



Tea's Most Important Partner Water

PART 1 OF 2

Water, the source of all life. It's a part of everything we do and everything we are. From making plants grow so we can have food (and beautiful flowers) to keeping us hydrated so we are able to function, water is one of the most simple, yet most important part of our lives.

In fact, water is so important for us that the Mayo Clinic states that water is "essential to keeping our bodies functioning properly and feeling healthy. Nearly all of our body's major systems depend on water to function and survive."

Water in our bodies has many functions including regulating body temperature, protecting our organs and tissues, lubricates joints, carries nutrients and oxygen to cells, it lessens the burden on our kidneys and liver by flushing out waste, and helps dissolve minerals and nutrients so our body can use them.*

We see the importance of water in our lives on a daily basis. When it rains, water provides an opportunity for things to grow. Water is essential for tea and crops to grow. Like leaves that contain a large amount of water in their cells, our bodies are the same and that is why it is so important that we stay hydrated, so our bodies can operate at optimal levels.

While other beverages like, soda and sports beverages and even ready to drink teas, contain additional ingredients and sugar in water to create flavor, tea is just the opposite. In fact, fresh brewed tea is 99% water. The additional 1% in your cup consists of minerals and chemicals extracted while the tea is made. This is where your antioxidants, caffeine, and polyphenols, and all of the other good components of tea come in.

Tea, by nature, contains no calories. It is only when we add sugars and other items like milk that we create calories in tea.

Many guests ask about consuming tea, and how much is too much so here are a few things to consider when looking at tea consumption:

💧 Tea (black, green, oolong, white, yellow) all contain caffeine. Caffeine is a mild diuretic which can cause dehydration, however studies on tea consumption and hydration have shown that the caffeine in tea is not significant enough to cause dehydration.

💧 Flavonoids in tea help prevent cell damage. All water does is hydrate, where tea hydrates but also provides antioxidants.

💧 In addition to flavonoids, tea has many health benefits that water does not. Tea has been shown to have high levels of antioxidants, and research has shown promising results when it comes to inflammation, cancer fighting properties, and boosting your immune system. These properties are not available in water alone.

As if we needed any more reasons to drink more tea. The fact that tea has so many positive health benefits and can keep us hydrated is enough for us to try to drink a little more tea each day.

Look for Part 2: What Type of Water is Best for Tea, in our June-August issue.

**Mayo Clinic Health Systems (www.mayoclinichealthsystems.org)*



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Dear Friends and Tea Lovers



I hope this finds you well and that you have had a nice start to 2022.

Things at The White Heron Tea & Gifts and Driftwood Tea Company continue to move along nicely. We are so grateful that our seasonal residents have returned this year, and that our year-long residents continue to visit us regularly. After all, it is all of you combined that keep us moving forward so that we can continue to serve tea for you to enjoy. It is truly a team effort, not just with our team, but with you. Without you, we would not be here, so we attribute our success to building a great friendship with you. We love when you visit us because for us, it's like welcoming our friends back to our homes. We thank you for that.

We also appreciate your understanding as we continue to navigate this "new normal" of supply and staff shortages. We continue to work very hard with our vendors and our team so that you, our guests, do not see any changes from our products or anything different during your visit with us. We will admit that it has been hard keeping everything going. We are hoping that the supply chain for our products will calm down soon, but in the meantime, please know that we are making every effort to keep things as "normal as possible." We apologize in advance if we need to make

slight changes or do not have as many offerings, and we appreciate your understanding as we are doing all we can.

I also want to thank everyone who took the time to complete our online survey regarding which events you like to see us continue, and also for the suggestions about when to host these events. Your input has been invaluable as we work to fill our calendar with fun offerings for you. Be sure to keep an eye on our social media and here in our newsletter so that you will know when we have these events coming up.

On a personal note, I am so thankful for all of the love and support you have given me and my business over the past six years (wow! I can't believe it has been that long already, seems like only yesterday). I know many of you know my love of tea and what I get to do everyday and I am so thankful to you for that.

My hard work has not gone unnoticed and I am so excited to tell you that Bryan and I have been asked to be featured guest speakers at the upcoming World Tea Expo this March in Las Vegas. You may not know that in my goals I wrote five years ago, that I wanted to be a speaker at the World Tea Expo in 2022. Imagine my surprise when they called me last Fall and asked me to present! I am so excited that Bryan and I will be talking about our "Marriage of Tea and Beer". It's just one more way that we can help members of the tea industry understand how great tea is, and how it can be used in so many different ways besides sitting down to a "cuppa."

I look forward to sharing our journey to and in Las Vegas on my blog and in videos (if you haven't checked out my blog on our website, www.thewhiteheronfl.com under the "all about tea" tab, you should).

I thank you again for all of your love and support. I wish you a beautiful spring season, with beautiful blooms to make you smile.

Your Friend in Tea,

Kelly

The
**White
Heron**
Tea & Gifts

Visit Our Beautiful Gift Shop.
Reserve your Holiday Tea Time Now.



