



# Mary's Medley

September 2006

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## SEPTEMBER 2006~~~

Ninth month of the Gregorian calendar  
Beginning on Friday and has 30 days

Birthstone: Sapphire  
Flower: Aster

September 4--Labor Day  
September 22 --Autumn

Happy Birthday Aunt Elizabeth!!

***The falling walnut leaves, while a harbinger of autumn, announce the nearing end of summer. ~mmm***

~tea~

## TEA of the MONTH

### Teas of Autumn

This month I want to feature three similar but different flavored teas. All are high-grown Ceylon black teas. All are naturally flavored. They are delightful to taste and will satisfy your need for tasty "fall-ish" teas. Be sure to try one or two or better yet, all three!

The "Teas of Autumn" are:

***Pear, Plum Pear, and Plum.***

~tea~

## READERS ASK~

Many inquiries address the concern regarding what is tea and what is herbal tea.

## Readers Ask (cont.)

First a reminder: **PLEASE** read the ingredient label on your pre-packed teas. For those of you who are looking for camellia sinensis, the real tea, it is important that you do this.

I am finding more and more of you that are buying herbal tea (nothing wrong with that if you want herbal tea) by mistake. Herbal teas are wonderful and are rightfully called tisanes but history, marketers, and FDA call these tasty, non-caffeine products, herbal teas.

I tell all my customers when asked about the difference; any hot beverage that is **NOT** coffee or cocoa is commonly called tea. Beef broth or what we can purchase called bouillon was known as beef tea in the early to mid-1800's.

Moral of this story: no matter what you are wanting to purchase whether it be tea or an herbal product, (or anything else) please read the label.

**Remember ...e-mailed questions from my readers are welcome. Each month I will choose a question to address.**

~tea~

## What's on My Bookshelf?

**Mrs. Hill's New Cook Book,** 1867, is one of my favorite cookbooks. I do not have an original or even a later edition but I feel this lady was a

## **BOOKSHELF (cont.)**

pre-Cooperative Extension Home Economist. Yes, I know they have a different title now, so don't correct me and don't get me started on that subject. Moving on.

Mrs. Anabella P. Hill felt the southern kitchens were "in crisis" following the War Between the States. Many wealthy women who never needed to participate in any household labor, has not a clue about cleaning, cooking, baking, preserving, sewing or caring for a family member needing medical attention.

*Mrs. Hill's New Cook Book* is noted to be a "practical system for private families, in town and country." Much of what she has written can still be used today, if desired. Her "receipts" are delightful and very little needs to be adjusted to use them.

Her subjects begin with the equipping of the kitchen. Mrs. Hill moves on to discussing soups, fish, meats, vegetables, fruits, pastry, cakes, beverages, and entertaining. This is a brief list. She numbers her words of wisdom. There are 1,158 recipes, remedies, and remarks. This does not include all of discussions that preface or conclude each section.

This book is a wealth of information and reminds us that the mid-Victorians were not a lot different from are parents or perhaps grandparents.

This book is available from *An Early Elegance* retailing at \$14.95 plus tax (in PA) and shipping.

~tea~

**AN EARLY ELEGANCE's  
OPEN HOUSE ...**

(mark your calendar, Oct. 14 & 15)

## ***In the Kitchen~***

It's that time of the year! Apples galore! Every variety imaginable. The trees are laden down with those beautifully shaped fruits of late summer. The nearby orchards are lovely and the aroma is heavenly.

Yum! Here's to the **APPLE**.  
I'm reproducing Mrs. Hill's...

### *620. Apple Pudding No. 2*

Butter thickly the inside of a small earthen baking-dish; cover the bottom and sides thickly with grated bread crumbs press them on. Nearly fill the dish with acid [tart] apples stewed, spiced, and sweetened. Cover half an inch thick with bread crumbs; lay over bits of butter. Bake slowly half an hour. Turn out, and eat with sauce.

~tea~

## ***EXCITING NEWS!***

Next month, look for the announcement of an exciting trip! It is one that was planned many moons ago but could not be carried out due to changes at one of the sites.

*Hints:* South and Tea.

***Mary***

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