

## TEA BUDS; JANUARY

### HOT TEA MONTH

Set the table with a nice cloth table cover. Use real china cups and provide small colored paper plates and napkins.

Make a display of as many varieties of tea as possible; use boxes or tins, or gist canisters. Stack them in the middle of the table. You could also group them according to black, green, or herbal.

Provide the different types of tea pots. There is the standard tea pot that most of us grew up with. There are also press pots, small pots with built in strainers, clear glass pots used with tea blossoms, small Japanese clay pots, etc. If you cannot acquire different types of tea pots, perhaps you have access to a number of standard pots of different shapes and colors. They would also make a wonderful display.

Serve a small variety of teas; perhaps one black tea, a good green tea, a red tea, maybe an oolong, and an herbal. Pour only a very small amount into the cups each time so participants can taste several types.

Share information on tea plants and harvesting; where tea is grown, how it is picked, and how it is cured.

Read some little poems and quotes about tea or use the quotes to make individual place markers the ladies can take home.

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NATIONAL HOT TEA MONTH

A little cup of friendship  
Is in this bag of tea  
When you sit and sip it  
Think of warm thoughts from me  
If I could take your troubles  
I would toss them in the sea  
But since I can't, I'm sending you  
My favorite cup of tea

Our friendship is like a cup of tea  
A special blend of you and me

Life is like a cup of tea  
It's all in how you make it.

If you want to see me, come on over and have tea  
If you want to see my house..... call first

All you need are books and tea.

Remember the tea kettle; always up to its neck in hot water and yet still it sings.

There are few hours in life more agreeable than afternoon tea.

A cup of tea warms the soul like a good friend.

If you are cold, tea will warm you

If you are too heated, tea will cool you

If you are depressed, tea will cheer you

If you are exhausted, tea will calm you

What better way to express friendliness and to create it than with a cup of tea

There is no trouble so great or grave that cannot be much diminished by a nice cup of tea.

Strange how a teapot can represent at the same time the comforts of solitude and the pleasures of company

Magical Tea;

Tea will help keep your teeth healthy

It will help lower your blood pressure

Tea strengthens your bones and we know

Tea relieves stress.

Tea increases your metabolism and helps  
your body burn fat

Tea strengthens your immune system

It warms you

Tea is calorie free

It is a liquid hug

It makes you feel better and simply

Spreads the love.

## TEA BUDS

### HOT TEA MONTH

Americans consumed 79 billion servings of tea last year or 3.60 billion gallons

84% of all tea consumed was black tea / 15 % was green / 1% oolong

On any given day, over half of all Americans drink tea

The greatest consumption is in the South and Northeast

85% of all tea consumed in the US is iced

65% of brewed tea is made from tea bags

Black tea, Green tea, Oolong, and White tea are all from the same plant

Tea is grown in mountainous regions, 3,000-7,000 ft. above sea level; it is a small warm-weather evergreen

Top tea producing countries are Argentina, China, India, Sri Lanka, Taiwan, Kenya

Tea, as a beverage, is nearly 5,000 yrs. Old. It was discovered in 2,737 BC by the then Emperor of China known as the "Divine Healer". Supposedly some tea leaves blew into his pot of boiling water.

Tea sparked an incident that eventually led to America's independence. The British tax on tea used in the colonies and the resulting Boston tea Party in 1773 led to the Revolutionary War

Anna, the Duchess of Bedford, introduced "afternoon tea" in 1840.

The US invented iced tea and the tea bag, both in 1904

Tea is all natural, its processing is natural, it contains no sodium, sugar, fat, or carbonation.

Scientific studies have been and are being conducted to establish the benefits of drinking tea. 3 cups a day will help reduce the risk of heart disease and stroke. It lowers the bad cholesterol.

The gastrointestinal tract shows benefits that are cumulative, providing reduced risk of some cancers.

Anti-oxidants in tea help protect brain cells.

A study of 30,000 people, drinking 3 or more cups of tea a day, found they had a 69% reduced risk of developing Parkinsons

An amino acid unique to green tea helps prevent age related memory decline and provides added protection against alzheimers.

The last London Tea Auction was held in 1998

In the 1950s over 80,000 chests of tea were auctioned at one time. That Number dropped steadily until the 1990s when there were only 5, 000 Chests on auction . The last chest of tea to be sold went for \$36, 612. 00 . A tea chest holds only 40 lbs. of tea leaves.. the tea in the last chest was from Sri Lanka and was purchased by a tea house in London.

Tea chests are boxes made of light plywood, held together by foil strips up and down each corner. They are lined with foil. There is no opening once the tea is packed as the chest. Tea chests had to be tightly sealed so they could safely make the long sea journeys of several months.