BEST OF THE BEST
People's Choice
Emotionally

Gift Shop 11am-4pm (Wed.-Sat.)
Tea Seatings 12pm & 2pm (Wed.-Sat.)
Tea Room Reservations Required

Bacon Cheddar Scones

Ingredients:

- 4 cups + 3 tablespoons self-rising flour
- 2 cups shredded bacon pieces (*we recommend using pre-cooked bacon slices and chopping them, do not use bacon bits*)
- 4 cups wide shredded sharp cheddar cheese
- ¼ tsp garlic powder
- ¼ tsp oregano
- ¼ tsp pepper
- 2½ cups heavy whipping cream

Directions:

1. Preheat oven to 350 degrees.
2. Mix dry ingredients together in a large bowl (self-rising flour, garlic powder, oregano, pepper)
3. In a separate bowl, mix cheddar cheese and bacon pieces. Once mixed, add to flour mixture.
4. If using a mixer, after dry ingredients are mixed together, slowly add in heavy cream mixture, ½ cup at a time. Allow for liquid to fully mix with dry ingredients before adding more.
If mixing by hand, add 1 cup of liquid to dry ingredients, mix well, and add more heavy cream mixture at ½ cup intervals until fully mixed)
5. Continue adding liquid to mixing bowl and mixing well until dough is of a sticky and thick consistency. *You do not want to add too much liquid and make it too creamy or the scones will not rise correctly.*
6. Using a triangle scone pan, or muffin pan, spray each section pan with Pam (or other spray butter/oil)
7. Fill each section ½ way with dough mixture
8. *(Optional if you don't have a muffin or other sectioned pan)* – use spoon to spoon heaps of batter onto baking sheet (drop scones). We like to use an ice cream scoop when doing this method. Leave a little room between each scone for expansion during baking.
9. Bake for about 15-18 minutes, or until pale golden and cooked through.
10. Remove from oven, let cool for 2-3 minutes before removing from pan. *If you have a hard time removing them from the pan, use a butter knife and go around the inside of the pan to separate the scone from the pan.*
11. Let cool slightly and enjoy!



Lenten Season

Are You Enjoying Meatless Fridays?

The Lenten season begins on Wednesday, March 2 and runs through Thursday, April 14. During this time, we know that quite a few of our guests abstain from eating meat on Fridays.

To accommodate these guests, we offer the following options for Afternoon Tea and Lunch Tea: a delicious Avocado chickpea salad (replaces chicken salad), 2 cucumber sandwiches (replaces the turkey sandwich), and our nearly famous tomato with basil garlic aioli.

If you or your guests are abstaining from meat on Fridays, WE MUST KNOW AT THE TIME OF YOUR RESERVATION to be able to prepare these items. They are not available for us to make once you are at the tearoom. Thank you for your understanding.



Stay Healthy This Season With Our New Wellness Tea Line

As the seasons change, it creates stress on our bodies. Using herbals and tea is a way to keep your body healthy and to help fight off any imbalances you may be facing. Our new Wellness line includes:

Breathe Easy Green / Herbal

Refreshing eucalyptus to clear the senses – reminiscent of a candy cough drop. Take a deep breath and relax with this soothing tea blend.

Gut Feeling Black / Herbal

Earthy puerh combines with activating ginger and turmeric, and semi-sweet peach notes, soothes the stomach with each delicious sip.

Head Harmony Rooibos / Herbal

Soothing spearmint and calming lavender combine with rooibos to create a relaxing tea for sipping. Finishing with aromatic therapy of lemon and rose, this is the perfect tea to relieve tension in your head and beyond.



Immunity Berry Herbal Tea

A delicious berry flavored herbal blend to boost immunity, using herbs known to boost Vitamin C and help keep your body healthy.

Build your system up and stay strong this and every season with our new Wellness Tea Line. Available in 12 count sachet tins at The White Heron and Coastline Salt Room (available soon online).

FUN DATES TO REMEMBER

March 17
St. Patrick's Day

March 20
Spring Equinox

April 1
April Fool's Day

April 11
National Pet Day

April 14
National Gardening Day

April 17
Easter

April 21
National Tea Day

May 3
National Teacher's Day

May 4
Star Wars Day

May 7
Kentucky Derby

May 8
Mother's Day

May 30
Memorial Day

Enjoy Afternoon Tea At Home

Enjoy all the delicious tea fare from the comfort and safety of your home when you order our Tea To Go.

Afternoon Tea to Go includes:

4 tea sandwiches, 2 scones with Devonshire Cream and Strawberry Preserves, 3 petite desserts, and 2 tea sachets for you to fix and enjoy.

