



# Dunbar Tea Shop



## Tea Party Etiquette

*Spring is definitely tea party weather. Whether you share it with a dear friend or two, or simply prepare an extra special little refreshment for yourself, I encourage you to brew up a pot—white, green, black or red—and find a golden patch of sunlight to enjoy it in. Maybe even under a flowering tree.*



### Summer Hours:

**Tea Room: 11-5**

Open everyday

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

**Tea Shop: 10-5**

Open everyday

A wide variety of teas, tea accessories, imported foods, etc...

Traditionally, those serving tea (or any other liquid) do so from the right, while holding the teapot in their right hand. Those being served hold the teacup in their left hand. In the interest of comfort, adjustments may be made for those who are left-handed.

At a table for four or two — and in most circumstances — servers should place three-tiered trays in the center of the table. Plates are removed and passed from one guest to the next in this order: savories, scones, and sweets.

When leaving the table for a brief period, the napkin is placed on the seat of the chair. At the end of the tea service, the napkin is neatly folded and placed on the table.

Scones should be eaten in bite-sized pieces. If cream or jam is desired, add to each piece as it is eaten.

A knife and a fork are customarily used with open-faced sandwiches as well as cakes with icing.

Milk is always added after

the tea is poured. Those who do not follow this rule may be labeled with a rather unfortunate moniker: MIK (a Milk-In-First person).

To avoid staining one's teacup, blot lipstick before going to the table or wear a light gloss only.

Inviting topics of conversation at teatime include the theatre, movies, art, literature, and travel. Topics that are verboten include health or illness, foods that are disliked, and politics.

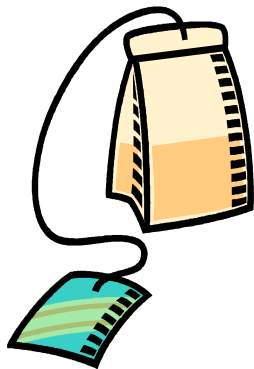
*(Tea Time, March/April 2006)*

## Celtic Night at the Dunbar Tea Shop

The Celtic Night at the Dunbar Tea Shop was held on St. Patrick's Day, March 17th 2006 this year. It was the first St. Patrick's Day event held at the Dunbar and was a huge success. The night was filled with traditional Celtic music, singing of Celtic songs, and delicious Irish fare that consisted of Colcannon or Salmon Tarra-

gon Twist, roasted potatoes and carrots, Irish soda bread, and trifle for dessert. Many of our guests accompanied their meals with a selection from our beer and wine list. One of our favorite entertainers, Bill McCarthy, entertained us with a few tall tales and jokes in keeping with the Irish tradition. The music and sing-a-

longwas performed by Judith Smith and the Irish Step dancing was performed by Ashley Tremblay, a very talented young woman. A good time was had by all and we hope to be hosting another Celtic Night next year.



## Book Review

The Way of Tea, The Sublime Art of Oriental Tea Drinking by Master Lam Kam Chuen with Lam Kai Sin and Lam Tin Yu is a wonderful book that speaks to all cultures. Even though tea was first discovered by the Chinese thousands of years ago during the Han Dynasty (206 B.C – A.D. 221), The Way of Tea, highlights how both the variety and healing properties of tea crosses all cultural boundaries and is a benefit to anyone who chooses to partake.

Master Lam Kai Sin provides a wonderful cross section into this cultural enjoyment of the world of tea. He starts with the discovery of tea and how it has spread from its origins in China to all over the world. Part Two of the book discusses the cultivation of tea, accenting with the vast amount of varieties of tea leaves available.

The journey continues with the art and skill of picking the leaves and followed by both the ceremonial and modern day processing of the tea leaves. Part Three highlights the essentials in tea-making from water, the “Mother of Tea,” to teapots, the “Father of Tea.” Part Four: Healing Teas, ends the journey with a discussion of the health and healing properties of tea, highlighting its ability to aid in living a long and healthy life. The book closes with several recipes for tea, listed by the various health issues that each blend of tea can provide soothing and comfort for. The Making of Tea is both an educational and culturally rich read that provides a solid understanding of one nature’s greatest gifts to humankind.

*Lauren Labam*

## Health Corner

Many people are talking these days about the health benefits of Iced Tea. Iced Teas on the market today consist of blends made from Green tea, Black teas, and White Teas. During the summer months, when the sun is beating down and you need a refresher why not grab an iced tea to go! Especially beneficial to your health are green and white teas because

of the large amount of antioxidants they provide. Consumers, it is said, are moving away from soda toward ready-to-drink tea.

We asked around to find out why some people preferred iced drinks and one large consumer if iced teas states, “iced drinks are more refreshing and

invigorating. Hot drinks make me sleepy, cancelling out the caffeine energy boost I’d otherwise get.” And another states, “Iced tea is light and refreshing especially in the hot months.” The Republic of Tea, Tazo, Honest Tea Inc., and Revolution Tea are just some of the companies that sell iced tea.

**There are two traditional iced teas in the United States. The only variation between them is sugar. Southerners swear by their traditional sweet ice tea and drink it by the gallons. In the South, ice tea is not just a summertime drink, it is served year round with most meals. When people order tea in a Southern restaurant, chances are they will get sweet ice tea. Outside of the southern states, iced tea is served unsweetened or “black,” and most people have never even heard of sweet tea.**

## Check out our new On-line Store!



Have you found yourself looking for that perfect gift to send your Aunt in California or your daughter in college, or a best friend that lives in Texas? Or perhaps you are relocating but can’t get enough of our courtship tea! Well, we have a solution for you.

