

Steeped in Tea

Chantilly Tea Room & Gift Boutique

Healing Power of Tea

FACE BRIGHTNER Soak a washcloth in warm chamomile tea with three drops of lavender oil; wring dry, and press onto face. Chamomile tea contains azulene, an anti-inflammatory that calms skin.

CAVITY FIGHTER Sip some antioxidant-rich white tea. "Polyphenol antioxidants in tea inhibit the growth of oral bacteria, like those that cause tooth decay," says Milton Schiffenbauer, PhD, a microbiologist New York City's Pace University, who has led research on the subject.

FIRST-AID FIX Treat minor scrapes, bug bites, and sunburn with green tea, which contains tannins that act as a natural antiseptic and relieve itching and swelling. Just apply cooled tea with a cotton ball.

TENSION BUSTER In a British Study, people who drank black tea four times a day for six weeks calmed down more quickly in stressful situations than those who didn't drink tea. Black, green, and oolong teas all contain theanine, an amino acid that helps the brain and body relax.

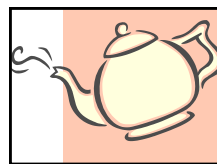
Taken from Health Magazine April 2009.

Chantilly is available on Sundays for private parties.

Call for more information.

NOW OFFERED...
Continental Chantilly Cream Tea

For morning meetings or get-togethers (Bible Studies, Reading Clubs,...) Served from 9-10:30am. By reservation. \$10.99 per person (plus tax & gratuity).



Order Scones & Hot Tea To Go!

Tea Tidbits

All true tea types are high in vitamins A, B, C and E; minerals such as manganese, magnesium, zinc and potassium. Tea also contains substances that may lower blood pressure and cholesterol and stabilize blood sugar, supporting

cardiovascular health. Tea is high in antioxidants, which fight free radicals thought to cause cellular damage and diseases such as cancer. Green tea kills mouth bacteria, helping to combat cavities and bad breath. White tea is antimicrobial. A cup of black

tea, brewed for five minutes, contains just a third the caffeine of a cup of non-espreso, black coffee. Studies recommend drinking 4-5 cups of any type of tea daily.

Taken from The Tea House Times Sept/Oct 2008.

Tea-Mail Newsletter

Issue 11
Summer 2009

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Grandpa Feeds Baby

Grandpa holds the baby,
He's sitting on his knee
Eating mutton dumplings
With vinegar and tea.
Then grandpa says to baby,
"When you have had enough,
You'll be a saucy baby
And treat your grandpa rough."

(Translated by Isaac Headland from the Chinese Mother Goose Rhymes, 1900)

WHAT'S NEW: New Beverages with the Health Benefits of Tea

HOT TEA TO GO...LOOSE LEAF!! Take out Loose Leaf

Tea

Our new takeout lids with a built in strainer... enable us to serve loose leaf tea to you "on-the-go."

Select your favorite tea flavor from our tea menu and we will quickly fix you a HOT CUP of refreshing and delightful fine TEA (no bags here).

\$3.95 (\$4.20 white teas)
per 12 oz. cup

POMEGRANATE BLUEBERRY
MATCHA GREEN TEA SMOOTHIE
\$5.55

TEA SMOOTHIES Strawberry Banana, Just Peachy, Very Wild Berry & Pina Colada ALSO ENJOY TO-GO! (Fat Free & Dairy Free) \$5.00



TEA SMOOTHIES
Enjoy In-House or To-Go!

MATCHA
GREEN TEA
SMOOTHIE
\$5.00

CHECK OUT our LUNCH COUPONS: Buy 1 lunch entrée & Get 1 50% OFF in the Caliente Section of the AZ Daily Star & in the Entertainment Book.

The DINING CLUB CARD from AZ Daily Star allows you to purchase a lunch or tea and get the 2nd for FREE!

Create Cup & Saucer Compotes

Create lovely compotes using an assortment of solitary china cups and saucers.

Lone survivors of tea services can be found at yard sales, thrift and antique stores. Mix and match patterns and even use chipped or stained pieces as the flaws will be hidden when the cup is inverted.

