

Steeped in Tea

Chantilly Tea Room & Gift Boutique

7 Reasons to Switch to Tea

Taken from Amazing Health magazine Fall 2014

As card-carrying members of the coffee generation, we're not here to slam the bean. But tea does have a few benefits that coffee lacks:

1. It's lower in caffeine. A cup of brewed coffee contains 110-180 mg of caffeine. A cup of strong black tea rarely tops 60 mg, & green tea is even lower.
2. It protects against cancer. A recent review of studies found that tea slowed tumor growth in cancers of the skin, lungs, mouth, esophagus, stomach, liver, pancreas, small intestine, colon, & prostate.
3. More choices. Even different roasts and blends of coffee taste pretty similar. But there's a world of difference between a delicate jasmine green & a robust smoky Lapsang Souchong.
4. It could make you slimmer. In one study, people who drank two cups of black, green, or oolong tea per week had 20% less body fat than non-tea drinkers.
5. It's good for your heart. Studies have shown that tea helps reduce both overall & LDL cholesterol.
6. It's cheaper. Even pricey brands average out to fewer bucks than similar quantities of coffee.
7. Fewer cavities. Tea contain compounds that kill bacteria in the mouth, which helps prevent tooth decay.

Tea Tidbits

STEEP THIS TO SKIP CANCER

Teatime just got better. A new study found that women who drank a few daily cups of black tea had a 31% reduction in ovarian cancer risk, versus women who rarely or never drank

tea. Researchers combed through the diets of more than 170,000 women between ages 25-55 over three decades, looking for intake of foods with flavonols (compounds in tea as well as citrus fruit and red wine). "Flavonols reduce inflammation and help fight

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Join us for a cup of hot tea and improve your health.

abnormal cell growth," which may explain their cancer-fighting abilities, says lead author Aedin Cassidy, PhD, of the University of East Anglia in England.

Taken from Health Magazine March 2015.

Tea-Mail Newsletter

Issue 29
Spring 2015

Inside this issue:

Tea Trends	1
Tea Tidbits	1
What's New	2
Tea Tales	2
Events & Classes	3
Tea Time Entertaining	4
Tea Pantry	4

*A rare thing to see,
Is a glimpse of
gath'ring tea
In Uji's fair
scene;
As from bushes
on a screen.*

*Onitsura Uejima,
1661-1738*

TEA ADVENTURE

TRAILHEAD TEA

Located in Sedona, AZ, Trailhead Tea is a full-leaf tea merchant. They have over 120 varieties of tea, tisanes, botanicals and medicinals. Their tea selections come from all over the world, including places such as; India, Taiwan, China, Japan, Nepal, and Kenya. They also have a nice selection of tea accessories. You can sample teas or buy a hot or cold tea to-go. If you are visiting Sedona, stop by and check out Trailhead.



This fun tea lounge is filled with wonderful aromas and delicious treats.

“Sweetheart Tea” Enjoyed by All



“Immortals, hear, said Jove, and cease to jar! Tea must succeed to Wine as Peace to War. Nor by the grape let man be set at odds, but share in Tea, the nectar of the Gods.”

Peter Antine Motteaux
A Poem Upon Tea

Broken China Mosaic Frame Class



One of a kind! Broken China Mosaic Frames.

Introducing Chantilly's GOLD TEAS

Chantilly is introducing a line of more premium loose leaf teas called GOLD TEAS.

Iron Goddess of Mercy

This Chinese Oolong tea is half fermented and is very aromatic with a gently taste.

Silver Bud

This rare white tea from the Yunnan produces a liquor that is mellow, sweet and lingers with a soft floral finish.

Highland Green

First class green tea produced using a hot-steam method with a yellow infusion. Smooth & aromatic.

Icea Kariban

Made entirely of first flush leaves, the cup is full without being heavy. Sweetly floral with no astringency.

Grand Keemun

This black tea from China steeps up dark, rich, luxuriant, smooth, slightly sweet and toasty with an almost cocoa-like note.

Kenmare

A classic example of the best of Ceylon. This tea yields a flavory astringent cup with superb point.

Golden Nepal

A second flush leaf, this will delight you with its soft, mild flowery taste.

Giddapaphar SPTFOP 1

Nothing subtle or delicate about this Darjeeling. Sip slowly, like a single malt whiskey to enjoy all the notes of the flavor profile.

Vithanakana Beautiful leaf and spicy notes, hints of fruit and dark-caramel.

COUPON

Buy 1 Gold Tea & get 2nd 50% OFF

Present this coupon at check out (exp. 4/30/15)

SOCIAL GROUPS & CLASSES

Broken China Mosaic Class

Create a beautiful & unique broken china mosaic frame. Supplies & iced tea included. Class is held on 2 Saturdays. \$40.00 per person (inclusive) per person is total for both days. April 18th & April 25th 3:30-5:30pm

GREAT MOTHER'S DAY GIFT

Stitch & Scones

Join us the 2nd & 4th Tuesday of the month 3-5pm and enjoy conversation and tea while crocheting, knitting, sewing, etc.

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

The Wind in the Willows

TEA TASTING-

Saturday April 11th

3:30-5:30pm

\$19.64 per person (inclusive)

Reservations Required.

Sample a variety of teas while enjoying scones and all the delicious condiments.

Looking Ahead...

Mother's Day

Brunch

Sunday May 10th

9-2pm



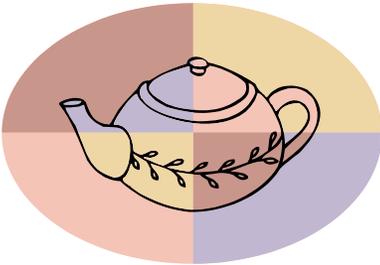
Honor the special "mother" in your life.

Make your reservations for Mother's Day Brunch at Chantilly. 520-622-3303

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!

IRISH SODA BREAD

4 cups flour Pinch of salt
2 T sugar 2 tsp. baking soda
1 tsp. cream of tartar 2 cups milk
1 cup raisins 1 cup currants
1 T caraway seeds 1 egg

Sift together the flour, salt, sugar, baking soda and cream of tartar in a large mixing bowl. Add raisins, currants and caraway seeds, and mix gently until fruit is coated with flour mixture. Mix together milk and egg and add to dry ingredients. Fill greased pan no more than 3/4 full and bake at 400 degrees for 40-45 minutes until lightly golden brown.

Taken from *The Book of Tea* by John P. Beilenson

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

Irish Table Manners

Dining Etiquette for Toasts

When beer is served, you can be sure that a toast will follow. Allow your Irish host to initiate the first toast, upon which you may propose one in return. The most common toast is slainte! meaning cheers! or to your health!

Dining Etiquette for Utensils

The knife remains in the right hand, and the fork remains in the left. When the meal is finished, the knife & fork are laid parallel to each other across the right side of the plate. The fork is often held tines down, so that food is "scooped" up onto its back side.

Dining Etiquette for Place Settings

The knife above the plate is used for butter. Always start from the outside and work your way in, course by course.

Dining Etiquette for Eating Potatoes

Bread is usually not served at the dinner party, and the little plate next to the big plate is the place to put the peelings from your boiled potatoes. The proper technique involves holding the potatoes down with your fork in one hand, and peel the skin down with your knife in the other.

Dining Etiquette for the Hands

Hands are expected to be in one's lap when not holding utensils at the dinner table (this is the reverse of the custom on the Continent, which is to keep hands above the table).

Taken from the website etiquettescholar.com

