



SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

Affiliated with
National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World
and in partnership with Clemson University Cooperative Extension Service

LEADER TRAINING GUIDE

Taking Tea With Family and Friends

Objectives:

1. Participants will become aware of the history of tea and uses of tea paraphernalia.
2. Participants will taste different varieties of tea.
3. Participants will promote membership in SCFCL by inviting friends to a "SCFCL Friendship Tea" or hosting a tea with family members using the time together to share family history and memories.

Suggested Program Ideas:

1. Host a SCFCL Friendship Tea. Invite club members to bring a friend to learn more about SCFCL and join the organization. Serve appropriate accompanying foods or ask invitees to bring their favorite recipe to share.
2. Make "You're 'Tea'rrific" favors for each invitee (Master copy and instructions included).
3. Use a variety of teapots for centerpieces. You can put flowers in teapots if available.
4. Use embroidered hankies for napkins or antique linens on tables.
5. Have participants bring their favorite tea cup and saucer to use for tea and other tea paraphernalia to display such as tea trays, caddies, cozies, balls, urns, strainers, infusers, bag holders, miniature tea sets, spoons, scoops, tongs, etc. Share stories of the origin and/or use of each.
6. Have attendees wear hats and gloves to set the scene.
7. Conduct a tea tasting with a variety of teas. Hide the labels and see if attendees can guess the individual kinds of tea.
8. Read tea leaves.
9. Host a "Make Believe Tea" for young family members encouraging them to dress up and bring their favorite stuffed animals or organize a "Family Tea" and use the time to share stories about family history and memories.

Introduction – Read poem.

*It feels so good to have a friend
on whom you can depend.
A friend can help to mend a heart,
boost you toward a brand-new start,
clown with carefree, schoolgirl glee,
share a quiet cup of tea.*

Jan Miller Girando, Pals

Ask: Have you had a friend like this in your life? Have you asked them to come with you to a SCFCL meeting? Why or why not?



Ask: Where does tea come from?

Say: Tea comes from an evergreen tree that is a member of the genus *Camellia*. The trees are kept to bush height, about three feet, but they could grow quite tall, to fifty feet or so. The reason teas have so many different names not only has to do with how the leaves are fermented, but also with the place where they are grown. Like wine, teas are named for a region or special method of harvesting and processing them. An expert tea taster can tell where tea was grown and what time of year it was harvested. Women are considered the best tea leaf pluckers because their fingers are more nimble.

Give out Handout 1: “The History of Tea”

Give out Handout 2: “Get a Handle on Tea” Discuss.

Ask: Does anyone know the origin of the tea bag?

Say: The tea bag was an accidental invention. Early in this century, American merchant Thomas Sullivan distributed samples of his tea in little silk packets. Customers liked the novelty and dipped the bags in hot water, rather than pouring out the contents into their tea strainers. Sir Thomas Lipton first realized that a tag on a tea bag could serve as a way to advertise his tea. The history of tea can be traced through paper ephemera—all those images from packaging, promotional items, and contemporary advertisements for tea. The “You’re ‘Tea’rrific” favors today can become the first item in your collection of tea ephemera and advertise SCFCL!

Directions to make “Your ‘Tea’rrific” favors:

Print enough copies of the master and cut along dotted lines to make 4 teabag covers from each page. A file to make color copies is available on the SCFCL web site with the lessons or you can print on colored paper to add visual appeal.

For one teabag cover: Fold one cover in half from top to bottom with the writing inside.

With “You’re ‘Tea’rrific” on the bottom inside, fold the folded-end back ½ inch.

Unfold and open the teabag cover so the writing is up.

Holding with the FCL logo on top, refold the closest fold to the back, away from the logo.

Bring the two folds together leaving the center fold on the inside of the cover. At this point the bottom will be formed.

Place the logo side up with the folds on the bottom.

Fold down the two loose ends ¾ inch from the top toward the logo. Holding the fold, slide a teabag inside the cover under the loose end fold and secure with a staple. Glue a bow over the staple on the “You’re Tea-riffic!” side.

Open the folded bottom slightly so it sits on the table.

Depending on the size teabag, your folds may need to be slightly adjusted. This cover fits a 2½ inch teabag. Do a sample first. Have fun.



Suggested Activity:

Brew a variety of teas in different pots, but keep the labels hidden. Just like a professional wine tasting, the “cupping” of tea is how tea is evaluated. And just as with the fruit of the vine, there is a lot of terminology associated with tea grading. “Toasty” refers to aroma; “winy” to the mellowness; “brisk” to the “live” quality of the tea. Taste and evaluate the teas and then share the labels to distinguish which teas are in each pot. This is a good way to learn about different types of tea and savor the subtle flavor differences.

