

TAZO



AFTERNOON TEA GUIDE



Resident wellbeing in action



HOW TO HOST A TEA EVENT



Following in the tradition started by Anna, the Duchess of Bedford, tea parties are gaining popularity today, in the 21st century, as they did when first hosted by Anna in the 17th century. While the setting and surrounding of a modern day tea ceremony is likely to be very different from a Victorian style European tea ceremony, the basic structure is very similar to the classic ceremonies.

Tea ceremonies are traditionally held in the afternoon. Low Tea ceremonies are the most typical type of modern day afternoon tea celebrations. Traditionally a Low Tea ceremony is held in the afternoon and consists of small sandwiches, light desserts, occasionally a small cake, and tea. Alternatively, High Tea traditionally was a full meal of the working class that was accompanied with tea.

“...tea parties are gaining popularity today, in the 21st century..”

Tea celebrations can be used for a variety of occasions: showers, birthdays, family get-togethers, or just an excuse for friends to share a cup of tea. In order to be well versed on the primary facets of afternoon tea feel free to browse the tea information in this document.

Tea comes from the plant *Camellia sinensis*, a warm-weather evergreen. Tea is grown around the world in thousands of estates or tea gardens, resulting in thousands of flavorful variations. Like wine, many teas take their names from the district in which they are grown and each district is known for producing teas with unique Savor and character. While there are more than 1500 varieties of tea available worldwide, all teas can be divided into three basic types: black, green and oolong. The way the fresh tea leaves are processed and their level of contact with oxygen determine the types of tea. During oxidation, the tea leaves experience natural chemical reactions that result in distinctive taste and color characteristics.

BLACK TEA

Most commonly used in North American tea bags, black tea is made from fully oxidized leaves, which produce a hearty deep rich flavor in a colored amber brew. Popular black teas include: Assam, Ceylon, Darjeeling, Earl Grey, Kemon, Lapsang Souchong, Sikkim, Yunnan, and popular blends such as English Breakfast, Irish Breakfast and Russian Caravan.

GREEN TEA

Most popular in Asia, green tea is not oxidized. It is withered, immediately steamed or heated to prevent oxidation and then rolled and dried. It has a delicate taste, light green color and is very refreshing. Varieties of green tea include: Gunpowder, Dragon Well, jasmine, Sencha Dacha, Hojicha, Genmaicha, Gyokuro, Spider Leg, Matcha, and Tencha.

OOLONG TEA

The name oolong literally translates as "Black Dragon" and is very popular in China. Oolong teas feature partly oxidized leaves and combine the taste and color qualities of black and green tea. Extremely flavorful and highly aromatic, oolong teas are consumed without milk and sugar. Varieties of oolong tea include: Formosa Oolong, TiKuan Yin, Formosa Pouchong, and Black Dragon.

TEA TYPES



WHITE TEA

White Tea is made entirely from leaf buds that are covered with whitish hairs. The new buds are plucked before they open, withered, then dried slowly at low temperatures. Unlike other tea processing methods, the leaf buds are not rolled and slightly oxidized. The result is a tea with a mild flavor and natural sweetness.

HERBAL TEA

Not made from the *Camellia sinensis* plant, but rather an infusion of leaves, roots, bark, seeds or flavors, it is calming, soothing or invigorating.





THE FIRST CUP OF TEA!

Tea is the world's most popular prepared drink. It was discovered by Chinese Emperor Shen Ning in 2737 B.C., when a tea leaf accidentally fell into the bowl of hot water he was drinking.



TEA ARRIVES IN CANADA

The first tea shipment to arrive in Canada was imported by the Hudson Bay Company in 1716 and took more than a year to arrive. Canadians have been tea lovers ever since.



AFTERNOON TEA OF COURSE!

In the early 19th century, afternoon tea as a social custom, was originated by Anna, 7th Duchess of Bedford. The Duchess began inviting guests to join her for a cup of tea and some sweets and savories in the afternoon, in order to fill the long gap between breakfast and late dinners. The ritual caught on in England and North America and soon became an afternoon tradition that remains today. Modern afternoon tea at trendy tea salons and cafes feature a wide variety of quality teas and fine finger foods.