HOW TO MAKE:

Just about any cup and saucer can be

combined, but several guidelines should be followed for selection. Cups without handles—a form common until the late 1800s—have the cleanest lines. Also consider the scale of possible mates. A tiny saucer may look too small atop a tall cup. It's usually best to match materials (e.g. porcelain with porcelain), but feel free to

coordinate pieces by color. Wash both pieces in warm water using a liquid dish detergent. Dry. Roll eight to ten 3/16-inch balls of soft wax or adhesive putty. Place around the base of upturned cup. Center saucer; press firmly into the wax.

Taken from Martha Stewart July 2001.

The word compote comes from the Latin verb *componere*, meaning "to collect together a whole from several parts."

INTRODUCING 17 NEW LOOSE-LEAF TEAS: Now on Our Menu

Ceylon (Organic) Light liquoring with hints of delicate floral notes.

Burton' Bliss Black tea with the rose blueberry taste of mallow blossoms, blackberry leaves, blackberries and blueberries.

Chocolate Mint A black tea with chocolate flavoring and peppermint leaves.

Chocolate Orange Spanish orange highlighted with lascivious Belgian white chocolate notes.

Icewine Beguiling sweet pear notes with hints of berry and caramel.

Peach Apricot A flavor and tasty combination of mellow peaches with full-flavored apricots.

Vanilla Cream (also decaf) Black tea w/ vanilla

Windsor Castle Full-bodied with toasty notes from Darjeeling, maltiness from Assam and lively flavor for Ceylon.

Scottish Caramel Toffee Pu'erh The earthiness of pu'erh fuses with caramel.

Mandarin White Pu'erh Light with exotic mandarin sweetness.

Young Pu'erh Characterized by an elemental essence.



Pop in for a pot of tea or order a cup to-go!

Yellow Plum Oolong Vervain, apricot bits, cornflower & sunflower blossoms and rose petals.

Pearl of Fujian China Pai Mu Tan white with a blend of green teas with rose blossoms, sour cherry bits, jasmine and orange & sunflower.

Almond Cookie Green tea with coconut and almond flakes.

Japanese Bancha (Organic) Fresh green tea with sweet pear.

Yellow Plum Icebush Rooibos tea with ginger, apple, papaya, yellow plum .

MOTHER'S DAY TEA

CELEBRATE & HONOR

your Mother...

Join us for our scrumptiously
delicious strawberry themed
afternoon tea

Mother's Day Sunday

May 10th 11am or 2pm

Reservations Req.

\$33.24 per person

(tax & tip included)

Tea Tastings

Sample a variety of teas as you
enjoy our scrumptious scones
and condiments.

\$14.35 per person
(tax & tip included).

Sat. June 13th 3-5pm

Sat. Aug. 15th 3-5pm



"Tea is a meal for all sea-
sons; its also suitable for all
occasions."

Angela Hynes

TEA BLENDING CLASS

Chantilly supplies loose leaf tea and
blending components, such as lav-
ender, rose-hip & mal-
low blossoms and you
create your own tea fla-
vors to take home and
enjoy.

Saturday July 11th

3:30-5:30pm

\$28.00 per person

EVENTS, CLASSES & SPECIAL OCCASIONS

Stitch & Scones: Bring your
stitching project— join us for
scones, tea & fun conversation.

2nd & 4th Tues. every mo.
3-5:00pm.

Reading Club: Meets the second
Thurs. of every month 3-4:30pm.

Call for info.

Tea Etiquette

Learn about the customs & courtesies asso-
ciated with the ceremony of tea time. Incl.
Duchess Tea. \$26.12 per person (tax & tip
incl) Fri. July 10th 2:30-4:30pm

*'My dear, if you could give me a cup of tea to
clear my muddle of a head I should better
understand your affairs.'*

Charles Dickens

AWESOME CLASS! Back by Popular
Demand...Broken China Mosaic Frame
Class: Create a beautiful & unique
broken china mosaic frame. All sup-
plies & iced tea included in cost. Class
will be held on 2 consecutive days.

\$34.35 per person is total for both days.

Reservations Required.

Sat. July 25th & Sat. Aug. 1st

3:30-5:30pm

Looking Forward...