Suggested Activity:

Display tea paraphernalia such as tea trays, caddies, cozies, balls, urns, strainers, infusers, bag holders, miniature tea sets, spoons, scoops, tongs, etc. Have participants share stories of the origin and/or use of each, their favorite memories of tea parties, and/or their favorite recipes.

Suggested Activity:

Read tea leaves. Brew up some loose tea in a pot. Pour the unstrained tea into each cup (use plain, unpatterned ones). Each person should drink up until almost the last sip, take the cup with two hands and swirl in a clockwise direction, and then turn the cup over on a saucer and allow the last of the tea to run off. Now you are ready to read; leaves in the bottom of the cup pertain to the distant future; leaves at the top of the cup pertain to the near future. Look for shapes made by the leaves: a horse means success, a cow prosperity. Butterflies indicated attainment of happiness. Of course a ring means marriage and a heart is love. Trees mean good luck, while anchors foretell of travel; ladders are symbols of success.

Closing Comment:

The only commercial tea plantation in North America is again in production on Wadmalaw Island, 20 miles west of Charleston, in South Carolina. Visitors can tour a production building where large screen monitors explain how tea is processed. Tea has a great history around the world and right here in South Carolina. “Taking Tea” has many personal memories for people and families in our state as well.

Source: Adapted by Nancy M. Porter, Ph.D., Clemson University Cooperative Extension Service from NVON Lesson provided by Bonnie Potter, Shelby County HCE using information taken from sites on the Internet.

References:

Country Woman. (2005, March/April).

Engelbreti, Mary. (1997). A Book About Tea. Andrews McMeel Publishing.

Victoria. (1991). The Charms of Tea.





SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

Affiliated with
National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World
and in partnership with Clemson University Cooperative Extension Service

Handout 1

The History of Tea

According to Chinese mythology, in 2737 BC the Chinese Emperor Shen Nung, scholar and herbalist, was sitting beneath a tree while his servant boiled drinking water. A leaf from the tree dropped into the water and Shen Nung decided to try the brew. The tree was a wild tea tree. There are many authentic and supposed references to tea in the centuries before Christ, according to the Chinese dictionary dated circa 350 AD. The Chinese *t'u* was often used to describe shrubs other than tea, hence the confusion when Confucius allegedly referred to tea or *t'u* when writing about the "sow thistle" plant in the Book of Odes. From the earliest times tea was renowned for its properties as a healthy, refreshing drink. By the third century AD many stories were being told, but it was not until the Tang Dynasty (618AD – 960AD) that tea became China's national drink and the word *ch'a* was used to describe tea. The spread of cultivation throughout China and Japan is largely accredited to the movement of Buddhist priests. The first book on tea was written by the Chinese author, Lu Yu. It comprises three volumes and covers tea from its growth to its making and drinking, as well as tea ceremonies.

Tea is an evergreen plant of the Camellia family. It has smooth, shiny pointed leaves which look similar to the privet hedge leaf. It is indigenous to China and parts of India. The wild tea plant can develop into a tree 30 meters high so that monkeys were trained to pick the leaves and throw them down for collection. Today they are kept to about one meter for easy plucking purposes. It is cultivated as a plantation crop, likes acidic soil and a warm climate with at least 50 inches of rain per annum. Other factors affecting flavor are the methods of processing, and of course, the blending together of teas from different areas and regions or the additions of flowers, fruit, oils, herbs or spices from other plants. There are three types of tea: green, oolong, and black and are categorized according to their oxidation levels (called fermentation process). Green Tea is steamed, baked or pan heated to prevent oxidation and thus the leaves remain green. Oolong is partially fermented. Oxidation is cut short so the leaves are black only on the edges. Black tea is fully fermented producing black leaves. Green tea is getting a lot of attention in the scientific world because of the antioxidants that are preserved in them. White tea leaves are harvested before the plant matures.

The Portuguese and Dutch claim credit of bringing tea to Europe. England entered the tea trade via the East India Company in the mid to late 17th century. The company had the monopoly on the trade into England. Merchant Thomas Garway was among the first to offer tea in dry and liquid form at his coffee house in London. He extolled it as "wholesome, preserving perfect health until extreme old age, good for clearing the sight," and "able to cure gripping of the guts, cold, dropsies, scurveys." He claimed it could "make the body active and lusty." By the middle of the 18th century



tea had replaced ale and gin as the drink of the masses and had become Britain's most popular beverage.

