

Time For Tea

By J.Gaff

History of a Tea Party:

- Have girls do research on the history of a Tea Party. Who is credited with having the 1st tea party? In what year did a tea party become a normal routine?
- Is there a difference between “high tea” and “afternoon tea?”
- Look up Lady Gertrude Elizabeth Campbell’s Tea Tips:
 - ❖ Campbell says: "a tea, of whatever kind, may be made one of the most agreeable of meals; for tea always seems to produce sociability, cheerfulness, and vivacity."
 - ❖ Cover the table with a white tablecloth and line the center with flowers or, if it's summer, with fruit. "Nothing looks more tempting than bowls of old china filled with ripe red strawberries, and jugs of rich cream by their side," Campbell notes.
 - ❖ Cups and saucers should be small and dainty, as should spoons, sugar basin, tongs and cream jug. Plates of cakes and bread and butter should be brought into the room.

Visit a Tea Shop:

- Learn about different types of tea: Loose leaf tea verses bag tea.
- Learn what equipment is needed to make the perfect cup of tea. If using loose tea leaves, what added steps are needed?
- Ask about different flavors of tea and tea leaves: black, green, oolong, herbal, matcha, roobios, etc.
- Learn how to brew the perfect “Cuppa” tea

Etiquette:

- Practice and learn table manners and proper etiquette for fancy events.
- Pinky up or down??? DOWN. The proper way to hold a teacup is to hold the handle with the pinkie finger down, never up.
- HOLD THE TEACUP BY THE HANDLE. Don't cup your hands around the teacup. The teacup should only be held by the handle. (With the pinkie finger down.)
- Move your teaspoon up and down, not in circles.. Making noise with the teaspoon is frowned upon so make sure your spoon doesn't clang and touch the sides of the teacup. Also, don't tap your teaspoon on the side of the teacup.
- When you're sitting at the table, there's no need to lift up the saucer to drink from your teacup.
- Take small sips and don't blow on your tea is too hot.
- Eat with your fingers! Food served at tea parties is meant to be finger food.
- Find more fun tea party etiquette tips and practice with your troop.

Get ready to host a Tea Party:

Make Fascinator hats:

- Have fun making fascinator hats out of crafty materials. We have made fascinators from desert paper plates, a headband, tulle, and faux flowers.
- Make a fascinator station. Have the girls pick their favorite color and flowers and create their own one of a kind fascinator to wear to the party.



Try to embroider napkins:

- For older girls, try your hand at embroidering a napkin with your own unique design to use at the Tea Party. You can learn a new skill and have a fun keepsake from the Tea Party.
- Remember, Dab don't wipe with your napkin when practicing etiquette.

Setting the Table:

- A traditional high tea place setting requires a small cake plate placed in front of each chair and with the cup and saucer to the top right of the plate.
- If you have real china tea cups, use them! Mix and match the patterns for a fun afternoon tea.
- Use lace tablecloths and fabric napkins for a fun touch
- Add flowers and place name tags by each setting.
- If you have a 3-tiered serving tray, add it to the table for an authentic afternoon tea serving.



Tea Party Menu:

- Create a special tea party menu, be aware of any food allergies troop members may have!
- Afternoon tea comes in three courses — usually all at once on a three-tiered tray. Eat the savories and tea sandwiches first. Scones with clotted cream and jam are eaten next, then finally the sweets. Tea sandwiches should be eaten in 2-3 bites. Don't jam the entire sandwich in your mouth.
- Look up fun scone recipes and try a few. Bake some as a troop or individually at home and share at the tea party.

- Traditionally scones are served with clotted cream and jam. Clotted cream can be purchased online, whole foods, and speciality stores.
- Also, make a few different finger sandwiches to share.



Finally....

Get all dressed up, brew some tea, and enjoy a fancy afternoon tea with your troop!

