

Steeped in Tea

Chantilly Tea Room & Gift Boutique

How to Shop for Tea

A green tea can lower “bad” cholesterol and fight disease, but how to get the most out of every sip? Selena Ahmed, Ph.D. who studies tea at Tufts University’s department of biology, shares these tips for choosing wisely in the tea aisle.

GO ORGANIC: Green tea grows sans pesticides tends to have more antioxidants like epigallocatechin gallate (EGCG) and other nutrients.

GET LOOSE: The healthy compounds in loose leaves hold up longer than those in the smaller broken pieces found in most tea bags.

TRY GYOKURO: This variety of green stands out for its extra-high concentrations of EGCG.

Taken from Health Magazine March 2012

Tea “Tip” Bits

Dinner’s Done? It’s Tea Time

Author Mary-Frances Heck wrote this interesting tidbit in Bon Appetit Oct. 2012 issue,

“When I was a student in Granada, Spain, I loved the Moorish tradition of sipping mint tea after a meal. Even in

the sweltering heat, we’d drink the vibrant tisane from painted glasses as a digestif, a calming end to dinner.

To make it, fill a teapot with fresh mint (leaves and stems), cover with boiling water, and let steep for a few minutes. Pour into glasses and sweeten as you like.

We are currently updating our website...

The new site should be up and running by mid-October.

Please check out Chantilly’s new look!



“Tea has a myriad of shapes.”
Lu Yu, 5th Century Chinese Poet

Tea-Mail Newsletter

Issue 24
Fall 2013

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There is no better exercise for the heart than reaching down and lifting up people.

J. Holmes

“Polly put the kettle on, we’ll all have tea.”

*Charles Dickens
(Barnaby Rudge)*

TEA ADVENTURE

While vacationing in Oceanside, CA I rode the train up to the San Juan Capistrano area and visited a delightful tea room—The Tea House on Los Rios. Located on a historic street in town, this Victorian tea house is filled with antiques, has a small gift area and a wrap around porch where guests can dine overlooking gardens. I enjoyed a wonderful pot of Darjeeling black tea and delicious scones

with California cream and jam.

A most charming aspect of the visit was the resident hummingbird nest located right above my table. A mother was sitting on her tiny eggs and stayed with us the whole tea time. She is the mascot of the tea house. If you have a chance, stop in and enjoy this charming spot.



A hummingbird joined me for tea at the Los Rios Tea House.

The Skinny on Herbal Tea

Yeah, you've read the headlines on black and green, but can you drink chamomile or rooibos for good health? Here's how the other plant infusions stack up. There are as many varieties of herbal brews as there are plants and flowers, some of which have healing potential. As with "real" tea, there hasn't been definitive research on humans when it comes to these drinks, but there are preliminary studies suggesting perks. Chamomile and peppermint contain moderate levels of

antioxidants and have antimicrobial qualities. And peppermint tea eases gastrointestinal upset. In 2010, McKay published the results of a clinical trial of hibiscus tea's effect on humans: 3 cups a day for six weeks lowered blood pressure significantly in people with mildly elevated levels. Despite the paucity of hard evidence on herbal teas, scientist are optimistic about their potential.

Taken from Health Magazine Nov. 2011

"We've all heard about the call to increase the amount of plant-based foods in our diets," says McKay. "Herbal teas area a great way to do this."

Fall Events 2013

UPDATE:

During the month of December we will be open extra Sundays for general reservations.

Sunday Dec. 15th, 22nd & 29th

We will se serving a "Classic Christmas Tea" throughout the month.

Halloween Costume Tea

Join us for our 2nd Halloween Tea.
Sat. October 26th 3-5pm

Wear your costume for a costume contest. We will be serving scarily scrumptious tea sandwiches & treats.

\$23.00 per person (inclusive)
TICKETS ON SALE!



Fabulous costumes from our Halloween Tea 2012!
TRICK OR TREAT.

Introducing New Teas by TEA FORTE

Arriving this
November... **TEA FORTE!**

The creators of Tea Forte have long known the enrichment and joy that an exceptional cup of tea can bring. As their catalog expresses, "With fragrant steam rising from our pot, we wish you and yours the warming spirit that comes from sharing in a cup of humanity."

Some teas being introduced:
Cherry Marzipan A special reserve green tea with the tart-sweet taste of acerola cherries and nutty almond.

Tupelo Honey Fig A melody of organic, rare white tea, delicious sweet figs and tupelo honey. Cooling peppermint and citrus create the perfect cup.

Harvest Apple Spice Apples brightened with berries and blended with cinnamon and clove.



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 November 16th
3:45-5:15pm \$18.40 per person
(inclusive) Reservations Required.

**"Come along inside....We'll see if
tea and buns can make the world
a better place."**

The Wind in the Willows

TEA ETIQUETTE

Learn about the customs & courtesies (even some "tea faux pas") associated with the ceremony of tea time. Includes our Duchess Afternoon Tea.

\$32.00 per person (inclusive)
Reservations Required
Sat. Dec. 7th 3:45-5:15pm

Looking Ahead...

Gingerbread House Decorating

We supply the houses and tons of candy...you supply the creativity. Enjoy cookies and cocoa while decorating.

Call for information and reservations 520-622-3303

Saturday Dec. 14th 3:45-5:15pm



Wonderful works of art
and edible too!

Storytime with Mrs Claus

Come listen to Christmas stories and enjoy cookies and cocoa with Mrs. Claus.

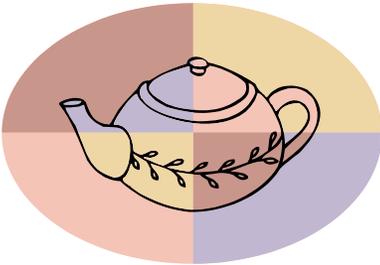
\$18.44 per person (inclusive)
TICKETS GO ON SALE IN
NOVEMBER.

Friday Dec. 20th, Sat. Dec. 21st &
Sunday Dec. 22nd 3:30-4:30pm

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!

CHAI ICED TEA

Makes 2 servings

1 cup water 2 chai tea bags
2 tsp. honey 1 cup vanilla soy milk

Bring water to a boil. Remove from heat and add tea bags. Steep for 8 minutes. Remove tea bags and stir in honey. Allow tea to cool to room temperature or refrigerate up to two days. Fill two large glasses with plenty of ice, then pour into each 1/2 cup chai mixture and 1/2 cup vanilla almond milk. Stir to mix. Serve immediately.

(Created by Bon Appetit Executive Chef Mary Nolan)

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

Napkin Basics

After being seated, watch the host. When he or she unfolds the napkin, that's the signal for you to do likewise. Following these general rules will make you a great guest:

- Always use your napkins—even if you're at an informal gathering or BBQ.
- Unfold the napkin to the half fold position and place it in your lap, with the centerfold toward your waistline.
- If you have to leave the table during the meal, place your napkin on the seat of your

chair. This indicates to the server that you'll be returning.

- When you're finished with the meal, place your napkin to the right of your plate. Don't refold the napkin, but place it neatly.
- Blot your mouth with your napkin after drinking and eating to avoid crumbs or liquid droplets on your chin.

If you're going to be hosting a very formal gathering, consider offering black napkins. Any lint from light-colored linen

napkins is very noticeable against dark clothing.

Taken from Good Manners in Minutes by Emilie Barnes

