

Steeped in Tea

Chantilly Tea Room & Gift Boutique

Benefits of Drinking Tea

TEA & HEALTH

(As explained on a RISHI Tea pamphlet)

Tea is one of the healthiest beverages in the world! From fighting bad breath to cancerous tumors, the health benefits of tea are immense, and it is likely that even more will be discovered in the near future. There is a lot of research currently focused on the health benefits of tea. All types of high quality loose teas offer health benefits, so find a flavor that appeals to your palate. Here are some health benefits associated with tea:

White Tea

- Contains cancer fighting anti-oxidants
- Cooling and detoxifying
- Has the lowest content of caffeine found in all teas
- Anti-aging and anti-stress properties
- High L-theanine amino acid content promotes longevity

Green Tea

- Highest content of cancer fighting anti-oxidants
- Antiseptic & anti-viral effects: kills oral bacteria that can lead to colds
- Fights degenerative diseases and supports immune system function
- Strengthens tooth enamel and fights bad breath
- Potent source of vitamins and minerals
- Effective for slimming and weight loss

Oolong Tea

- High content of tea polysaccharides
- Lowers cholesterol and blood sugar
- High content of anti-oxidants
- Strengthens tooth enamel
- Potent source of vitamins and minerals
- Effective for slimming and weight loss

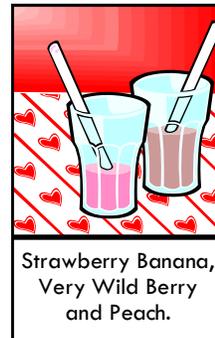
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Chantilly is available on
Sundays for private
parties.

Call for more information.

COOL OFF!

Enjoy a tea smoothie...fat
free & dairy free and
packed with antioxidants.
Enjoy here or buy to go!



Tea-Mail Newsletter

Issue 18
Summer 2011

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Fragrant Dragon

Never fear, for when thou dost look into the magic of the morning light ascending from the East,
There I am.

Look about you in the wind when it hurtles through your house singing the ancient songs of Troy and Agamemnon,

I am there.
And when the steam rises from your tea, drawing the jade silhouette of a thousand past emperors, know that I am there watching over you,

As I rise fragrantly from the cup.

(Tomislav Podreka, 2003)

Tea Tidbits

Skinny Drink of the Month GREEN TEA LEMONADE

Bethenny Frankel, author of *Naturally Thin*, shares her version of a fabulous tea drink. Taken from April 2011 edition of *Health* magazine.

As Bethenny explains, "My take on iced tea combines the health benefits of green tea with the sweet tang of lemonade. Even better, it's outrageously easy to make."

Pour **1 cup brewed green tea** over a glass of ice. Add a **splash of fresh lemonade**, and garnish

with a **mint spring**. Each serving has only 14 calories, plus it's loaded with antioxidants.

DRINK UP!

Health Benefits of Tea Continued

Black Tea

Heart health: can help prevent heart attacks
Helps prevent plaque build-up in arteries
Increases bone density
Oral health: kills bacteria in mouth
Fights bad breath

Pu'erh Tea

Perhaps the most effective tea for slimming
Helps metabolize fatty acids & oily foods
Believed to reduce cholesterol & blood sugar
Cleansing and detoxifying to the bloodstream

Other General Benefits

Promotes mental clarity and alertness
Stimulates neural activity & improves learning
Provides even, sustained energy & sound rest
Much lower caffeine content than coffee
Strengthens immune system
Has anti-stress properties
Cleansing, detoxifying & longevity promoting

*Chantilly also now carries
BAMBOO TEAS... Bamboo
teas are made from fresh bam-
boo leaves and are beneficial for
digestion, skin care and detoxi-
fying. They are filled with fiber
protein, vitamin C & minerals.*

Golden Bamboo

*Bamboo leaves blended with
candied pineapple & papaya,
loquat leaves, lemongrass,
mango & banana bits and
lychee.*

*Pomegranate Red Currant
Bamboo leaves blended with
candied papaya, pomegranate
bits, rose blossom leaves, red cur-
rants and pomegranate blos-
soms.*



"Bamboo...the green Gold
from the Far East."

Doll Teddy Bear Tea & Grandmother's Tea

Doll & Teddy Bear

Dress-Up Tea

Saturday July 23rd 3-4:30pm

Tickets on Sale Now!

\$21.89 per person (tax & tip included)

Menu items include such delights as:
Mini Deli Sandwiches, Mac 'n' Cheese
Cups, Blueberry Cheesecake Fudge,
Petit Fours and more!

Grandmother's Tea

Saturday Sept. 10th

3-4:30pm

\$24.39 per person (tax & tip included)

Treat the special grandma in your
life to afternoon tea at Chantilly.
The menu will be divinely delicious
& filled with extra special touches.

A garden of love grows in a
Grandmother's heart. (Author
Unknown)

Grandma serves kisses, counsel
and cookies daily. (Author Unknown)

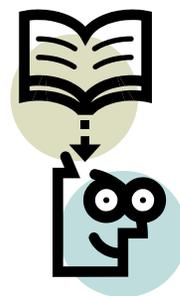
Test Your Tea Knowledge

- 1) How are the 5 different types of tea determined? A. Area where grown B. Method of processing C. Size of leaf after processing D. By tradition
- 2) A Ceylon tea is grown in which country? A. Formosa B. Indochina C. India D. Sri Lanka
- 3) Which variety of tea is mostly unprocessed, just plucked and dried? A. Black B. Pu'erh C. White D. Green
- 4) The 'Red Bush' plant produces

which beverage? A. Cinnamon Tea
B. Yerba Mate C. Sasafras Tea
D. Rooibos Tea

- 5) When tasting tea, the term 'vegetative' usually indicates you are drinking what kind of tea? A. White tea B. Lower quality tea C. Green tea D. Tisane

Answers: 1. B 2. D 3. C 4. D 5. C



Learning about tea is a
lifetime adventure.