Charleston Tea Tour

A small group of Chantilly tea enthusi-
asts will be journeying to Charleston,
SC in May to visit America's only tea
plantation. Not only will we be learn-
ing about tea processing first-hand, we
will also be exploring this fascinating
city, visiting tea rooms, and enjoying
the local cuisine. Next issue, I will
share with you some of our adventures.

WORLD TEA EXPO

Tamara, proprietor of
Chantilly, will be travel-
ing to the Tea Expo to
learn more about, what
else... TEA! She will
bring back new ideas and
knowledge to be shared
in upcoming issues.



Celebrate the beauty of
summer delights.

Ann of Green Gables Tea

Celebrate one of our favor-
ite literary characters, Ann
and her friend Diana with a
special tea time.

Price TBFL

June 20th 1:30-3pm

Princess Tea

Saturday July 18th

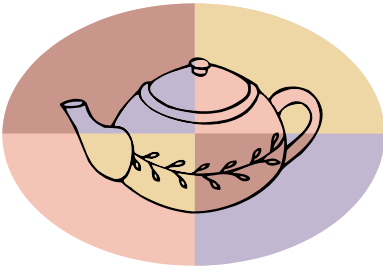
2:30-4:00pm

Price TBFL

Chantilly Tea Room & Gift Boutique

5185 N. Genematas Drive
Tucson, AZ 85704
(520) 622-3303
chantillytearoom.com

Tues.-Sat.: Gift Btg. 11-5pm
Lunch 11-3pm Walk-ins Welcome
Afternoon Tea Tues.-Fri. 11-3pm
Sat. 11-4pm Res. Req.



The pleasures of afternoon
tea...homemade lunches
too!

LUSCIOUS LEMON SQUARES

2 sticks margarine
1/2 cup powdered sugar
2 1/2 cups self-rising flour
4 eggs
2 cups sugar
1/2 tsp. baking powder
6T lemon juice

Melt margarine and mix with powdered sugar and 2 cups of flour. Press in a 9x13-inch pan. Bake 15-20 minutes at 350 degrees. Prepare lemon layer. Beat eggs until fluffy, add sugar and mix well. Add remaining 1/2 cup flour, baking powder and lemon juice. Mix well. Pour over cookie layer and return to oven for 25 minutes or until set. Cool and cut into squares. Dust with powdered sugar.

Taken from Southern Teatime Made Easy.

Visit our website to view our menu, along with our new event & class schedule...filled with delightful activities.

ETIQUETTE & CHILDREN

Dorothea Johnson, founder and chair of The Protocol School of Washington, answer questions about dining etiquette and children.

What is an acceptable age for me to take my young children to experience tea? The age depends on the child's maturity and exposure to dining in public places. Since children take cues about table manners from their parents, practice with your child at home. Present your child a written invitation to join you at tea, explain how the tea is poured, the addition of sugar and milk, and describe each course and how it is eaten.

Is it acceptable for young boys to be invited to tea? Yes, indeed, young boys should be invited to tea. It's a wonderful way for them to learn social skills.

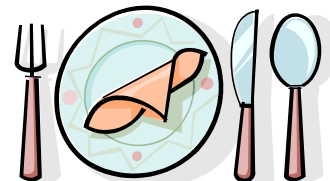
Which tea blends are suitable for using when I am introducing my child to tea? All fruit herbal teas may be used. I recommend a fruit infusion such as "Strawberry Kiwi" which contains no tea leaf, therefore, there is no caffeine.

When tea bags are used, how should my child dispose of the bag once the cup of tea is ready to drink? At home, provide an extra saucer or small plate. Explain to your child that the wet bag should never be placed on the saucer holding the teacup. This keeps the bag from wetting the teacup, preventing any drips during tea. In a restaurant, simply request an extra saucer for the teabag.

If my child does not like the taste of a specific food on her plate, should I insist she eat it anyway, or how can she dispose of the food? Gently tell your child to place the food item to one

side of her plate, or request a side dish if you are in a restaurant or tearoom.

Taken from TeaTime January/February 2007.



Parents are role models for
their children.
Mind Your Manners!