

THE TEA ROOM TIMES



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January - February 2020

Celebrate National Hot Tea Month!

As the weather gets cooler during the first part of the year, it seems only fitting that we would celebrate a beverage that makes us feel warm and fuzzy inside. Yes, I'm talking about tea...the second most consumed beverage world-wide (behind water). However, in the United States, tea ranks only in the top ten of beverages, and over 80% of tea consumed is iced.

Despite not being the number one preferred way to enjoy tea, hot tea, long thought to be time consuming to make and often not tasting the greatest (especially if using largely commercial brands), actually has a lot of benefits for your body.

For many people, simply holding a nice cup of hot tea and sipping it provides a type of relaxation that is rarely achieved today. With our busy lives, we rarely take time out to just be, and enjoying a nice hot cup of tea gives us that break, releasing stress, and warming us from the inside out.

In addition to the relaxation aspect, tea has many other benefits, including but not limited to: helping control blood pressure, boosting immunity, increasing bone density, lowering cholesterol, decreasing overall body inflammation, and increasing memory.

These benefits are derived from the actual *Camellia Sinensis* tea plant, and includes black tea, green tea, oolong, white tea, yellow tea, and dark tea (puerh). Herbals, not including the tea plant and often called tisanes, have different benefits.

The reason the *Camellia Sinensis* plant is so important is because it contains certain chemicals that help the cells in our body to respond positively to it, and to replace damaged cell parts with good to make our cells work properly. Those chemicals include: L-theanine (an amino acid that triggers relaxation and the "umami" feeling), and catechins (a natural antioxidant that helps prevent cell damage and prevents the formation of free radicals in the body, that ultimately protect our cells from being damaged).

Knowing all of the positive aspects that tea can provide our bodies, I encourage you to take time each day during this new year to sip a nice warm cuppa or two, and give your body the boost it needs to be the best that it can be.

"Tea is the second-biggest segment in the market for Hot Drinks after Coffee and forecast to grow to more than US \$280 billion at home and out of home by 2023, driven by a healthy growth in volume demand." - Statista

"A woman is like a teabag - you can't tell how strong she is until you put her in hot water."

— Eleanor
Roosevelt



In This Issue

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- Enjoy our Winter Teas
- Mark Your Calendar: Our Upcoming Events
- Seasonal Tea Pick: Chocolate Covered



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.

Staying Healthy... with Herbals!

Welcome Winter! Or if you are here in Florida, welcome Winter this morning Summer this afternoon, and Fall this evening. It's no doubt that this time of year can be quite confusing on our bodies, as the weather changes back and forth. That's why it's so important to arm ourselves with the best practices for staying well.

It's this time of year that we are often asked about the best teas to drink to keep us healthy... which teas are best for colds, sinus, and flu. To that we often answer with some herbal teas. While tea itself has great benefits, herbs often have properties that tea itself doesn't. So, enjoying one of these delicious blends to keep you healthy is just as important as enjoying a traditional cuppa each day.

Here are our top picks for "cold and flu" herbals that will help keep you on the wellness track this Winter season.

Cold B Gone: This delicious blend of ginger, orange peel, and cinnamon has been our most popular "cold" tea since we opened. Capitalizing on folkloric beliefs in the curative power of ginger and vitamin boost of citrus, Cold B Gone serves as a barrier between your body and nasopharyngitis, coryza, and will help with whatever is ailing you. This tea is also exceedingly rich and delicious.

Cranberry Echinacea: Cranberry Echinacea draws on a number of ingredients from the natural world that possess traditional therapeutic uses we've all but forgotten about. For example, to our ancestors, strawberry and blackberry leaves were commonly used to make poultices and tisanes that were used to combat everything from the common cold to inflammation and diabetes. Similarly, echinacea has been recognized in being effective in preventing cold symptoms. Beyond the common cold American natives have long maintained that Echinacea holds the key to preventing a host of additional illness and infections.

Zesty Tulsi: Tulsi is prized for its ability to restore and fortify the body. According to natural health and Ayurvedic practitioners, tisanes made from the leaves of the plant are said to boost immunity, acting as an antibacterial element that can protect the body from cold and flu, easing fevers and headaches and relieving sore throats and coughs.

All of the above teas are available in loose tea form, as well in our pyramid tea bags for ease. So, when you aren't feeling quite yourself, stop in and grab some of our wellness teas, and start feeling better in no time.

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.



CELEBRATE OUR 4 YEAR ANNIVERSARY!

**Saturday, January
25th**

11 am - 4 pm

Join us to celebrate the 4th anniversary of our tea room. We will have cake to enjoy throughout the day, hot tea specials, and specials on gift shop merchandise.

We invite you to come by for a piece of cake and to help us celebrate!



Tea After Dark "Galentine's" Day Tues., February 11th 6 pm

Join us as we celebrate the Gals this Valentine's Day with an intimate evening tea. Join us to celebrate this fun-loving holiday, with delicious tea-fare, and hot tea! Of course, our evening will include beautiful live background music, perfect for a night out for the gals (and guys too!).

\$25 per person (plus tax and gratuity)

Celebrate National Hot Tea Month



Enjoy these Hot Teas on Specials each Saturday for just \$1.99 (plus tax and gratuity)

January 11th - Monk's Blend Black Tea

January 18th - Luscious Loquat Green Tea

January 25th - White Swiss Truffle Rooibos

Winter Tea Preview



Enjoy our Winter Teas while they are in season, until March 20th.

Alpen Mulled Wine - Black Tea Yodel eh, Yodel eh, Yodel eh E ou..... This delicious winter tea combines mountain fresh Bordeaux berry notes tempered with hints of sweet cinnamon. Like enjoying a fine wine.

