



The Tea Room Times

Presented by: The White Heron Tea & Gifts



“Healthy” Tea

What Does the New FDA Guidance Mean for Tea?

We love tea, not just because it's pretty and it tastes great, but because we know the tremendous health benefits that can be enjoyed simply by enjoying your favorite “cuppa.”

Over centuries, cultures have adopted tea as a beverage of choice not just for enjoyment, but to help with various ailments and to keep their health in check.

What's most exciting is, depending on how a tea leaf is processed, into white, black, green, oolong, or dark tea, they all offer different benefits. Benefits can range from keeping sugar and cholesterol in safe numbers to helping with heart health, to numerous benefits in between.

While we love to talk about all tea's benefits, we, under guise of the Food and Drug Administration, were never permitted to call tea “healthy.” Parameters of what makes something healthy is left up to this governing agency, and they dictate what food products can be called “healthy.”.

Imagine our excitement when we received word on December 2024, the FDA officially considered tea a “healthy” beverage and be labeled as such. In addition to allowing us to market tea as a beverage that is safe, it allows us to define the lines of what tea is and what it is not. This helps us in the tea industry to be able to effectively promote and share all of the great benefits of tea.

Below, we are happy to share what this new “healthy” designation means.

- Only teas that are derived from the *Cameilla Sinensis* plant can be labeled as “healthy.” This includes black tea, green tea, white tea, yellow tea, oolong, and dark (puerh). This does not include any herbal teas.
- Tea (whether hot or iced) must be under 5 calories for a 12 oz serving. This means teas that has sugar, milk, and other additives are not considered healthy. You can prepare tea and add these, but it is discouraged as add items increase caloric intake.
- According to the Dietary Guidelines set forth by the FDA, beverages that are calorie-free, such as water, coffee, or tea without added sugar or cream, or that contribute beneficial nutrients, such as fat-free and low-fat milk and 100% juice, should be the primary beverages consumed.
- Tea is a caffeinated beverage and should still be consumed in moderation. The FDA recommends no more than two cups (or a maximum of 400mg of caffeine) consumption a day.

For more information, we recommend making your favorite cup of tea and checking out the latest information at: <https://www.federalregister.gov/document/s/2024/12/27/2024-29957/food-labeling-nutrient-content-claims-definition-of-term-healthy#h-52>



Spring 2025

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The White Heron Tea & Gifts, as seen on Daytime TV, ABC Action News, Bay News 9, and House Hunters. Featured in Tea Time Magazine, Destination Tea, Tampa Bay Magazine, Suncoast News, and Tampa Bay Times. Voted Best Tearoom in Tampa Bay by readers of the Tampa Bay Times Best of the Best (2024, 2023, 2022, 2021, 2020)

Dear Friends and Tea Lovers...

In a world where things in our lives change, sometimes by the hour or minute, we are committed to being here for you, and to providing you a continued escape into a beautiful and elegant tea experience. It's what we have enjoyed doing for all of you since we opened our tearoom in 2016, and as things continue to change, we look forward to being a constant in your lives.

I thought this would be a good time to let you know what we, at The White Heron, are doing today and what we have coming up on the horizon for the first part of this year.

Tea and Tariffs:

Many guests have asked us how tariffs are impacting our availability to get and keep tea for our guests. While much of the tea in the world is grown in China, most of the tea grown and processed there actually stays there. They continue to be the largest exporter of tea because of the volume of tea they produce, but there are several other countries that export a substantial amount of tea, including: Kenya, Sri Lanka, and India.

While our teas are sourced from growers all over the world, it's important to tell you that we do not import directly to our shop. We work with a larger importer who receives the tea and then passes it on to us.

Currently, our largest partner is located in Canada, which means much of our tea that is imported through Canada could potentially face increased tariffs. As of this writing, the tariff on tea has been paused, but this is something we watch daily. At this point, I do not anticipate having to raise our tea prices in the next month or two, but if the tariffs become permanent or shipping continues to increase, we may have to incrementally increase our tea prices. Rest assured, we will provide ample time and notice before we do anything. We appreciate your understanding and patience as we navigate this ever-changing landscape.

Tea Ware Made in the US:

Have you ever wished for an opportunity and then it fell in your lap? That's exactly how my next adventure happened.

