

# ALL ABOUT...

## Tea Puzzle

- A Story to Assemble -



The Café Series debuts a new process, never seen in a jigsaw puzzle. We call this process **All About Puzzles™** because we use it to tell a story. Not only does this puzzle tell nearly everything about tea from its early history to its current heightened popularity, but actually shows you how to put it together.

When you're finished, you'll know all about tea and will have a beautiful puzzle to frame, assemble again or pass on to a friend. Unlike ordinary puzzles, **All About Puzzles™** are divided into scenes, each an illustrated part of a story. As you complete one scene, the puzzle tells you what pieces to look for next. (Example pictured left).

On the **arrow** you see the word "Scissors", meaning that you will now look for pieces that show scissors. Using the picture and text printed with the Scissors symbol, you assemble the next scene. It fits right next to the previous scene, and the arrow points to the picture of the Scissors. To discourage "cheating", each scene is separated from the others by a nearly identical border. It would be difficult to assemble the puzzle solely using the artwork, plus it wouldn't be as much fun! As you assemble the puzzle, you'll notice that the pictures you're looking for relate to the piece of the story you're about to discover.

If you're the impatient sort, you're probably asking, "How do I get started?". Well, we've made the "**Start**" scene composed of the word "Tea" printed over and over on a rich, green background. So look for those special pieces, assemble the first scene, and get ready to learn all about tea!



# Start Here.

To complete this puzzle, find pieces showing the item indicated and assemble the attached scene.

Continue in this way until you know everything about Tea!

## Grow your own!

All tea comes from the same evergreen plant, which grows in warm, moist climates. Harvested leaves are called the "pluck." The two youngest leaves and the bud between them are called Orange Pekoe leaves, the "fine pluck" or the "flush." A coarse pluck means lower quality. The lower that the third and lower leaves are, the lower the quality. Tea is usually consumed domestically.

## Cut it out!

Tea is grown from cuttings taken from proven plants. Three varieties of the tea plant are China, Assam and Indo-China. Hybrids and sub-varieties are also grown. The "leaf" of a tea refers to its variety or sub-variety. Tea seeds are sold under the name of the estate, as opposed to a botanical name.

## Handmade

Tea is harvested completely by hand. Tea pluckers are paid by the kilogram, so the pluckers make the most money. Tea is identified by estate, date time of day, area of the estate, and often by the plucker's name. Even when the plants are the same, tea quality can vary widely with time of year and area of the tea estate.

## Dried up

Air drying, or "withering", reduces the moisture of the leaves by about 20%. The withered leaves are then "rolled" to expose the juices to the air. Green tea is now dried, or "fired," to halt further oxidation. The oxidizing process used for Oolong tea and Black tea is sometimes called "fermenting."

## Air it out

Tea leaves are sorted by size into four basic categories: Whole Leaf, Broken Leaf, Fannings, and Dust. After oxidation, the tea is further dried. Once a pan-frying operation, this step is now a carefully controlled time and temperature process. The leaves are reduced to about 4% of their original moisture.

## Graded and Tested

The tea is sorted by machine and then by hand to grade the leaf pieces. Fannings and Dust can be used in tea bags or "instant tea." The tea is then tested. Tea tasters may taste more than a thousand teas a day. To highlight both the good and bad qualities, the tea is brewed much stronger than normal. The aroma, feel and appearance of the tea are all important, so tasters use pure white cups.

If a tea taster isn't satisfied with a tea, they'll taste it again. The tea is then tested again. The tea is then tested again. The tea is then tested again.

## Ship it

Traditionally, tea was shipped in wooden chests. Many tea estates have switched to plastic and foil-lined bags to protect the tea from moisture and light.

## The tea trade with China

China gave rise to the first American clipper ships in the mid-19th century. These cut the shipping time in half. The opening of the Suez Canal in 1869 spelled the end of the Clipper Ship era.

## Congratulations!

You now know almost everything about tea. Brew yourself the perfect "cuppa", grab a crumpet and finish this puzzle. Only 390 pieces to go!

## Coffee vs. Tea

The amount of caffeine that dissolves into the water depends on the amount of dry tea used. If using the standard two grams of tea per 5.12 ounces of water, the caffeine content for a cup of tea ranges from 60-100 mg. Coffee contains between 70 and 120 mg per cup. The amount of caffeine also varies with steeping time, leaf size and water temperature.

## Colder, Freezing, Antarctica

Americans drink 40 billion cups of Iced Tea per year! Iced Tea was "invented" at the 1908 World's Fair in St. Louis. The weather was so hot, that British concessionaire Richard Blechynden added ice to his tea. It was an instant success.

## What will he think of next?

The tea bag was not invented for its present use. In 1904, tea merchant Thomas Sullivan sent samples to his customers in small silk and muslin bags. To taste the tea before buying, they dunked the bags in boiling water. The idea caught on, but experts maintain that the best tea is selected for sale as loose, whole-leaf tea.

