

October 2012

Steeped!



Tea time for the Tots

There's a nip in the air and the kids are coming home rosy cheeked and a little chilly.

They want something to warm them up, but many of the store-bought drinks are full of sugar and extremely high-calorie. You want to keep them as a sometimes-treat, but you don't want to deny your kids a hot beverage.

What do you do? Tea to the rescue!

Now, we're not suggesting serving your kids some orange pekoe, but there are many different types of tea that will pique your child/children's interests. If you're worried about caffeine content, never fear! Distinctly Tea carries a variety of different teas without caffeine that can be enjoyed by both children and adults alike.

The best thing to do when trying to introduce your child to tea is to start with flavours they enjoy. I know this sounds a little simplistic, but when you have over 100 caffeine-free teas to choose from, it can seem like a daunting challenge. That's where our expertise comes in. We take pride in knowing our teas well and being able to help YOU our customer pick out a tea for even the choosiest of connoisseurs.

If your young one is interested in fruity flavours, there are a variety of fruit teas to choose from. Packed with antioxidants and vitamins, these teas are wonderful for kids who spend their time out playing and having fun.

Rooibos teas are full of vitamins and minerals, and according to many studies helps with iron absorption. Many of our Rooibos teas are blended with small amounts of fruit or even bits of caramel and chocolate, giving the taste of a treat while still keeping the drink healthy.

Honeybush, stored in the Rooibos section is also a lovely option. Its slightly sweet taste is soothing while its blend of antioxidants, vitamins and minerals may help with headaches and even migraines. These teas are great for the stressed out little scholar in your family.

There are also a variety of blends available that combine many of the different benefits of multiple teas. Just come in, tell us what you're looking for and we'll see that you find your perfect match.

Try NEW Nut Crunch Honeybush Tea!

It's autumn, which means it's time to start tasting those fall flavours again! Distinctly Tea's new nut crunch Honeybush tea is a great way to get all the flavours of a warm autumn day at the orchard without all those calories! Made with Honeybush, Rooibos tea, apple, raisins and hazelnut, it's a hearty and flavourful caffeine-free drink. Make it as a latte! Brew your tea at double strength, froth some warm milk and top off your cup! If you're really feeling adventurous, try poaching some pears in some hot tea!

Brew a double-strength pot of tea (1L), then pour into a large sauce pan. Dissolve 1 and 1/3 cups turbinado sugar in the tea, then add 1/2 teaspoon of Distinctly Tea's organic cinnamon bark powder. Cut 4 pears into eighths and simmer in the mixture for approximately 25 minutes, or until soft. Let pears cool in mixture. These go great with almost any dessert or served on their own!



Polish Pottery Family Teapot



As Thanksgiving approaches the shorter days and cold evenings are almost here. What a better way to finish a great meal and warm up than with a cup of hot tea? Our Family size teapot, a rare find at almost 3 liters capacity, is the perfect accessory to serve your family tea. It will keep your tea warm for a good length of time too. The 3 litre pot is specifically equipped with 2 handles to help carry it. Made from white clay Kaolin, hand painted with sponges in a variety of patterns and colors, glazed all around and fired twice, Polish Pottery Family teapots will be a beautiful addition to any table and are sure to attract a lot of attention. They are available in a variety of patterns ranging from TRADITIONAL : Peacock , Blue Daisy , Polka Dot and Rainbow, through UNIKAT : Butterfly Fields , Pansy Cluster, Poppies Galore and Mari-gold to limited SIGNED patterns: Summer Joy and Iris. If you are looking for something still more unique we can order it for you in the pattern of your choice - take a look at our in-store catalogue. There are over 200 patterns to choose from - sure to satisfy everyone's taste. Our Polish Pottery teapots are dishwasher safe, but we recommend washing all teapots by hand.

Lemon cake squares

Well, school's under way, and the kids are looking for something new in their lunches. This lemon cake travels well and is completely peanut free, so it can be taken to school without worry, not to mention be sold at the local bake sale. This recipe is relatively low fat, and thanks to the whole wheat flour and turbinado sugar, it's healthier than other recipes that rely only on their processed ingredients.

Ingredients:

- 6 Tbsp. organic salted butter
- 1 2/3 cups sugar white, turbinado or a combination of the two sugars
- 2 eggs beaten
- 1 cup all-purpose flour
- 1/2 cup whole wheat flour
- 1 1/2 tsp. baking powder
- 1/4 tsp. salt
- 1/2 cup milk
- 1 tsp. vanilla
- 2 tbsp. Distinctly Tea organic lemon peel powder.



Directions:

Preheat the oven to 350 degrees Fahrenheit. Cream the margarine and sugar together, then blend in eggs and vanilla. Combine your dry ingredients (the two flours, salt, flour, baking powder and lemon peel powder) in a separate bowl, then incorporate them into your wet mixture. Stir in the milk until fully incorporated. Pour mixture into a 7x9 greased and floured pan. Bake for 25-30 minutes. Remove from oven and allow to cool completely. Cut into squares. If desired, create four-to-one mixture of icing sugar and lemon juice to drizzle over the cut squares.

Tips and tricks:

This recipe offers a lot of different ways to spice it up. First, you can always switch up the citrus. Try making an orange cake with Distinctly Tea's organic Orange peel powder instead! You can also add or subtract some of the peel to suit your own tastes. Another option is adding some dried fruit to the mix. With lemon, we would suggest adding raspberries or cranberries, then maybe making a white chocolate frosting for an extra treat. Really, whatever your heart desires. This cake also works well without the lemon powder. Try adding the seeds of one vanilla bean as a substitute for the lemon (and a good portion of the vanilla). Experiment and have fun!