

Steeped in Tea

Chantilly Tea Room & Gift Boutique

Spotlight on Green

Dan Bolton, editor of Tea Magazine, shares information on brewing green tea in this article titled "Keeping It Cool." Preparing tea is not that complicated, but it requires attention to detail. In general blacks can take a bruising but preparing greens takes precision and control. When tea is picked, the leaves and buds are green, alive with goodness and full of oily juices that contain complex aromatic and water-soluble compounds such as catechins, which have a bitter flavor and theaflavins, which are sweet, so balance is added and astringency balanced.

Done correctly, drying enhances and traps desirable flavors within the leaves which are rolled to protect their shape. Tea can be dried using steam (Japanese style), tossed by hand in hot iron pans (Chinese style), left to wither slowly in the sun, cooked in wood-fired, coal-or-gas-heated furnaces and even UV withered and micro-waved in industrial sized ovens.

Greens should be steeped only a short time (under four minutes) in good quality water at low temperatures. Steep Japanese style (steamed) green teas in 160-180 degrees water. Chinese style (baked) greens are best when steeped between 180-185 degrees. Decant immediately. Loose leaf tea can be infused multiple times by increasing the steep time by one minute for up to four infusions. Do not increase temperature. Scorching greens is so common many people think green tea is bitter by nature. It is sweet. That is why it is so important to extract only the flavorful components. When held

against a light the green tea liquor should appear bright and clear and uniformly translucent, its character and bouquet evident. You'll know you succeeded with that first sweet taste.

Taken from [Tea Magazine](#)
March/April 2012



Young tea leaves are harvested and immediately pan-fired, oven fired or steamed to halt oxidation.

Tea-Mail Newsletter

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Tea "Tip" Bits

Green Tea

A 2012 study showed that the amino acid theanine in green tea lowered the release of histamines, those pesky

inflammatory compounds that cause watery, phlegm symptoms. Try to drink 6-8 ounces of the stuff a day.

Taken from [Health](#)
April 2013

Brewing these vegetal, grassy teas with water that's too hot can lead to a harsh bitterness.

Water temp:

140 degrees (Japanese)
170 degrees (Chinese)
Taken from [BonAppetit](#)
Jan. 2013

If man has no tea in him, he is incapable of understanding truth and beauty.

Japanese Proverb

Types of Green Teas

While the list of green teas is expansive, a few of the best-known include:

Gunpowder Presented as small, round, yellow-green pellets, the tea leaves are hand-rolled to resemble their namesake. This earthy Chinese tea was a favorite of frontier America and is still common in North Africa.

Chun Mee A young, early spring, twisted-leaf Chinese tea, Chun Mee produces a golden-yellow infusion with a pungent aftertaste. Twelve chests of this tea variety (known by its East Indies Tea Company name, Hyson) were thrown overboard at the Boston Tea Party December 16, 1773.

Sencha This is the most popular Japanese tea; however, the growing worldwide demand for Sencha has prompted Chinese gardens to also produce it. The long, flat, emerald green leaves make a light golden-yellow liquor with a distinct aroma and flavor reminiscent of freshly mown grass. Tea from March to April harvest, now done mechanically, is preferred.

Lung Ching Originating in the Chinese town of Dragon Well, the best grade of Lung Ching is made of only the bud and one new leaf. It is not rolled but left in its natural pointed form. The clean, well-balanced aroma suggests freshly cut grass and toasted chestnuts.

Taken from *Tea Time* Nov./Dec. 2009



An exceptional green tea may yield multiple infusions.

Good News for Carb Lovers

If you're jonesing for a plate of pasta, you can reduce its negative effects by drinking a cup or two of green tea with it. Per a new study at Penn State, an antioxidant in tea, epigallocatechin-3-gallate (EGCG), can tame the blood-sugar spikes that come from eating a starchy meal—the very same spikes that can lead to

sugar cravings and plummeting energy. While you won't want to go high-carb all the time, this trick might just keep your diet and health on track when you do indulge.