We are online! The Dunbar Tea Shop has had a website for quite some time now but we have just begun to sell our gift shop products online as well.

Check us out at: [www.dunbarteashop.com](http://www.dunbarteashop.com) and click on the link on the left “Shop our on-line store”. We have a variety of teapots and

teacups for sale as well as our loose teas, tea accessories and books related to tea. If you do not find what you are looking for give us a call and we will be more than happy to take your order over the phone and send your order out ASAP.

## Test your Tea Knowledge

1) What is the botanical name of plant from which we make tea? A)  Camellia sasanqua B)  Camellia japonica C)  Camellia sinensis D)  Camellia Indonesia

2) Which one of the following teas gets its flavor from being smoked over a pine fire? A)  Keemun B)  Pu-erh C)  Assam D)  Lapsang Souchong

3) Which one of the following countries was introduced to tea drinking later than all the others? A)  Portugal B)  England C)  Holland D)  Spain

4) Which of these Japanese teas contains

toasted rice and popcorn? A)  Sencha B)  Genmaicha C)  Bancha D)  Hojicha

5) Who is responsible for introducing tea drinking to English Royalty and when? A)  Catherine de Braganza in 1662 B)  Anna Maria Stanhope, Duchess of Bedford in 1837 C)  William of Normandy in 1066 D)  Richard, Duke of York in 1454

6) Where in the United States is there a working tea plantation? A)  Boston, Massachusetts B)  Lahaina, Hawaii C)  Charleston, South Carolina D)  La Jolla, California

7) Herbal teas and Rooibos are also products of the tea plant. A)  True B)  False

8) Earl Grey tea is flavored with the oil of cassis. A)  True B)  False

9) Bubble tea originated in Taiwan. A)  True B)  False

10) Cha-no-yu means 'Cherry Blossom Tea' in Japanese. A)  True B)  False

(Answers on page 4)

**Tea related websites to visit:**

[www.tea.co.uk](http://www.tea.co.uk)

[www.teacouncil.co.uk](http://www.teacouncil.co.uk)

[www.teamap.com](http://www.teamap.com)

[www.tea.com](http://www.tea.com)

## Spring Recipe

### Spring Minestrone Soup

\*Butter

\*5 Onions Chopped

\*10-12 Carrots, peeled, diced into 1/2 inch thick rounds

\*8-10 celery stalks (including leaves), diced into 1/2 inch pieces

\*5 lbs. red skinned potatoes, quartered

\*2 lbs. fresh green beans, stemmed, cut into 1 inch pieces

\*10 small zucchini or summer squash, halved lengthwise, cut into 1/2 inch pieces

\*4-15 oz can cannellini beans, drained

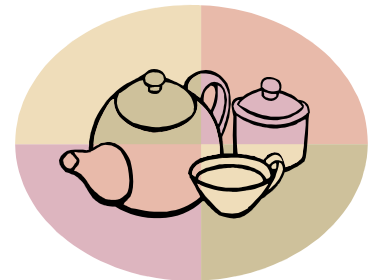
\*1 can 28 or 35 oz diced tomatoes

\*2 packages frozen chopped spinach

\*3+ large cans chicken broth

Instructions:

Saute onions, celery & carrots in butter until soft, add chicken broth & potatoes, bring to boil and simmer until potatoes are cooked, add green beans, squash, spinach & tomatoes & simmer (5 minutes), add drained cannellini beans, remove from heat, salt & pepper to taste. Serve with a swirl of Pesto & Parm cheese.



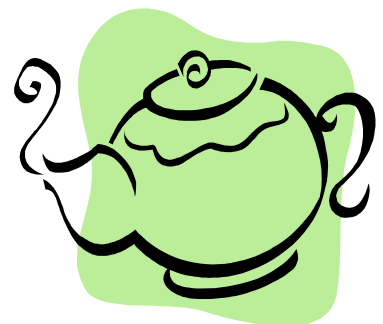
**The Chinese have been taking tea for health and for enjoyment for thousands of years.**

## Reviews

We were recently reviewed by NECN's cable show "TV Diner" hosted by Billy Costa. The show aired on Saturday March 4th and the Dunbar Tea Shop was chosen as fitting into their theme of: "Small but Mighty: small restaurants that pack a big punch!" Crew from the TV show came for a visit

and filmed the Dunbar in action. This footage was interspersed throughout an interview with Billy Costa as he focused on the success of the Dunbar in the past six years, the feature on the cover of Bruce Richardson's Great Tea Rooms of America, and a discussion of some of our most

popular menu items and dessert selections. He also talked about the concept of a tea room, pointing out that what sets the Dunbar apart from other tea rooms is its cozy atmosphere, the quality of the food, the appeal to men and women, its beer and wine license, and its affordability.



## Dunbar Tea Shop

1 Water St  
Sandwich, MA 02563

Phone: 508-833-2485  
Fax: 508-833-4713

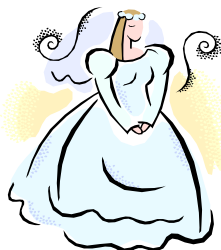
Since we first opened in 1991 the Dunbar Tea Shop has been featured in many guides, newspapers and magazines from around the world, including *The Boston Globe*, *The Cape Cod Times*, *The Washington Post*, *Yankee Magazine*, *National Geographic Traveler Magazine*, *Figaro(Japan)*, *Cape Cod Life*, *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.

We're on the web!  
[dunbarteashop.com](http://dunbarteashop.com)

## *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!



Answers to tea test:

- 1)c 2)d 3)b 4)b 5)a  
6)a 7)b 8)b 9)a 10)b



Place stamp  
here