Christmas in a Cup - Black Tea This beautiful holiday inspired tea brings back to life all of the aromas you remember as a child during the holiday season. One cup and you'll be singing Jingle Bells!

Florida Sunset - Rooibos / Herbal
****Allergy Alert - Contains Almonds****
 Slightly toasty with cinnamon and orange, this mildly robust herbal infusion reminds us of sitting on the beach and enjoying a Florida sunset, as the warm sun fades from view.

Peppermint Willamette - Herbal Like enjoying a delicious peppermint, this herbal is cool, fresh, and full of menthol taste, leaving your mouth feeling cleansed and refreshed. The infused leaf is bright green, tending yellowish.

Southern Pecan - Black Tea
****Allergy Alert - Contains Walnuts / Pecans****

This delicious black tea is filled with pecans and white chocolate. Yummy!

Winter Wonderland - White Tea
****Allergy Alert - Contains Almonds****
 Beautifully aromatic white tea, tending slightly floral with hints of toasty almond, sweet orange on the forefront, and holiday spices that lingers on the palate. The perfect light tea for cold winter days.

UPCOMING EVENTS

Tea After Dark - Hot Tea Month - Tuesday, January 14th - 6 pm

- Celebrate national Hot Tea Month at our January Tea After Dark. Enjoy delicious tea-fare and some delicious hot teas. Music will be provided by the lovely Danny V. **\$25 per person** (plus tax and gratuity). **RESERVATIONS REQUIRED.**

Tea with a Tea Sommelier - Thursday, January 16th - 4 pm -

Join our Tea Sommelier and owner, Kelly, for a relaxing pot of tea and talk in our Tea Parlour. This is an informal get-together to talk about tea. There is no program, just an opportunity to take a break and talk about our favorite drink. **\$10 per person** (plus tax, includes tea). **RESERVATIONS REQUIRED.**

Feng Shui Your New Year - Wednesday, January 22nd - 4 pm -

Welcome in 2020 by enhancing your wishes for a Happy, Healthy, Wealthy New Year with the ancient "Art of Placement" called Feng Shui. Feng shui is now enjoying a resurgence since gaining popularity in the 90's. Join Jade for this fascinating subject that has changed the way we look at our environment and surroundings in our home or office, and how they influence our lives and well being. **\$20 per person. RESERVATIONS REQUIRED.**

4 Year Anniversary - The White Heron - Saturday, January 25th - 11 am - 4 pm

- See previous page for information.



Transforming Stress and Restoring Balance with Qi Gong with Joan - Tuesday, January 28th - 4 pm

- By focusing on a few specific, simple movements you can change the stress stored in your body and experience greater balance, energy, and peace in your life. Join us for a 30 minute energy building session, followed by... You guessed it A tasty pot of tea and talk. Guests of all abilities are welcome while Joan guides you to experience this lovely exercise flow. **\$13 per person. RESERVATIONS REQUIRED.**

The Romantic Side of Feng Shui - Wednesday, February 5th -

4 pm - Join Jade for the Romantic side of Feng Shui. This time, for our love and relationships! Just in time for Valentine's Day, learn how to better and improve your present relationships or plan for your future one (and it's success!) *After class, Jade will be available to identify the Love and Relationship area of your specific floor plan in your home. Bring a professional or hand-drawn picture to be evaluated for an additional fee of \$10. **\$20 per person. RESERVATIONS REQUIRED.**

Tea After Dark - Celebrate "Galentine's" Day -

Tuesday, February 11th - 6 pm - See previous page for details. **\$25 per person** (plus tax and gratuity) **RESERVATIONS REQUIRED.**



Yoga with Dawn - Wednesday, February 12th - 4 pm -

What goes better together to relax than yoga and tea? Join our resident yoga instructor, Dawn, for a 30-minute Chair Yoga session. Guests will enjoy a relaxing session of easy flow yoga (no getting on the floor here), followed by a pot of tea. **\$13 per person. RESERVATION REQUIRED.**



Tea with a Tea Sommelier - Thursday, February 20th - 4

pm - See above for more information on this offering. **\$10 per person** (plus tax, includes tea). **RESERVATIONS REQUIRED.**

Qi Gong with Joan - Tuesday, February 25th - 4 pm - See above for more information. **\$13 per person. RESERVATION REQUIRED.**

Tea Leaf Reading with Jade - Tuesday, February 25th - 2 pm to 5 pm

- Jade is back again for Mardi Gras to share her tea leaf reading skills. After enjoying your selected tea, Jade will proceed to read and reveal the insights the tea leaves hold for you. (This event was very popular at our Halloween After Dark and space is limited). Call early to secure your time. Readings run every 15 minutes from 2 pm to 5 pm. **\$18 per reading. RESERVATION REQUIRED.**

Seasonal Tea Picks: Chocolate Covered Strawberry



What goes better for Valentine's Day than Chocolates and Strawberries?

We can't think of anything better. So when looking for the perfect tea for the upcoming holiday, we knew exactly which one to pick! Chocolate Covered Strawberry Herbal tea combines the creaminess of decadent chocolate with the fruitiness of fresh plucked strawberries. The result, perfection in a cup that has no calories. Now you can enjoy that chocolate covered strawberry treat guilt free!

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

*Enjoying your tea the way you like it is a personal decision. 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

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Visit us on the web at
TheWhiteHeronFL.com
DriftwoodTeaCompany.com

Reservations required for tea room service. Please call a minimum of 48 hours in advance. *Large parties are encouraged to call well in advance as the tea room fills quickly.

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