As many of you know, Tennessee has been my home away from home since I was a child. I love spending time in the mountains, and because I've gone to the same area since I was eight years old, I have learned about unique places and people.

When I opened The White Heron nine years ago, I was travelling around the Artisan Loop just outside of Gatlinburg when I saw a ceramic company. It caught my eye because there were beautiful teapots in the windows. Of course they were closed, so I checked back, but they were never open. One day, while looking around, we saw someone by the building, so we asked about it. He gave us the owner's name and I looked her up. Oddly enough, during that same trip, we stopped at an English Pub and when I ordered tea, the teapot was made by the same lady. It was then that I made it my mission to find her. After countless searches, sending



letters and exhausting all of my resources, I realized that maybe it wasn't meant to be.

We visit Tennessee several times a year and after not travelling to the artist loop for nearly 8 years, this October, Bryan and I decided to take a drive there. As we rounded the corner to the ceramic shop there was an "Open" flag. I was so excited! Had I finally found my US Made Teapots? I was so happy to stop in and finally see these beauties for myself. Then, I noticed a "Going Out of Business" sign.

When I stepped into the shop, I was greeted by the nicest couple, Jane and David. They had purchased the company several years prior, but due to a slow business climate, they determined it was best to close. After a long conversation and checking out all the teapots and other tea ware, we decided to purchase a large amount of stock (I couldn't purchase as much as I wanted because we had driven our small Ford Fusion).

I bought as much as I could and told Jane that when she got ready to close, I would love to purchase more. She promised to keep me informed about their closing. We hugged each other and vowed to stay in touch, and I happily came home to Florida with a car full of US made teapots.

Fast forward to October, when Jane called me to tell me that they were closing and asked if I wanted more teapots. She called two weeks after our salt room had been devastated by Hurricane Helene, and we were waiting for Hurricane Milton to arrive. I told her all this, to which she offered to pack everything up and hold it for me until I could get there. My heart was overjoyed because having these teapots was so important to me.

In mid-November Bryan and I drove back to Tennessee and picked up an entire truck full of US made products. We have been slowly unpacking them and putting them in our gift shop for you.

In addition to this being a mission of mine to bring these beautiful US made products to you, it also reiterates my commitment to being local when I can. With this source of tea ware, we do not have to worry about tariffs, and we've been able to keep the cost competitive to important tea ware. A win-win for all of us.

Just because Gatlinburg Ceramics has closed doesn't mean my mission to find and bring you US made tea ware is ending. I will continue to try to find the best US made products for you whenever I can. And if I can't find them, perhaps learning to make them will be in our future. That's a story for another time.

Kelly M. Hackman

Upcoming Events

March 2025

Tea Leaf Reading with Dawne

Friday, March 28, 2025 - 4:00 pm - 7:00 pm

Have you ever wanted to know what is in store for your future? What are tea leaves trying to tell you? Join our tea leaf reader, Dawne, as she looks into your destiny and answers your burning questions, by reading your tea leaves. Each guest will have a 15-minute one-on-one session. Guests need to arrive 15 minutes prior to their scheduled reading time to enjoy a cup of tea and prepare their leaves. \$25 per person. Your tea leaf reading time will be provided to you when you register. Call (727) 203-3504 to reserve your tea leaf reading time.

Tearoom Closed - Chasco Fiesta

Saturday, March 29 and Sunday, March 30, 2025

April 2025

Paint and Sip with Coastal Creations

Thursday, April 3, 2025 at 6:00 pm

Art and Tea? We can't think of a more lovely combination. Join us as we delve into our artistic side with a fun paint class from Coastal Creations. Held at the tearoom, we will be creating an adorable "Spring" canvas while we sip on some delicious teas. \$40 per person includes all supplies, instructions, and tea. Visit <https://square.link/u/sWJ7yO9V> or call Coastal Creations at (727)843-1642 to register.



