

IMPORTANT:

When paying by check, please **make your check out to Lu Ann Dragon**. I cannot deposit checks made out to The Ladies' Tea Guild.

Tea and Health

Did You Know?

Green tea is so invigorating that it's been shown to improve exercise endurance as much as 24%!

~ Woman's World



Our First Quarter of Tea Events in 2008

A Review

A Tea of New Beginnings

In January, we had quite a large group of ladies come together at the Sister's Café and Gift Shop in North Fort Myers. We had ham salad, cucumber, cream cheese breakfast bread, and roast beef sandwiches, cranberry scones, and homemade mini cannolis and biscotti cake, served with an assortment of teas. It was so good to see everyone again, after having gone a few months without an event. The owners confided in me that this was their first major tea event for a group, and I thought they did a great job for their first time!

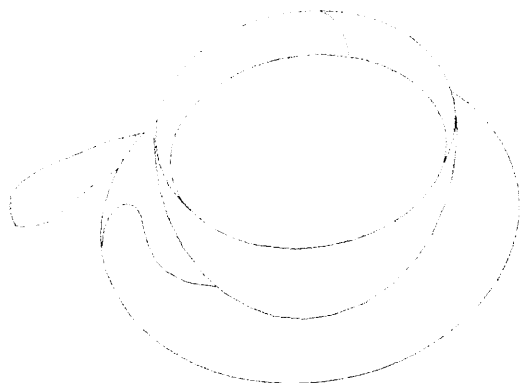
A French Tea

In February, we met in the quaint Café Bonaparte in Estero. We were served mini cheese quiches, quiche Lorraine, chicken salad on croissants, turkey cheese on foccacia, an assortment of scones with crème fraiche, and homemade petits fours, mini fruit tarts, and shortbread tea cookies. We also enjoyed black English blend, green passion fruit, white coconut pineapple, and herbal garden teas. We were all surprised by the charm bracelet favor given to us by the owner!

Storytelling and a Strawberry Tea

In March, we all bravely traveled to Lehigh Acres to my home for tea. I hope everyone feels that Lehigh isn't "too" far out of their scope now! We had cold strawberry soup, mini asparagus quiche, and strawberry cheese, ham cream cheese, and strawberry chicken salad sandwiches. The second course was strawberry scones, followed by fresh plain and chocolate-covered Plant City strawberries, strawberry macarons, strawberry-lemon tarts, and strawberry chocolate squares, served with Strawberry Silk black tea. Mary Lou Williams gave us a fabulous performance of her Fractured Fairy Tales. The ladies were all so enthusiastic about Mary Lou's storytelling, that we decided on the spot to definitely have her for more storytelling at future events.

Recipes



Chilled Strawberry Soup

- 1 quart fresh strawberries, hulled
- 1/3 cup ginger ale
- 1/4 cup milk
- 1/3 cup sugar
- 1 TBS lemon juice
- 1 tsp vanilla
- 1 cup (8oz) sour cream

Place strawberries in a food processor or blender; cover and process until smooth. Add ginger ale, milk, sugar, lemon juice, and vanilla; cover and process until blended. Pour into bowl; whisk in sour cream until smooth. Cover and refrigerate until thoroughly chilled, about 2 hours. Servings size - 3/4 cup. Makes 4 servings. From: "2004 Quick Cooking" Taste of Home

Strawberry Chocolate Bars

Crust:

- 1-1/4 cups flour
- 1/2 cup sugar
- 1 stick cold butter, sliced

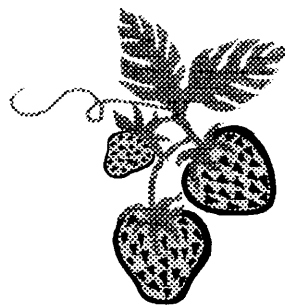
Filling:

- 1/2 cup strawberry preserves
- 1-1/2 cups semisweet chocolate chips

Topping:

- 1 cup flour
- 9 TBS butter, softened
- 9 TBS sugar
- 3/4 tsp vanilla

Line a 9x13" pan with foil and spray with non-stick spray. Crust: Combine flour and sugar. With food processor or pastry blender, cut in butter until mixture resembles fine crumbs. Press into the bottom of pan. Bake at 350 degrees for 20 minutes, until lightly browned and no longer soft. Filling: Spread preserves evenly over warm crust. Sprinkle evenly with chocolate chips. Topping: Mix flour, butter, sugar, and vanilla with a fork until combined. Sprinkle over chocolate. Bake 15-20 minutes or until lightly browned. Cool on a wire rack. Remove from pan by lifting out foil and cut into 36 squares.



A special "Thank You" to **Mary Lou Williams**, who greatly entertained us at the March Tea with the storytelling of her *Fractured Fairy Tales*. Amidst bursts of frequent laughter, we watched Mary Lou with rapt attention as she gave us her renditions of *Kermit The Frog Prince*, *the Princess and the Pea that Felt Like a Bowling Ball*, and *The Fisherman and His Wife, Updated*. We look forward to hearing more of Mary Lou's storytelling soon!