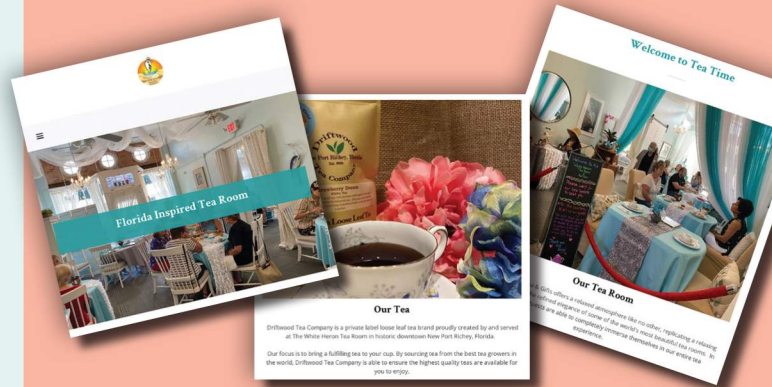
\$18.95

Call and place your order today, 727-203-3504. Orders must be placed 1 day in advance.

Tea To Go can be picked up Wednesday – Saturday from 11 am to 4 pm.



Have You Visited Our New Website Yet?



We are excited to announce the launch of our new website. Featuring recipes, our blog, and videos (coming soon), our new site offers so much more information for you about tea and our tea room.

Be sure to check it out at **www.thewhiteheronfl.com**

UPCOMING EVENTS AT THE WHITE HERON

Breakfast At Tiffany's

Sunday, April 3, 2022 • 9:30am & 11:30am

Tiffany's is regarded as one of the most elegant brands in the world. Known for luxury, just as our tearoom is, we look forward to a beautiful morning brunch where guests are encouraged to dress in their best little black dresses, and we will provide the freshwater pearls. Guests will enjoy a delicious champagne brunch buffet in our teal-and-white tearoom, along with other little surprises. What a perfect way to get dressed up and enjoy the charm of tea and one of Hollywood's most beloved movies! The cost for this brunch is \$50 per person (plus tax and gratuity), and advance reservations are required. To reserve your spot, call (727) 203-3504.

Garden Party Tea After Dark

Wednesday, April 13, 2022 • 6:00pm

Dress up in your favorite floral outfit and join us as we celebrate Spring. This beautiful evening will be complete with fabulous floral teas, delicious tea fare, and the crafting of your own flower garden in a tea cup. We will provide the flower seeds, dirt, and tea cup for you to make this beautiful creation to enjoy at home. Our Garden Party Tea After Dark is \$30 per person (plus tax and gratuity), and advance reservations are required. To reserve your spot, call (727) 203-3504.



Mother's Day Is Coming

Sunday, May 8, 2022

Mother's Day is Sunday, May 8. Show mom how much you love her by spending some quality time with her over tea.

Mother's Day Seating Times for Afternoon Tea

Saturday, May 7 at 12 pm, 2 pm, 4 pm

Sunday, May 8 at 11 am and 1 pm

Call us at (727) 203-3504 to reserve your teatime early, Mother's Day tea times fill quickly, often several weeks in advance.

A Tea To Fall In LOVE With

**We love all things Tea and this month we are
loving our exclusive tea blend, Vanilla Rose**



Hints of creamy vanilla dance together with light floral rose notes for a calm and delightful tea that will take you on a beautiful journey through a blooming rose garden.

Luxury Ingredients: Black tea, Calendula + Sunflower petals, Rosehip pieces, Rose petals, Blackberry leaves, Natural Flavors.

*Tea(s) From: Sri Lanka
Antioxidant / Caffeine Level:
High / Medium*

**This delicious tea is only available
at The White Heron Tea & Gifts and
available online at
www.driftwoodteacompany.com*

Spring Tea Collection

Enjoy the flavors of the season with our annual Spring Tea Collection. This collection features our floral and herbal teas, along with other seasonal favorites. It's the perfect way to enjoy a variety of flavors throughout the season.

Available beginning mid-April, this tea sampler is \$16.95 and is available for purchase in our gift shop or online at www.driftwoodteacompany.com

Get yours early as our samplers tend to sell out quickly.





The White Heron Tea & Gifts
Home of Driftwood Tea Company
6228 Grand Boulevard
New Port Richey, Florida 34652

National **Poetry Month**

April is National Poetry Month so we thought we would share a little poem about Afternoon Tea that we love.

The Tea Party

I had a little tea party
This afternoon at three.
T'was very small –
Three guests in all –
Just I, myself, and me.

Myself ate all the sandwiches,
While I drank all the tea:
T'was also I who ate the pie
And passed the cake to me.

– Jessica Nelson North



Poetry Collection

Do you love to write poetry? Do you love to drink tea? We are combining our two loves into a new project. Help us assemble a new booklet of unique and enjoyable poetry that our guests can enjoy while sipping their favorite cups of tea.

Topics for poetry can include: Tea and tea time related aspects, flowers, nature, and gardening.

Entries will be chosen for publication based on their relevance to the project and their appropriateness.

Entry forms, along with submissions, will be collected at The White Heron Tea & Gifts from April 1 through April 30.

CONTACT US

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Visit us on the web at
www.thewhiteheronfl.com

Enjoy our tea at home.
Visit our tea website at
www.driftwoodteacompany.com

Reservations required for tearoom services.

**Please call a minimum of
48 hours in advance.**

**Large parties are encouraged to call well
in advance as the tearoom fills quickly.*