Anna, 7th Duchess of Bedford, is reputed to have originated the idea of afternoon tea in the early 1800s. She conceived the idea of having tea around four or five in the afternoon to ward off the hunger pangs between lunch and dinner. The Earl of Sandwich had the idea of putting filling between two slices of bread. These habits soon became good reason for social gatherings. As the popularity of tea spread, tea gardens opened all over the country on Saturdays and Sundays, with tea being served as the high point of the afternoon. Dancing was included as part of the day's festivities, so from the tea gardens came the idea of the tea dance, which remained fashionable in Britain until World War II, when they disappeared from the social scene. Tea dances, however, are once again becoming an area of interest.

For the working and farming communities, afternoon teas became high tea. As the main meal of the day, high tea was a cross between the delicate afternoon meal enjoyed by ladies' drawing rooms and the dinner enjoyed in house of gentry at seven or eight in the evening. With meats, bread and cakes served at high tea, hot tea was taken.

In 1864 the manageress of an Aerated Bread Company served food and tea in her shop and started the fashion of teashops. Also this provided a proper place for an un-chaperoned lady to meet friends without sullyng her reputation, thereby enhancing emancipation of women.

Tea breaks are a tradition that initially started when workers commenced their day around five or six in the morning and employers allowed a break in the morning when food and teas were served.

By the middle of the 18th century the tax on tea was very high. This tax was very unpopular among a tea dinking population. So smuggling began to evade taxation. Syndicates were formed to help move and sell the smuggled tea. It was taken ashore by fleets of small craft, smuggled inland to secret hideouts for storage in secret passages, under covered trapdoors or behind false walls. Often the best place for storage was the local church! Even smuggled tea became expensive, so the practice of adulteration began. Black tea had willow, liquorices, elder, and sloe leaves added to it. Finally laws were passed against adulteration and heavy fines or imprisonment was imposed against the practice.

The Boston Tea Party is famous as an early example of American rebellion against British Rule. It is one of the events leading to the American War of Independence. On December 16, 1773, between thirty to sixty men disguised as Indians, boarded ships owned the British East India Company and smashed open tea cargoes from wooden chests and threw them overboard. Other ports followed suit and every patriotic American gave up tea drinking and turned to coffee. The lack of representation in the British Parliament by Americans and the imposition of the tax gave rise to the famous slogan, "No taxation without representation."

In the mid 1800's Americans designed a new type of clipper ship that could hold more cargo (providing it was loaded correctly) and these clippers could travel at a greater speed. The British



began to build clippers and races between the tea clippers became a great annual competition by the middle of the 19th century.

Very early teacups had no handles, but as tea drinking became more popular so did the demand for more British-style teaware. The English pottery and porcelain industry became world famous. Samovars (metal pots) were all the fashion in Russia.

In World War I the German U-boat blockade drastically reduced tea imports to Britain. The rationing in World War II was less drastic. In Britain it was believed that tea was a national morale booster and tea stocks were dispersed in over 500 locations to minimize the chances of destruction by air-raid. Tea was consumed in vast quantities by civilians and the armed forces.

Daily consumption of tea provides very small amounts of calcium, zinc, folic acid, vitamin B1, vitamin B2 and vitamin B6. Although water is the best way to replace lost fluids in the body, tea is considered another healthy way to replace fluids. As well as the vitamins and minerals, some tea also contains high antioxidant levels.

Breakfast teas in the United Kingdom are traditionally a pungent blend of Assam and Ceylon teas to get the day off to a brisk start. Its strength and ability to wake and stimulate the metabolism are characteristics that appeal to morning drinkers. Afternoon teas are usually a blend of delicate Darjeeling tea and high-grown Ceylon tea that produces a refreshing and light drink. Afternoon tea also makes an ideal companion for cucumber sandwiches, cream pastries, and fruitcake. The essence of afternoon tea blends is not their strength but their flavor. Ceylon tea is traditionally served with cucumber or tomato sandwiches, pastries and mature cheddar. Kenya tea is served with beef and horseradish or ham sandwiches, rich chocolate cake, and smoked cheese. Darjeeling tea may be served with cream cheese or egg and watercress sandwiches, and cream desserts. Lapsang tea with chicken or smoked salmon sandwiches, walnut cake, and Stilton cheese. Earl Grey with fine pate or ham and mustard sandwiches, crème brulee, and Leicester cheese.

Earl Grey is said to have been blended for the second Earl Grey by a mandarin after a successful diplomatic mission with China. It was originally made from black China tea and treated with natural oil of the citrus bergamot fruit. Earl Grey is renowned for its perfumed aroma and flavor.

