knowledge! Our evening will include delicious tea-fare: side salad, tea sandwiches, scone, delicate desserts, and tea of your choice. **RESERVATIONS REQUIRED.** \$20 per person (plus tax and gratuity).



Thursday, January 31, 2019 - Exploring Tea - Making the Perfect Cup of Tea - 6 pm. Have you ever wondered how we make the perfect pot of tea every day in our tea room? We will show you how we make our tea and teach you the basics about steeping different types of tea. Each guest will make their own tea to enjoy together in the tea room. \$10 per person, includes pot of tea to enjoy. **Advance Reservation Required.**



Saturday, February 9, 2019 at 2 pm and 4 pm: Mommy and Me Princess Tea. We invite you to join us for tea as we enjoy some precious time with the Sleepy Princess, Aurora. She looks forward to spending time with our guests, both small and tall. \$16.95 per person. Adult must accompany child for tea. **Advance reservations required.** Call early as *Mommy and Me Princess Tea* fills up quickly.



Tuesday, February 12, 2018 - 6pm - Tea After Dark - Valentine's Day Program. Join us as we celebrate Valentine's Day in the tea room with an intimate evening tea. Our evening will include delicious tea-fare: soup or salad (TBD), tea sandwiches, scone, petite desserts, and your choice of tea. **RESERVATIONS REQUIRED.** \$20 per person (plus tax and gratuity).



Thursday, February 28, 2019 - Exploring Tea - How Many Types of Tea Are There? - 6 pm. Join our Tea Sommelier on a journey to learn about different types of tea. This tasting workshop will have you exploring several different types of tea. Learn where they came from and how to properly fix them. \$10 per person, includes samples to take home and enjoy. **Advance Reservation Required.**

Seasonal Staff Picks: White Swiss Truffle



This delicious mild body tisane combines the smoothness of a traditional rooibos with the sweetness of chocolate, and finishes with a slight mint flavor. A delicious tea for all day since rooibos doesn't contain caffeine.

"I enjoy this tea in the evening because it is slightly sweet so it satisfies my sweet tooth but without the caffeine so I'm not up all night."

Kelly Hackman, Tea Sommelier

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 and steep it for different amount of time to determine how you like your tea the best.

Contact Us

The Tea Room Times is a publication of
The White Heron Tea & Gifts

6228 Grand Boulevard
New Port Richey, FL 34652

(727) 203-3504

info@tearoomtimes.com

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
Home of Driftwood Tea Company
6228 Grand Boulevard
New Port Richey, Florida 34652

PLACE
STAMP
HERE