Taken from *Health* magazine
March 2013

Tea is wealth itself, because there is nothing that cannot be lost, no problem that will not disappear, no burden that will not float away between the first sip and the last.

The Minister of Leaves

POWER UP YOUR CUP

Drinking tea is about as close as you'll get to nutritional nirvana—but if you want to reap all the benefits of your brew, lay off the milk. Per a recent study, when you add milk to green tea, your body absorbs much less of the tea's antioxidants. And when you put milk in black tea, it interferes with the tea's ability

to help your arteries. Try teas with floral notes, like Earl Grey, and you won't miss the moo juice at all.

Taken from *Health* magazine



Drink tea and improve your health.

New Products

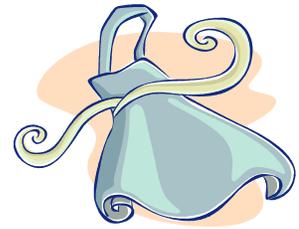
Devonshire Cream Mix!

Now you can make your own delicious Devonshire Cream to enjoy at home with Chantilly's own Devonshire Cream Mix. Available in May in our gift boutique.

Beautiful New Scarves & Aprons

Visit our gift boutique to view many new aprons and scarves with unique patterns and fabrics.

Adult and child aprons available.



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 May 25th

3:15-5pm \$17.25 per person
(inclusive) Reservations Required.

**"Ecstasy is a glass full of tea
and a piece of sugar in the
mouth." Alexander Puskin**

TEA & CHEESE PAIRING

(with a bit of chocolate for good
measure)

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. June 22nd 3-5pm
\$24.96 per person (inclusive)
Reservations Required.

Mother's Day Tea & Future Events

**Celebrate Mother's Day at
Chantilly!**

Sunday May 12th 11am or 2pm

Tickets on Sale Now!

\$40.53 per person (inclusive)

We are excited about the menu and look forward to sharing this day with you.



A mother's heart is a
patchwork of love.
Author Unknown

Princess "Dress Up" Tea

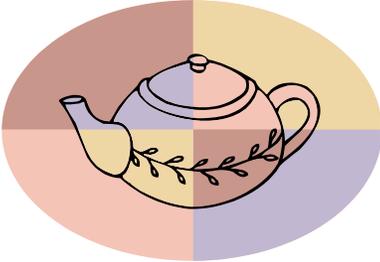
Join us for our Princess Tea
Sat. July 13th at 3-4:30pm.
Meet Chantilly's Princess, create a
teapot craft and enjoy dainties and
sweets.

Price TBA

Chantilly Tea Room & Gift Boutique

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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!

MINTY ICED GREEN TEA

Place 1 cup washed fresh mint leaves in a large glass pitcher. Crush gently with clean hands. Add 3-4 green tea bags, and pour hot water over top, leaving a few inches of room. Cover and refrigerate for 4-6 hours. Remove tea bags, serve over ice. Add honey or agave to sweeten and a few fresh lavender leaves, if you have them on hand.

Taken from Health July/August 2010

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

Manners "True or False" Quiz

1. If you aren't sure which utensil to use at a social gathering, watch the host or hostess, essentially "following the leader." True or False
2. It's okay to talk on your cell phone when in a restaurant.
True or False
3. You should check with the host before you bring your children to a social event.
True or False
4. When dining out, it's okay to blow your nose or lightly touch up makeup at the table.
True or False
5. When setting the table, the salad fork is placed to the left of the dinner fork.
True or False
6. When at the table, food is always passed to the left (clockwise).
True or False

7. In today's busy world, you don't have to send a thank-you card when you receive a gift.
True or False
8. At dinner, if the person next to you is busy, you can reach around his or her plate to get the basket of bread if you can do so without knocking anything over and say, "Excuse me."
True or False
9. If you need to use a toothpick to dislodge food between your teeth, you should excuse yourself and go to someplace private.
True or False
10. When setting the table, the dinner knife goes to the right of the plate, sharp edge facing out.
True or False

Taken from Good Manners in Minutes by
Emilie Barnes

1. True
2. False
3. True
4. False
5. True
6. False
7. False
8. False
9. True
10. False

