

NEWSLETTER

WHATS NEW THIS SEASON

MONTHLY TEA DROP BOX - JULY

Our JULY **Endless Summer Nights Tea**

Drop is available for pre-order starting 6/15!

Featuring a sun-kissed blend and a hint of nostalgia to pair with your summer moments.

As always, each monthly box includes local honey, tea pockets for loose leaf, a tea brewing guide and ritual booklet as well as a **SURPRISE GIFT**. Limited quantities available. Order online at www.thehelicopterdaughter.com

Farmers Market Fridays — Visit us weekly at the Mentor Farmers Market located at Garfield Park! Stop by for iced tea tastings, market specials, and your favorite summer blends.

Iced Teas have arrived~ Check out our amazing line up of iced teas every Friday at the Market. Our iced teas all come in a quart sized pouch so super easy to drop and brew!

*Cool Sips We Love
This Month*

White Sangria — light, fruity, porch-perfect

Peach Serenity — caffeine-free, juicy, great for all ages

Hibiscus Berry — tart, vibrant, antioxidant-rich

Watermelon Cooler — summer in a glass

Blackberry Bellini — great for mocktail or cocktails or just sipping with your friends!

Citron Green — bright, crisp, uplifting

Violet Papaya - Fruity and floral - with a purple hue - so fun!

A GENTLE REMINDER FOR THIS SEASON

Summer can feel light and expansive — but it can also become busy before we notice. Sometimes we need a small pause to bring ourselves back to center. Here's a simple reflection you can tuck into your next quiet moment, perhaps with a glass of iced tea nearby:

- ✦ What do I want to feel more of this summer?
- ✦ What can I let go of to create more ease?
- ✦ How can I weave moments of calm into my days?
- ✦ What brings me joy that costs nothing at all?

Let this season be a time to savor and connect one small moment at a time.





WATERMELON COOLER TEA POPSICLES

A summer treat made from my Watermelon Cooler Iced Tea—cooling, lightly sweet, and full of joyful, juicy flavor.

Ingredients:

- 2 cups brewed Watermelon Cooler Iced Tea, cooled
- 1/2 cup fresh watermelon, finely diced or pureed
- 1–2 tbsp honey or agave (optional, depending on sweetness preference)
- 1 tbsp fresh lime juice (optional for brightness)
- A few mint leaves, torn (optional for a herbal note)

Instructions:

1. Brew your Watermelon Cooler tea and let it cool completely.
2. In a bowl or pitcher, combine the tea, lime juice, sweetener (if using), and mint. Stir well.
3. Add the diced watermelon or swirl in a bit of puree for texture and extra flavor.
4. Pour into popsicle molds and freeze for at least 4–6 hours, or overnight.
5. To remove, run warm water over the molds for a few seconds and gently release.

Serving Tip:

Enjoy on a porch, barefoot, with a cup of the same tea over ice—because joy is better when it's layered.



COMING SOON

**SLOW LIVING WORKSHOPS COMING THIS FALL: NEW SMALL-GROUP WORKSHOPS
FOCUSED ON CREATING SLOW MORNINGS, INTENTIONAL ROUTINES, AND TEA
RITUALS. WATCH FOR DATES SOON. GREAT FOR GIRL GROUPS!**

Karen Hadden is a Certified Health & Self-Care Coach, founder of Badass Tea Co. and The Helicopter Daughter.

Through gentle coaching, intentional tea rituals, and a focus on slow, meaningful living, she helps women reconnect with themselves and create space for what matters most.

thehelicopterdaughter@gmail.com

 www.thehelicopterdaughter.com

Book an appointment by calling

440/725-1571

FB | IG @thehelicopterdaughter

Want to learn more?
Open camera & scan this
code



Follow Us!
@THEHELICOPTERDAUGHTER

WWW.THEHELICOPTERDAUGHTER.COM