



Fall Hours:

Tea Room:

11:00-4:30 p.m.

Open everyday

Serving Afternoon
Tea, varied menu,
wide variety of
specials, tea, beer
& wine.

Tea Shop: 10:00-
5:00 p.m.

Open everyday

A wide variety of
teas, tea accesso-
ries, imported
foods, etc...



Dunbar Tea Shop Newsletter

New Teas at the Dunbar!

We have just brought in four delicious and unique teas that are sure to leave you with warm and comfortable memories of your visit to the Dunbar Tea Shop.

Witch Blend Herbal: (for a limited time only)

A blend of hibiscus, blackberry leaves, orange peels, apples, and sunflower. This tea will compliment our homemade pumpkin pie and will be sure to make an impression under the harvest moon!

Icewine Tea:

To make Icewine, Vidal or Reisling grapes are left on the vine until after the first frost hits; usually in late November. The grapes are picked on freezing cold nights when the

temperature is less than 17°F or -18°C. At this temperature the frozen grapes are as hard as marbles and thus during pressing, water is driven out as shards of ice. This leaves a highly concentrated juice very high in acids, sugars and aromatics—the required elements for perfect Icewine. This premium high grown Ceylon tea, infused with natural flavors and Icewine, captures the romance and flavor of this exotic treat. Goes well with Fisherman's lunch or Smoked Scottish Salmon Platter

Apricot Tea:

A very elegant tea that is masterfully flavored with the warm almost nutty flavor of apricot. Goes well with Cumberland Crumpet Melt or Yeoman's Lunch.

Maple Tea:

The discovery of the sweet sap of the maple tree pre-dates the discovery of North America by Europeans. Iroquois legend tells of piercing the bark of a maple tree for the "sweet water" to cook venison. Ojibwa called the "sugaring off" period the "maple moon" or "sugar month". This tradition of "sugaring off" became established in communities in the deciduous forests of North America and has survived to the present time. This premium quality tea is flavored with 100% natural maple flavor to create this award winning Maple Tea. Goes well with Farmer's Lunch or Windsor Afternoon Tea.

We are also featuring a variety of cakes and pies made especially for the autumn season.

Charles Dickens Christmas reading

Each year the Dunbar Tea Shop hosts several seasonal events. One of these events is the Charles Dickens Christmas Carol reading, known by many as a tradition not to be missed during the Christmas season.

Featuring:

- A four course meal including a soup, salad, entrée, and dessert.
- A selection from our beer and wine list.
- A reading of Charles Dickens' The Christmas Carol read intermittently

throughout the evening.

- A stroll through our tea shop filled with all things related to tea.

These events take place on various Sundays between Thanksgiving and Christmas and tickets sell out very quickly. Call to reserve your ticket for next year!



Tea Poetry

A Poem Upon Tea

*Hail, Drink of Life! How justly shou'd our Lyres
Resound the Praises which thy Pow'r Inspires!
Thy Charms alone can equal Thoughts infuse:
Be thou my Theme, my Nectar, and my Muse...*

*Immortals, bear, said Jove, and cease to jar!
Tea must succeed to Wine as Peace to War:
Nor by the Grape let Men be set at odds,
But share in Tea, the Nectar of the Gods...*

*Pierre Antoine Motteux, 1712
(as appears in: Dexter, P. Tea Poetry, 2003)*

*Tea, Heav 'ns Delight, and Nature's truest Wealth,
That pleasing Physic, and sure Pledge of Health:
The Statesman's Councillor, the Virgin's Love,
The Muse's Nectar, and the drink of Jove...*

Friendship Tea

Either for a lifetime or just a little while, some people need many friends. Others need just one or two honest souls to walk with them along the way. Whichever I am to you, or you to me, let us take tea and enjoy the marvelous company.

Earlene Grey (2005)

Health Corner

Drinking tea may ward off tooth decay and bad breath, according to scientists.

A study suggests chemicals in tea can destroy bacteria and viruses that cause throat infections, dental caries and other dental conditions.

