

# Mary's Medley

June 2006

Vol. I Issue 6

## JUNE ~~~

Sixth month of the Gregorian calendar  
Begins on Thursday and has 30 days

National Iced Tea Month  
National Dairy Month  
National Rose Month  
June 14- Flag Day  
June 18- Father's Day  
June 21- Summer begins

Birthstone: Pearl  
Flower: Rose

***My love is like a red rose  
A new bloom in June***

Happy Birthday to Ginny and Barbara!!

~tea~

## TEA of the MONTH

**Rose Congou.** This is a very delightful and special tea and appropriate for the month of June. It has a light liquor with a hint of roses. This is an attractive tea. Rose Congou is a Chinese, black, scented tea. Roses provide a cleansing flavor.

Scented teas are prepared using ancestral recipes. Tea plantation workers would literally gather the rose blossoms from the bushes that surrounded the tea gardens and bordered the walkways. The rose petals would be sprinkled onto the freshly picked tea leaves. Oftentimes, the tea leaves and rose petals would be layered alternately. Frequently, the rose petals would be removed, replaced by fresh rose petals.

## Rose Congou continued

This process would be done 8-9 times. When the scenting process was finished, rose petals, dried alone, would be added for visual appeal.

Today, essential oils or a combination of rose petals and essential oils are used to scent this fantastic tea. Beautiful rose petals still adorn the finished product.

This tea willingly accepts milk and sugar. Although, an unflavored honey might be the only condiment you may wish to add if adding anything.

~tea~

## NATIONAL ICE/d TEA MONTH

June is a fantastic month! The two **BEST** beverages in the world are honored. **TEA** and **MILK**.

Ice or Iced tea, it is all the same. Or is it? Sweet tea, sun tea, brewed tea, tea concentrate, instant tea, bottled tea. Too much for this small space. We'll get around to all of them at some point.

For now you can call tea with ice in it, **iced tea** or **ice tea**. That's your choice.

Ice tea has always been credited with its start at the St. Louis World's Fair in 1904. However, this is not correct. We can say correctly, that it was made popular by a smart entrepreneur and **hot weather!**

## **ICE TEA** *continued*

Ice tea is listed in American cookbooks in the early 1800's as served over ice in glasses. Late 1800 books note tea was served in a silver punch bowl but the ice was served on a silver tray with tongs. Ice was available through the summer months in the south and into mid-Autumn in the north.

The southern plantations had large "ice boxes" that oftentimes were pits, similar to root cellars, the floor covered with fresh, clean straw and/or sawdust. Sawdust was alternately layered with the blocks of ice to maintain the ice. It was also used as insulation between the ice and the walls.

In the north, icehouses strategically located, were used to store and maintain the ice. No matter the climate, the same principles were used to store the ice. Ice was usually harvested in January.

~tea~

## **MY SUN TEA**~~~

4 teabags, black tea  
2 teabags, green peach tea  
½ gallon cool water  
sugar to taste, if desired

Put all ingredients in a covered container and sit in the sun for 1-2 hours. Remove the teabags (do not squeeze). Pour over ice and serve.

**Note:** I do not use sugar

~tea~

### **Important**

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## **MY MARYLAND MOTHER'S SWEET TEA**~~~

8 teabags, black tea  
2 cups granulated sugar  
1 quart water  
3 quarts cool water

Bring 1 quart water and sugar to boiling  
Remove from heat  
Steep teabags for 30 minutes  
Remove bags without squeezing  
Add cool water and refrigerate

To use: fill ice tea glass with ice and pour prepared tea over ice. Garnish with lemon, lime or mint. **ENJOY!!**

~tea~

## **What to do? Where to go?**

**Very Important:** The American History Museum, a Smithsonian museum, in Washington, DC, will be closed for renovations on September 5, 2006. Labor Day, September 4<sup>th</sup>, will be the last day to visit. Many of the exhibits have been and will be closing prior to that date. Please check their website for up-to-date information. This grand museum will not be re-opening until the summer of 2008.

<http://www.americanhistory.si.edu>

~tea~

## **We Grew-Up Healthy**

Yes, I am a true farm girl. Raised on home-grown vegetables and meats. We drank, fresh from the cow, Golden Guernsey milk year round. Sweet Tea was our summertime refreshment. My parents believed in a balanced diet. Tea was used as a remedy if we were ill... Tea and Toast. Soda was a treat, stopping at the A&W Drive-In for a frosty mug of frothy root beer. Live healthy: **DRINK TEA and MILK.**

**Mary**