Fascinator Making with Julep Hat Designs

Thursday, April 10, 2025 - 6:00 pm

In this class, participants will learn the fundamentals of creating a stylish fascinator. They will explore different fabric options used in millinery, discover techniques for texturing and shaping feathers, and understand proper placement to enhance the fascinator's design. Additionally, the class will cover how to wear and secure the fascinator for a polished look. By the end of the session, students will have the skills to craft and confidently wear their own unique headpieces. To complement the creative experience, The White Heron Tea and Gifts will be serving delightful cucumber sandwiches and hot tea, adding an elegant touch to the class. \$80 per person. Space is limited and reservations are required. Sign up online at <https://bit.ly/3EPSKUm>



11th Annual Florida Loquat Festival - Sims Park

Saturday, April 12, 2025 - 10 am - 2 pm

Join The White Heron and Driftwood Tea Company at the 10th Annual Loquat Festival, taking place in Sims Park. We are excited to offer our delicious Luscious Loquat Green Tea, the 2019 Silver Medal Winner at the Global Tea Championship and our house-made, small batch Loquat Leaf Tea, hand harvested and processed in our tea shop.

Tearoom Closed - Easter Sunday

Sunday, April 20, 2025

Tea Leaf Reading with Dawne

Friday, April 25, 2025 - 4:00 pm - 7:00 pm

See listing above for more information. \$25 per person. Your tea leaf reading time will be provided to you when you register. Call (727) 203-3504 to reserve your tea leaf reading time and pay for your visit.

Scone Sunday

Sunday, April 27, 2025

Join us for a relaxing Sunday afternoon in our Tea Parlour. Scone Sunday will feature our "Cream Tea" option, including a pot of tea of your choosing, and two scones (one flavored, one plain) with Devonshire cream. You can enjoy our Cream Tea for \$9.50. No reservation needed, just pop in from 11 am to 1 pm and enjoy this relaxing treat.

May 2025

Mother's Day Weekend

Saturday, May 10 and Sunday, May 11, 2025

Enjoy tea with mom, or the special lady in your life! We will be hosting our annual Mother's Day tea at all of our tea seatings this weekend. Book your reservation early, as this weekend's tea service fills quickly. (727) 203-3504

Tearoom Closed - Event Fundraiser with Tea Room Team

Sunday, May 18, 2025



Dress your teapot up and keep your tea warm with beautiful tea cozies from

Tea Elegance.

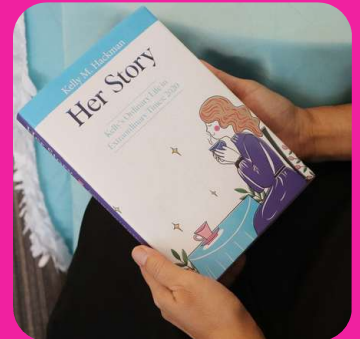
Available exclusively at The White Heron.



Her Story

*Kelly's Ordinary Life in
Extraordinary Times (2020)*

is now available at
The White Heron.



**See what people are
saying about her premier
book:**

This is a terrific book about how a local businesswoman responded to challenges during the COVID 19 pandemic.

It is easy to read and well written. Charming and thoughtful without being naïve or quaint.

The book focuses the reader's attention on how the author remained committed to her community and local economy, sharing accounts of shopping opportunities at locally owned stores, wonderful dinners at nearby restaurants, and her own success as business owner and entrepreneur during the COVID crisis.

This is a good read for anyone interested in how to live a good life and succeed at business even in trying times. Timely.

I loved it.
Marilynn deChant

**To see her latest works, visit
www.kellymhackman.com and
follow her on social media.**



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

A Tea To Fall In Love With Cherry Rose Green Tea

A beautiful and light green tea dances with subtle floral rose notes and slightly sweet cherry flavors, giving this tea a delicate and exotic character.



Luxury Ingredients: Green Tea, Rose petals, Natural flavors.

Teas From: China

Antioxidant Level: High

Caffeine Content: Low

Spring Tea Collection

This Spring, we invite you to enjoy our featured teas that highlight the most elegant seasonal flavors.

This sampler including 2 pyramid sachets of the following Spring teas:



Blueberry Pie (Green)
Centennial: Boysenberry (Black Tea)
Garden Party (Green and White Tea)
Monarch Garden Turmeric (Herbal)
Paris in Bloom (Black and White Tea)
SpringBerry (Herbal)

Limited samplers available beginning March 19th

CONTACT US

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facebook.com/thewhiteheronfl
[Instagram.com/thewhiteheronfl](https://instagram.com/thewhiteheronfl)

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 24 hours in advance.

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