TEA TRADITIONS FACT SHEET

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BRITISH TEA

Afternoon tea as a social custom started in the early 19th century when Anna, 7th Duchess of Bedford began inviting guests to join her for a cup of tea and some sweets and savories in the afternoon, in order to fill the long gap between breakfast and late dinners. The ritual caught on in England and North America and soon became an afternoon tradition that remains today. Modern afternoon tea at trendy tea salons and cafes feature a wide variety of quality teas and fine finger foods.

RUSSIAN TEA

Russian tea tradition started in the early 17th century when the Chinese embassy presented the Czar with a chest of tea. Tea became very popular in Russia. Its warm and hearty nature was a pleasant antidote for the harsh Russian climate. A central feature in many Russian homes was a samovar, a combination hot water heater and teapot. The samovar would run all day, serving up to 40 cups of tea. Russian tea is typically brewed very strong and is then sweetened with a generous amount of sugar, honey or jam.



NORTH AMERICAN TEA

Tearooms first opened in North America in New York City in the late 17th century. Rooms were often built around hot springs where the natural supply of hot water was pumped in to make the tea. Afternoon tea service became a feature in many fine hotels by the end of the 19th century. Tearooms became the hallmark of elegance for high-end hotels in both Canada and the US. Prior to the turn of the 20th century, tea served cold was typically spiked with alcohol and was referred to as tea punch. Iced tea was born at the 1904 World's Fair in St. Louis, Missouri when Englishman Richard Blechynden added ice cubes to the hot tea he had been unsuccessfully promoting. The new cold refreshing brew was a huge hit in the sweltering southern heat. Iced tea has continued to grow in popularity ever since.



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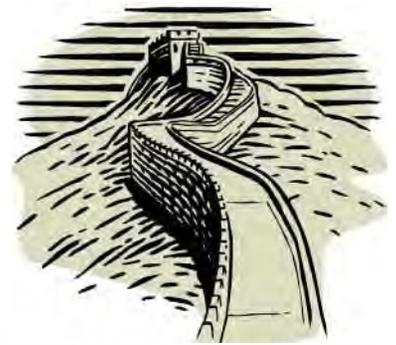
JAPANESE TEA

The tea ceremony is a beautiful, unique Japanese ritual where maccha, a powdered green tea, is ceremoniously prepared by a skilled practitioner and served to a small group of guests in a tranquil setting. The tradition started in the late 12th century and was heavily influenced by Zen Buddhism. The Japanese Tea ceremony is about more than just drinking tea. It is an art form. Tea practitioners study for many years to be able to perform ceremonies.



CHINESE TEA

Tea has played major role in the history, culture and economy of China. Tea drinking was popular in ancient China and was regarded as one of the seven daily necessities. Chinese tea culture is unique in its preparation and tasting methods, and the occasions for which it is consumed. Even today, tea is often a core component of both casual and formal Chinese occasions. In addition to regular daily use, there are several special circumstances in which tea is prepared and consumed. Tea is used as a sign of respect in Chinese society and the younger generation shows its respect to the older generation by offering a cup of tea. Drinking tea is a central element of family gatherings and tea is also often used to make apologies. People make serious apologies to others by pouring them tea, which is a sign of regret and submission. Tea plays a role in traditional Chinese marriage ceremonies. Outing the ceremony, the bride and groom kneel in front of their parents, serve them tea and express their thanks to them. The parents will usually drink a small portion of the tea and then give the couple a red envelope which symbolizes good luck. In addition to being a drink, Chinese tea is used in traditional Chinese medicines and in Chinese cuisine.



TEA TRADITIONS FACT SHEET

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INDIAN TEA

Chai is the Hindi word for tea and is commonly used to refer to a spiced milk tea that originated in India and has become increasingly popular throughout the world. Chai is generally made up of black tea, milk, a combination of spices including cardamom, cinnamon, ginger, cloves, pepper and a sweetener. In India, Chai is more popular than coffee and drinking Chai is an integral part of life. Numerous vendors sell Chai on the streets and many homes keep a pot of Chai going all day long.