Tea Infused Goodies in Stock!

Organic Tea Infused
Chocolates!

Indulge Your Palate.

"Let it melt in your mouth,
while you unwind. The smooth-
ness of the chocolate and the
aroma of tea titillate the
senses."

*Green Earl Grey Dark
Chocolate*

*Honeybush Caramel Milk
Chocolate*

*Black Masala Chai Milk
Chocolate*

*Raspberry Rooibos Dark
Chocolate*
*Chamomile & Honey White
Chocolate*

Introducing TEA

WAFERS! Each light crisp wa-
fer is hand-made and then baked &
aged for 12 days, filled with natural
ingredients and baked again. Serve
with tea, coffee, sorbet along with
berries, cream and more.

Vanilla Almond Tea Wafer
*Raspberry Almond Champagne
Wafer*

Mocha Hazelnut Java Wafer



Delight your taste buds—tea
infused chocolates and hand-
made wafers.

SOCIAL GROUPS & CLASSES

Stitch & Scones: Join us
2nd & 4th Tues. Monthly.
3-5pm.

Reading Club: Second
Thurs. of every month.
3-4pm. Call for info.

TEA TASTING

Saturday October 15th

*3:45-5:45pm \$16.85 per person
(inclusive) Reservations Required.*

"Tea does our fancy aid,
Repress those vapours which the head
invade
And keeps the palace of the soul serene.
Edmund waller

WONDERFUL GIFTS!!

Broken China Mosaic Frame Class:

Create a beautiful & unique broken
china mosaic frame. All supplies &
iced tea included in cost. Class will be
held on 2 Saturdays. \$38.52 per per-
son is total for both days.

Reservations Required.

Sat. Aug. 6th & 13th 3:30-5:30pm

OR

Sat. Nov. 5th & 12th 3:45-5:45pm

Looking Ahead...

Tea & Cheese Pairing

The myriad flavors of tea pair well
with cheeses. Join us as we explore
joining tea with cheese. We will
sample a variety of both and share
our taste bud perceptions.

Sat. Nov. 19th 3:45-5:45pm
\$24.96 per person
(tax & gratuity included)



Is your broom a Nim-
bus 2000 or a
Firebolt?

Harry Potter Tea

Saturday October 29th

3-4:30pm

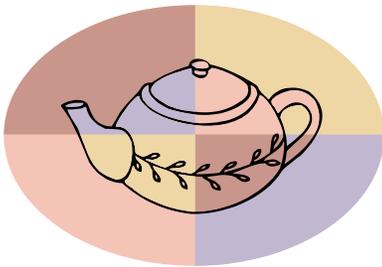
Price TBA

Come in your Halloween costume or
in Potter gear as we enjoy a magic
show and wizardy treats.

Chantilly Tea Room & Gift Boutique

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

Tues.-Sat.: Gift Btg. 8am-5pm
Breakfast 8-10am Walk-ins Welcome
Lunch 11-3pm Walk-ins Welcome
Afternoon Tea Tues.-Sat. 11-3pm
Res. Req.



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

PEACH BERRY CRISP

4 cups peeled & cut peaches 1/2 cup flour
1 cup blueberries/raspberries 1/2 cup quick oats
3/4 cup brown sugar 1 tsp. cinnamon 1/2 tsp. nutmeg
1/3 cup butter, softened 1/2 cup chopped pecans

Preheat oven to 375 degrees. Grease an 8"x8" baking dish and arrange cut peaches and berries evenly over bottom of pan. In a large bowl, combine brown sugar, flour, oats, cinnamon, nutmeg, butter and pecans. Mix well & sprinkle mixture evenly over fruit in pan. Bake for 30-40 min. until topping is lightly browned. Makes 8 servings.

Taken from America's Best Bed & Breakfast Recipes.

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

Gloves Back in Fashion—To wear or not?

Dorothea Johnson, founder of The Protocol School of Washington, explains about the etiquette of glove wearing in an issue of [TeaTime](#).

“My mission in life is to demystify the etiquette associated with tea. First, remove those gloves as soon as you step through the door. One does not shake hands inside a dwelling or drink tea while wearing gloves, even if one is hankering to bring them back as a fashion statement. If it is freezing cold outside and one is offered a hand to shake, then one may extend a gloved hand.

Let's look on the bright side and hope that we do not see one more woman holding a teacup with gloved hands. It has never been

correct to eat or drink with gloved hands.

Gloves have been around for more than 10,000 years, and they have evolved beyond the function of protecting one's hands from cold weather and from heavy manual labor. Regardless of the climate, every major civilization eventually fabricated both work and costume gloves. Yet there is nothing to indicate gloves were ever worn while eating or drinking. One must remember that until the seventeenth century, food was picked up with the fingers and eaten or speared with a knife and conveyed to the mouth. Every etiquette book in my library decrees that gloves are

are removed for eating and drinking. Even the long gloves worn with opulent ball gowns were designed to be unbuttoned and folded back to the wrists when eating.”

