



# Mary's Medley

April 2010  
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## HAPPY EASTER!!

### APRIL SHOWERS~

This is a little song that you may enjoy singing with your children, grands or by yourself. It's fun and so appropriate for this month. Sing it to the tune of "I'm a Little Teapot" and add your own motions if you'd like.

#### April Showers

*Pitter-patter raindrops  
Falling from the sky  
Here's my umbrella  
Hold it high!  
When the rain is over  
And the sun begins to glow  
Little flowers start to bud  
Then grow, grow, grow!!!*

~tea~

### APRIL~

April 1, Maundy Thursday  
April 2, Good Friday  
**April 4, Easter**  
April 6, Happy Birthday, Deanna!  
April 11, Happy 30<sup>th</sup> Anniversary,  
Jim and Pam!  
April 18-24, Chesapeake Bay Week  
April 22, Earth Day 40<sup>th</sup> Anniversary  
April 29, Happy Birthday, Ed!  
April 30, Happy Birthday, Diane!  
April 30, National Arbor Day

~tea~

### TEA of the MONTH~

April brings us the Cherry Blossom Festival in Washington, DC, therefore, I bring you **Kyoto Cherry Rose Festival** as the Tea of the Month.

This visually beautiful tea is surpassed by its flavor. It is a perfectly flavored green tea. The addition of lovely red rose to this wonderful tea makes it a perfect spring or anytime of the year Tea Party tea!

Steep no more than 2 minutes. There is no need for sugar or milk. If you desire, just a hint of white crystal sugar may be added.

Always for my chocolate lovers, I suggest **Chocolate Cherry**. This is a fabulous, deliciously rich tasting naturally flavored black tea. Steep 3-5 minutes and add milk if you wish. Add brown crystal sugar if desired.

**An Early Elegance** is a merchant of these fine teas. If you have not tried them, now is the time. April is the perfect month for cherry teas.

You may purchase these fine teas in quantities as small as 1 ounce. Contact: <mailto:anearlyelegance@pa.net> for ordering information, to place your order or to ask tea questions.

~tea~

## Tea Flavorings~

One lump or two? Does my cuppa need to have something added to enhance the flavor? Well, in some instances, the answer is *yes*. Perhaps it will just be your taste preference.

The beverage you have prepared or are serving that is tea or contains tea may determine the use of a flavoring and which variety.

Sugar, cream, lemon, honey *or...* your choice. However, I'd like to share a few bits of information on flavorings.

Sweeteners come in a variety of choices. Sugar (white and brown), honey, and non-sugar products are the basic groups. Each category has a multitude of choices. Here are a few:

- White granulated cane sugar
- White crystal rock sugar
- Light brown granulated sugar
- Dark brown granulated sugar
- Brown crystal rock sugar
- White lump/cube sugar
- Brown lump/cube sugar
- Wild honey
- Naturally flavored honey
- Flavored honey
- Stevia (herb)
- Artificial sweetener (dry & liquid)

White sugar (any form) is preferable for tea. Honey is the sweetener of choice for herbal teas, i.e., no camellia sinensis in the beverage. Brown sugar will create a rich, sugary flavor. Stevia is suggested for herbal teas, also. Artificial sweeteners are not suggested. If health dictates their use, so be it, but otherwise skip a sweetener all together. Teas are fine on their own.

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Cream is the English term for whole milk. Just like sugar, creamers come in a variety of choices. Not all hot teas "take" cream well but, of course, it is your taste.

Pouring your cream into the cup first rather than after the tea doesn't

really affect the taste for most people. The difference I have observed is the amount of cream that is used. Addition of the cream to the cup prior to the tea usually results in a greater amount of cream being used. Therefore, the tea will taste richer and heavier due to added milk fat (if whole milk is used). Here is a selection of creamers:

- Whole white milk
- Low-fat white milk
- Non-fat white milk
- Re-constituted (instant) dry milk
- Cream
- Whipping Cream
- Half cream and half milk
- Non-dairy creamer (liquid & dry)
- Flavored non-dairy creamer
- Whipped topping (homemade & instant)

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Citrus juices are a common flavoring for tea. Citrus fruit and tea were not common products in many parts of the world. At the same time that tea became available so did many tropical fruits.

Citrus juice is often added in the form of a fruit wedge or slice. Wedges and slices should be thin and neat, i.e., membranes and seeds removed. A variety of fruit juices may be used. Here are the preferred basics:

- Lemon wedge or slice
- Lime wedge or slice
- Orange wedge or slice
- Fresh unsweetened juices
- Sweetened juices
- Strained fruit juice
- Concentrated juices

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Flavorings are limited only by your imagination and taste. A drop of your favorite spice pure extract or a sprig of mint sometimes is all that is needed. No matter whether you drink tea for the pleasure of the tea or you add a little "something" to the teapot, *ENJOY YOUR CUPPA!* ~tea~



## Tea Tips of the Month~

If you are counting calories, be aware that a lump of sugar is equal to approximately one teaspoon or 15 calories. If they are decorated the calorie count will be slightly more.

Putting your cream into the cup first is not desired. When you are in the presence of others in a public or formal setting etiquette must prevail. Otherwise, do as you wish.

Lemon rounds (slices) are desirable when used with a Russian tea blend. Putting the lemon round into the cup then pouring the tea over it is acceptable. Be sure the teacup is a Russian style cup or the lemon round will not lie nicely on the bottom.

*Note:* a good hostess would not offer you rounds if she were not using the proper type of teacup.

~tea~

## Shoppers' Etiquette~

Do you remember the days when you dressed "appropriately" to go shopping? Many ladies remember and many ladies still dress appropriately; perhaps not as elaborately but in a comfortable, clean, and wholesome manner.

Starting with May's newsletter, a new feature will be added: *Shopper's Etiquette*. Shopping is fun... enjoy!

~tea~

### ***Important***

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~tea~

**SEE  
YOU  
IN  
MAY!**