MAKING A DIFFERENCE WITH EVERY CUP

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The Rainforest Alliance an independent, nonprofit organization that works with people whose livelihoods depend on the land, helping them transform the way they grow food, harvest wood and host travelers. From large multinational corporations to small, community-based cooperatives, businesses and consumers worldwide are involved in the Rainforest Alliance's efforts to bring responsibly produced goods and services to a global marketplace where the demand for sustainability is growing steadily.

“We use 100% Rainforest Alliance teas in Lipton, Pure Leaf and most recently Tazo as of 2019.”

We use 100% Rainforest Alliance teas in Lipton, Pure Leaf and most recently Tazo as of 2019. To achieve Rainforest Alliance certification a wide range of criteria need to be met across environmental, economic, and social factors, including water conservation, wildlife protection, soil management and fair treatment & good conditions for workers. By choosing products bearing the Rainforest Alliance Certified seal, consumers can support a healthy environment and help improve the quality of life for local communities.

For more information, please visit : www.rainforest-alliance.org

TAZO®



Join us for Afternoon tea

DATE: _____ TIME : _____



TAZO®



Join us for TRIVIA

DATE: _____

TIME : _____





**JOIN US FOR AN
AFTERNOON
TEA PARTY**

 **TAZO**



Time:

Date:

At:



**JOIN US FOR AN
AFTERNOON
TEA PARTY**

 **TAZO**



Time:

Date:

At:

TRIVIA QUESTIONS

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1. What popular tea is named after a British Royal?
2. What famous tea party was held in the United States in 1773?
3. What type of tea do the British prefer and how do they enjoy it served?
4. Who was the Victorian tea party named after?
5. What did the British drink for breakfast before tea became popular?
6. Which beverage contains more caffeine, coffee or tea per cup?
7. Afternoon tea is also known by another name. What is that name?
8. How long should you let green tea brew?
9. In what country was iced tea first introduced?
10. Tea first arrived in Canada in 1716. What company imported?
11. When did tea first arrive in the USA?
12. Name the plant that all tea comes from?
13. What country invented the Tea bags?
14. The art of reading tea leaves is called what?
15. Does Orange Pekoe tea have oranges in it?
16. What is one of the favorite teas in the Middle East?
17. Why shouldn't lemon and milk be used in the same cup of tea?
18. How was tea first discovered?
19. Traditionally, milk was poured into a cup before the tea. Why?
20. What is included in a formal tea service?



TEA PAIRING CHART

	CHARACTERISTICS	CUSINE	DAYPART	SWEET	SAVORY	ICED	HOT
BLACK	Robust flavors and floral aromas depending on region. Moderate tannin and bitter astringency. Full bodied mouthfeel. Holds up well to fat. Bold toasted malty flavors .	Comfort Food; Dense/Heavier foods; BBQ; Grilling; Fried foods; red meats; Po Boys; carnival food; pizza; sandwich shops; Cajun foods; TexMex;	Perfect all meal parts, all dayparts.	Cheesecake , Lemon Curd	Aged Sharp Cheeses Smoked Meats Foie Gras Fried Chicken Roast Beef Lasagna	Smooth finish is not bitter.	Moderate bitter astringency, balanced with addition of milk.
GREEN	Pan fired greens, have a smoky, popcorn flavor. Finishes, bitter, astringent and even ashy. Steamed green teas have a vegetal, briny characteristic. Subtle grassy flavors with a light bodied mouthfeel.	Seafood; health conscious menu items; Cali-conscious; mindful/healthy eating; Lean Meats; lighter fare; ramen; pho; banh-mi; bao; nom pang; meals with citrus ingredients; brunch options	Perfect for lunch, dinner and dessert	Dark Chocolate: Gelato, Crepes, Petit a Fors	Dim Sum Sushi Chicken Lettuce Wraps Grain Bowls Light Curry	Does very well with citrus and honey.	Does very well with citrus and honey.
TISANE	CHAMOMILE	tart, full flavored, floral. Bold flavors of high hibiscus reminiscent of fresh cranberry. Palate cleanser.	Pastry, Middle Eastern, Italian Dessert	All day parts all meal parts.	Fruit Tarts, Panna Cotta, Ricotta Cookies	Goat cheese tart	
	MINT	Earthy or clean crisp and refreshing depending region. Soothing digestive.	Middle Eastern, BBQ, Chocolate, Seafood	Lunch, dinner, dessert.	Chocolate Cakes	Falafel, shwarma	Cocktails
	PASSION	Tart, full flavored, floral. Bold flavors of high hibiscus reminiscent of fresh cranberry. Palate cleanser.	Cocktail Innovations/Mixology, Asian & Latin cuisines, bicoastal urban scenes, a little more sophisticated than the other varieties - can play in places where menus push the norm; bold flavors; sweets/snacks; brunch options	Lunch, dinner, dessert.	Lemon Sorbetto	Guacamole, Chorizo, Seafood gumbo	Great flavor builder. Cocktails
CHAI	Blend of black tea with warm spices. Full bodied lingering bold finish.	Indian, Sweet Desserts, Middle Eastern	All day parts all meal parts.	Vanilla Cream	Samosa	Great with non-dairy milks.	