It raises the prospect of adding tea extracts to toothpaste and mouth-wash to protect the teeth.

The study, presented at a meeting of the American Society for Microbiology, is the latest in a string of health claims about tea.

According to research by US microbiologist, Milton Schiffenbauer, of the independent Pace University, green tea is better at fighting viruses.

"Our research shows tea extracts can destroy the organism that causes disease," he told a conference in Washington DC.

"If we can stimulate the immune system and at the same time we are destroying the organisms, then it makes sense to drink more tea."

Bad breath

The latest research looked at green tea as well as black tea - the most popular beverage in the world.

It found that caffeinated green tea was the best at fighting viruses, followed by caffeinated black tea. Decaffeinated blends were less effective as anti-viral agents.

Another study looked at chemicals in tea known as polyphenols. Experiments in the laboratory showed they slowed the growth of bacteria associated with bad breath.

Christine Wu, of the University

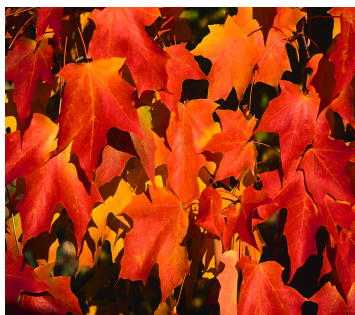
of Illinois at Chicago, said: "Besides inhibiting the growth of pathogens in the mouth, black tea and its polyphenols may benefit human oral health by suppressing the bad-smelling compounds that these pathogens produce."

But a UK researcher said it was too early to draw any firm conclusions before clinical trials on the dental benefits of tea were carried out.

"Tea may be an additional factor in our armamentarium against oral disease," Dr Ian Douglas of the University of Sheffield Dental School told BBC News Online.

"But don't stop cleaning your teeth with conventional fluoridated toothpaste until there is more information."

<http://news.bbc.co.uk/1/hi/health/3043581.stm>



Book Review

Eat Tea by Joanna Pruess & John Harney

This book describes a new approach to flavoring contemporary and traditional dishes. Pruess and Harney have combined their knowledge of cooking and tea blending, respectively, to give us a collection of recipes that are fit for any occasion. They open with several chapters on Tea Essentials including tips on brewing tea to storing tea. This introduction gives the reader a nice segue into understanding

how tea can be used in cooking everything from soup to nuts, so to speak.

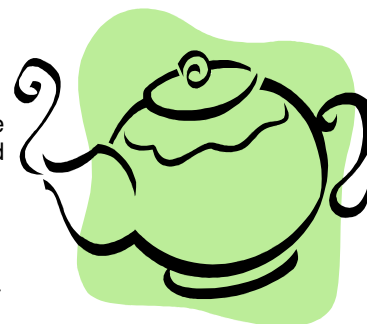
From hors d'oeuvres to main dishes to desserts and sweet breads you are sure to find a recipe that will delight your taste buds.

One of my favorites is the Orange Cranberry Jasmine Biscotti recipe. It is a very simple recipe and will leave people asking you where you bought such delicious treats. I have also made the Candied Ginger and Green Tea Bread

using the Gunpowder Tea sold at the Dunbar Tea Shop and was very pleased with the unique flavoring and surprised at the compliment of ginger and green tea with a traditional dessert bread recipe.

This book is a wonderful addition to your cookbook collection as well as a necessity for the tea lovers amongst us.

Shawna H. Weekly



Fall Recipe: Honey Pumpkin Tea Bread

Ingredients 1/2 cup (1 stick) unsalted butter, at room temperature, plus additional for the pan
 2 cups all-purpose flour
 1 tsp baking soda
 1/2 tsp salt
 1/2 tsp ground cinnamon
 1/2 tsp grated nutmeg
 1 cup honey
 1 cup canned pumpkin (not pumpkin pie filling)
 2 eggs, room temperature
 2 tsp lemon juice
 1 tsp vanilla extract

Preheat oven to 350 degrees F. Position rack in center of oven. Generously butter a 9" x 5" metal loaf pan and set aside.