Flavored teas are real teas blended with fruit, spices, or herbs. Tisanes such as Chamomile, Peppermint, or Nettle, or the misnamed “fruit teas” do not contain one leaf of real tea.

When traveling internationally it is fun to observe each country’s traditions with tea. When shopping in Turkey, the shop clerks offer hot apple tea served in small glass cups that have no handles. Carpet stores in Morocco serve customers hot mint tea. Restaurants in Germany, Ukraine and Romania serve hot, yellow label Lipton tea. Hong Kong and Japanese hotels have an assortment of tea bags in the rooms with a pot to boil water. Traveling on trains in Russia, you are served hot tea in a silver holder with a handle. Every country has developed their own tea traditions and has their preferences of tea blends. In many countries the water is not safe to drink, therefore heating of the water helps insure some amount of safety. It seems only Americans drink iced tea. Many countries will not be able to provide ice for your tea.



Tea should be stored in containers in a cool place. Buy only what you will use within a month. Use a teapot. Many are of china, earthenware, silver, or stainless steel. Start with cold water. The amount of tea is left to your taste. Flavor is only released with very hot water. Bring water to the boiling point. Pour over the tea and allow it to steep. Remove the bags or strain if using loose tea. If desired, add sugar, lemon, or milk to your taste. Loose teas require a little more work, as they must be strained. The tea bag comes in individual and family sizes. And of course tea now comes in a powdered “instant” tea form.

There are many “tea of the month clubs” available to serious tea drinkers. You can order tea on-line, buy it at specialty shops, or in the local grocery. You can order tea (hot or iced) in restaurants and fast food places for breakfast, lunch, or dinner. Tea is used in some recipes for punch and other drinks. You will also find lots of “teaware” on the market: teapots, teacups, spoons, scoops, strainers, infusers, kettles, bowls, holders, etc. Electric teapots are available. You can now buy iced teapots that make several quarts of tea. Sun tea made by placing tealeaves in water in direct sunlight, has been a popular way to serve a mild tea of which Americans are fond. Many people have special collections of teapots and tea paraphernalia. Tea leaves have long been used to help fertilize indoor plants. Tea can be found among the ingredients listed in shampoos and skin care products on the market today. There are people who claim they can read your future in the leaves of your cup.

Source: Adapted by Nancy M. Porter, Ph.D., Clemson University Cooperative Extension Service from NVON Lesson provided by Bonnie Potter, Shelby County HCE using information taken from sites on the Internet.

CLEMSON
EXTENSION





SOUTH CAROLINA FAMILY AND COMMUNITY LEADERS

Affiliated with
National Volunteer Outreach Network, Country Women's Council, U.S.A., Associated Country Women of the World
and in partnership with Clemson University Cooperative Extension Service

Handout 2

GET A HANDLE ON TEA

“Love and scandal are the best sweeteners of tea.”

Henry Fielding, Love in Several Masques

Pour a Perfect Pot

- ◆ Fill the kettle with fresh, cold tap water and put it on to boil. Cold water has more oxygen, creating a livelier taste.
- ◆ Warm the teapot by filling it with hot tap water, swirl it around, then empty it after a few minutes. A warm pot helps tea brew properly and helps the tea stay warm.
- ◆ Place one teaspoon of tea leaves per cup of boiling water and one teaspoon for the pot directly into the pot or into a filter. Put the filter in the teapot.
- ◆ Pour vigorously boiling water from the kettle into the teapot. Take care not to boil the water too long. Over boiled water loses its oxygen and results in a bitter, muddy brew. Cover the pot with a tea cozy and let the tea brew for 3 to 7 minutes. Use 3 minutes for Darjeeling and delicate teas and 4 to 5 minutes for most black, green, and oolong teas.
- ◆ Stir the brewed tea in the teapot and pour it using a strainer or remove the tea filter filled with leaves. Serve and enjoy.

Tea Etiquette

- ◆ Serve milk with tea, not cream. Cream is too heavy and masks the taste of the tea. According to the London Ritz, if you take your tea with milk, you should add it to the cup, cold and fresh, before pouring in the tea.
- ◆ Stir tea gently and noiselessly by moving the spoon back and forth in a small arc in the center of the cup. Don't let the spoon touch the cup's sides or rim.
- ◆ When using lemon, add it after the sugar. Otherwise, the citric acid will keep the sugar from dissolving.
- ◆ Hold a handled cup with the index finger through the handle and the thumb just above it to support your grip.
- ◆ Place the second finger below the handle for security. Let the next two fingers curve back toward your wrist. Extending the pinkie finger is considered snobbish.

