

# Mary's Medley

May 2009  
Vol. 4 Issue 5

## MAY ~~

How lovely Spring has begun!  
The flowers are gorgeous, the grass  
is green, and the desperately  
needed rains are soft and plentiful.

On the first of May did you  
give a friend a Lily-of-the-Valley?  
This is a traditional (or old fashion, if  
you wish) way of telling your friends  
that you care. Unfortunately, my  
pretty little "bells" are not blooming  
quite yet.

Mother's Day is just around  
the corner. Have you planned to  
entertain your mom with an  
afternoon tea? It doesn't have to be  
elaborate. Remember, sharing tea  
need not be difficult or time  
consuming. A cup of tea and a  
pastry is all that is necessary. If you  
bake, wonderful! If not, buy a few  
fancy biscuits (cookies).

Remember: A shared Teatime  
is to step away from our hectic lives,  
relax and savor the moment with our  
loved ones...near or far.

~tea~

## THANKS...

Good to be back. If you have any  
questions or comments, feel free to  
email me. Enjoy a cuppa and think  
of me...I'll be thinking of YOU! m

## "M O T H E R"

M ~ is for the million things she  
gave me.

O ~ means only that she's  
growing old.

T ~ is for the tears she shed  
to save me.

H ~ is for her heart of  
purest gold.

E ~ is for her eyes of love light  
shining.

R ~ means right and right  
she'll always be...

put them all together they spell  
**MOTHER,**  
the word that means the world to me!

~tea~

## TEAS of the MONTH

**Lavender & Lilac.** These  
exquisite flowers also give black tea  
a delightful taste. Neither is too  
heavy nor too aromatic. Either is  
delightful to sip with lemon scones or  
lemon pound cake.

**An Early Elegance** stocks  
both Lavender and Lilac Black Tea.  
An ounce is \$2.65 and basic  
shipping is \$5. If you are interested  
in the May Market List, email your  
request or order anytime.

~tea~

## WHAT COLOR is YOUR TEA?

So often we refer to our tea by a color. Do you know what the color means? Do you know if you are drinking tea or some other beverage? Just because a product is sold by the word **TEA** and a color that appears to be a tea color, *does not mean that it is really tea.*

**TEA** is a beverage made from the **Camellia Sinensis** plant. This is the only plant source of a **true** tea beverage.

Since the late 1700's, but especially since the mid-1800's, Americans began calling *hot beverages* (also cold drinks) that *were not* coffee or cocoa...tea. **Example:** beef tea was a beverage prepared as nourishment. Today we call it bouillon.

FDA label regulations require manufacturers to refer to its non-tea products as **herbal tea** if *Camellia Sinensis* is **not** an ingredient but made with other plant parts, such as roots, flowers, bark, fruit, berries, etc.

In the tea business, we have our own language, although very easy to understand. Unfortunately, sometimes it is abused. Quite often, I try to share with my patrons correct information so they may make educated purchases. (You are the "victims" of fallout from my days as a consumer affairs specialist and I still feel compelled to teach consumers so they don't get cheated.)

Chinese tea experts (from the beginning of tea history) have referred to tea by **colors**. This is part of our simple tea language:

**RED TEA:** is simply **BLACK** tea. It is called red tea because of the beautiful shades of red that is produced from steeping dried, fermented tea leaves.

**BLUE TEA:** is simply **Oolong** tea. It is called blue tea because of the beautiful shades of green-blue to blue to blue-black dry tea leaves. The color occurs after the leaves have been dried at a specific stage of the fermentation process.

**GREEN TEA:** is simply **Green** tea. It is called green tea because of the beautiful shades of green that the tea leaves have after they have been processed.

**WHITE TEA:** is simply **Green** tea. It is called white tea because some varieties have white "peach fuzz" on their buds and leaves that give them a silvery white appearance. (Next month, more on white tea.)

*In conclusion,* don't be fooled by glitzy labels and catchy names. **Read the ingredients list** if you are buying a prepared product. Design marketers are paid big bucks to sell products to you. This is not to say that there are not a lot of good products out there, just **beware** and **be aware** of what you are buying.