TRIVIA

QUESTIONS + ANSWERS



1. What popular tea is named after a British Royal?
 - a. Earl Grey
2. What famous tea party was held in the United States in 1773?
 - a. The Boston Tea party to protest unfair taxation
3. What type of tea do the British prefer and how do they enjoy it served?
 - a. Black tea served with milk
4. Who was the Victorian tea party named after?
 - a. Britain's Queen Victoria
5. What did the British drink for breakfast before tea became popular?
 - a. Ale
6. Which beverage contains more caffeine, coffee or tea per cup?
 - a. Coffee
7. Afternoon tea is also known by another name. What is that name?
 - a. Low tea, because it was served on low tables such as coffee tables
8. How long you should let green tea brew?
 - a. 1-1 1/2 minutes.
9. In what country was iced tea first introduced?
 - a. Iced tea was invented at the 1904 St. Louis World's Fair by an Englishman named Richard Blechynden. It was so hot, tea wasn't selling. Richard had the idea of pouring it over ice and it was an instant success.
10. Tea first arrived in Canada in 1716. What company imported it?
 - a. It was imported by the Hudson Bay Company. It took over a year for it to arrive.
11. When did tea first arrive in the USA?
 - k. Tea first arrived in the USA by the Dutch in the late 1640's and quickly became an established ritual in upper class households.

TRIVIA

QUESTIONS + ANSWERS



12. Name the plant that all tea comes from?

- a. There are four major tea types - black, green, white and oolong - but they all come from one plant, Camellia sinensis. It's how the leaves are treated that the different types of tea are created.

13. What country invented the Tea bags?

- a. Tea bags were invented in 1908 in the United States by Thomas Sullivan. He created small silk bags to give samples of tea to his customers. Some of them thought that the bags were supposed to be put directly in the tea pot, like a metal infuser, rather than emptied out. Thus, the tea bag was created by accident

14. The art of reading tea leaves is called what?

- a. The art of reading tea leaves is called tasseography

15. Does Orange Pekoe tea have oranges in it?

- a. Orange Pekoe tea has nothing to do with oranges. It got its name from the Dutch House of Orange and has to do with a term used to grade black teas.

16. What is one of the favorite teas in the Middle East?

- a. Moroccan Mint tea is a favorite tea made in the Middle East. You can make it by adding spearmint leaves and gunpowder green tea as the base.

17. Why shouldn't lemon and milk be used in the same cup of tea?

- a. Lemon and milk shouldn't be used in the same cup of tea because the lemon will curdle the milk.

18. How was tea first discovered?

- a. Legend has it that tea was discovered by Chinese Emperor Shen Nung in 2737 BCE. A tea leaf accidentally fell into his bowl of hot water, and the rest is history.

19. Traditionally, milk was poured into a cup before the tea. Why?

- a. Traditionally, milk was poured into a cup before the tea to protect the delicate china. That's no longer necessary.

20. What is included in a formal tea service?

- a. A formal tea service includes a teapot, sugar bowl, milk pitcher, coffee pot, hot water pot, slop bowl, teacup and saucer, and tray.

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