## The perfect pot of tea

It takes more than the ability to boil water to make a great cup of tea. Here's how. Use the best quality loose-leaf tea you can find. Use good quality, freshly drawn water. Soak a muslin cloth by rinsing with boiling water just before use. Empty hot water and add one teaspoonful of loose tea for each cup. Many folks add one extra teaspoonful, "for the pot." Water should be just off a boiling boil. Allow the tea to steep without stirring for three to five minutes. To keep the tea at ideal temperature, use a "cozy" - a quilted cover that holds in the heat. After steeping, pour hot tea into cups and enjoy. Add what pleases you, but don't use cream - it contains too much fat for tea's delicate flavor.

## Fit as a fiddle

Green Tea has been reported to guard against tumor growth, high cholesterol, high blood pressure, stroke, viruses, bacteria, and aging. It is said to enhance the immune system, assist in weight loss, moderate blood sugar, maintain the body's fluid balance, and reduce stress. How could we ever live without it!

## What's a crumpet?

In Britain, a soft, spongy, slightly sweetened crumpet of tea is a day on average and crumpets are widely enjoyed. Here's how to make them: Mix 2 tsp. powdered yeast with 1 cup sugar and add 1 1/2 cups warm water. Let stand until yeast starts to foam. Stir in 1/2 cup milk, 1 egg and 1 tbsp. melted butter. Add 1 cup flour and 1/2 tsp. salt and mix well. Let stand covered until almost doubled in volume. Brush a heavy skillet with crumpet rings or round cookie cutters with butter. Over medium-low heat, drop 2 tbsp. of crumpet batter into each ring. Cook until top appears dry and bubbly. Remove rings and cook until bottoms are browned. Serve warm with jam, honey, cream, or butter.

## A tea superpower

Tea, after vodka, is Russia's national beverage. Both black and green tea are consumed in large quantities and tea is even grown in Russia! It was once customary to keep a wood-fired "Samovar" filled with hot water for tea all day long. Tea was traditionally served in ornate metal handles and frames. Today, an electric Samovar is used on holidays and festive occasions, and a few traditional ones still remain like the two-part, metal-handled cups.

## Indian Chai and Tulips in Turkey

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## Not just to drink

The Japanese prefer green tea over black. Due to high domestic consumption, only 2% of Japan's tea is available for export. Gyokuro is the finest Japanese leaf tea. Its fragrance, expense, and rarity confine it to only very special occasions. Matcha is another Japanese green tea and is used in the Japanese Tea Ceremony. Thousands of Japanese attend tea school to properly learn the famous ritual.

## Here's a TIP

In early English cafes, a wooden box, inscribed with TIPS, an acronym for "To Insure Prompt Service" was placed as a table for gratuities and the custom of "tipping" was born. Anna, the Duchess of Bedford, originated the British practice of afternoon tea. Snacks, including "crumpets," were served between an early lunch and the fashionably late dinner. Soon the London elite were gathering at afternoon tea.

## What'll it be?

Green tea is first withered, then steamed or baked. The leaves are rolled and fired until the leaves turn yellow-green. Green tea is then oxidized or "fermented." White tea is green tea made only from the bud leaves, it is called "Silver Needle." "Gunpowder" tea is green tea which is rolled into tight little balls resembling lead shot.

## Black and Red and Drunk all over

Black tea was developed to keep tea from spoiling on long voyages. Oxidizing, then firing to stop all chemical action, allows the tea to be stored for long periods. In China, black tea is called red tea. Oolong tea is partially oxidized. It has more caffeine than green tea, but not as much as black tea.

## I can't wait

Purple tea comes from the Yunnan province of China and has a generally unpleasant flavor. It is green tea which is briefly fermented, then aged up to 50 years. It is thought to have medicinal properties. Flavored teas have liquid flavors added, such as Oil of Bergamot (Earl Grey Tea) or Jasmine flowers. Herbal teas are infusions of herbs and spices with water but contain no tea.

## Do you feel lucky?

Pick a white cup with a wide opening and sloping sides, with a matching saucer. 1. Using one teaspoon of loose, broken-leaf green tea with large pieces, make a cup of tea. 2. Drink all the tea except one half spoonful while thinking of a question that you want the tea leaves to answer.

## Waiter

3. Swift the last half spoonful three times in a clockwise direction. 4. Slowly, turn the teacup upside down on its saucer, and allow it to drain for one minute. Concentrate. 5. Examine the leaves in your cup, looking for shapes among the leaves. Tiny dots indicate a journey; larger dots are money; pointed leaves mean enemies. Wavy lines indicate uncertainty; straight lines mean a definite plan or action. Clear symbols are considered very lucky, while distorted symbols mean indecision or obstacles.

Tea leaf reading is sort of like searching for shapes in cloud formations though all you can tell from cloud formations is if it's, well, cloudy.