Sift flour, baking soda, salt, cinnamon, ginger and nutmeg into a medium bowl. Set aside.

In a large bowl, combine butter and honey and beat with an electric mixer at medium speed for 2 minutes or until smooth. Add the pumpkin; beat for 1 minute or until well combined. Beat in eggs one at a time, beating each for 1 minute. Stir in lemon juice and vanilla extract.

Add the sifted dry ingredients. With the mixer on low, beat just until incorporated. Increase mixer speed to medium and beat for 2 minutes or until the batter is smooth, scraping down the sides of the bowl as necessary with a rubber spatula. Spread into prepared pan.

Bake about 65 minutes, or until a cake tester or wooden skewer inserted into the middle of the loaf comes out clean. Cool the bread on a wire rack for 10 minutes, then unmold and continue cooling on the rack for 30 minutes before cutting.

Reviews

I stumbled onto this glorious English tea shoppe, nestled back on the road leading into Sandwich from Rt. 130, one rainy afternoon after leaving the Hoxie House. As a tourist and newly relocated resident of Mashpee, MA, from California, getting lost on Cape Cod has become a wonderful pastime.

The shoppe boasts an extensive col-

lection of teas, served perfectly in the English style with the appropriate tea cozy and strainer. The menu has the traditional English lunches and high tea sandwiches with a very untraditional taste. The sandwiches are beautifully prepared and presented elegantly on fine china in a small, wooded, bi-level home. The Ploughman's lunch is especially delicious with Branston pickle and gorgeous cheese. There are daily specials such

as spinach pie and perfectly prepared soups. The back yard has table service surrounding a tea kettle fountain and magnificent gardens. The service was warm, friendly, and professional.

There is a small gift shop to peruse while waiting for a table. I will be back many times and hope to see you there as well.

<http://gonewengland.about.com/library/users/ucdu nbarteshoppe.htm>

World Tea Expo
March 27-29, 2006
Las Vegas Hilton

Tea related websites to visit:

www.tea.co.uk
www.teacouncil.co.uk
www.teamap.com
www.tea.com



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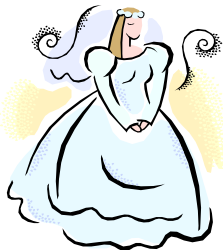
We're on the web!
dunbarteshop.com

Since we first opened in 1991 the Dunbar Tea Shop has been featured in many guides, newspapers and magazines from around the world, including *The Boston Globe*, *The Cape Cod Times*, *The Washington Post*, *Yankee Magazine*, *National Geographic Traveler Magazine*, *Figaro(Japan)*, *Cape Cod Life*, *Travel Magazine*, *Fodor's*, *Frommer's*, *Mobil*, *Access Guide*, *Insight Guide*, *Explorer's Guide & Lonely Planet Guide to New England*. The Dunbar Tea Shop has successfully blended the best of old England with the best of New England.

The building itself is the old Carriage House to the main house (circa 1740) and the tea room sits in an old wood paneled billiard and gentlemen's smoking room. Now it is home to the clinking of tea cups rather than billiard balls and the aromas of baking pies, cakes, shortbreads and scones rather than pipe smoke. The tea room has a fireplace that we stoke up for the winter, and in the summer we seat customers in our patio and shady tea garden.

The Tea Shop has become an unique institution and an integral part of a trip to Sandwich. We have developed a great reputation over the years for our homemade goods, our selection of quality teas and our innovative menu. We also have a fine selection of British ales and European wines, ports and sheries.

Book your bridal or baby shower today!



The Dunbar Tea Shop is the perfect place for a bridal or baby shower. Reserve the garden tent outside and invite your friends and family to celebrate this important day in your life. We serve our traditional Afternoon Tea as well as a variety of specials.

Before or after your event feel free to browse our shop, full of beautiful tea pots, tea accessories, books, packaged and loose teas, unique gifts, and British foods.

To reserve this lovely location please call 508-833-2485. Call now to ensure that you get your preferred date!



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