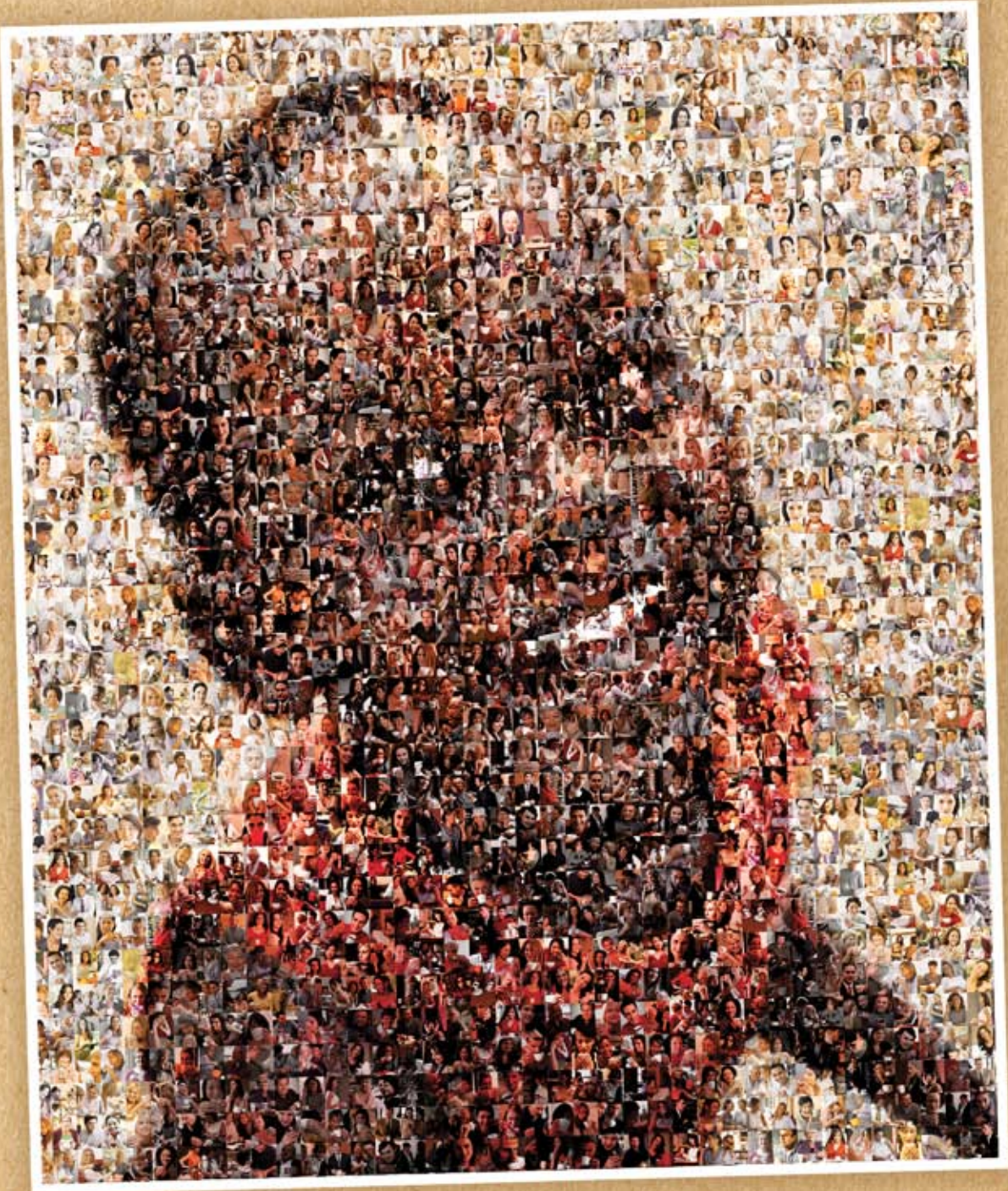


# Red Rose Tea Talk Toolkit



The simple gesture of enjoying a cup of tea with friends can make a world of difference! Host a Reach Out With Red Rose™ tea party for your friends and see just how good a cup of Red Rose® tea can be.



REACH OUT WITH  
**RED ROSE**

**ONEXONE**  
HOPE BELONGS TO EVERYONE

# Reach Out With Red Rose®

THE DIFFERENCE IN YOUR CUP.

## Welcome to the Red Rose® Tea Talk Toolkit!

Whether you're hosting a tea party as a way to connect with loved ones or to celebrate special occasions, a great cup of tea has the power to lift spirits and warm hearts. From recipes and conversation starters, to tips on brewing a divine cup of tea, the information in this kit is designed to help you to host the perfect get-tea-gether!

Arthur W. Pinero, a famous British dramatist, once said, "While there's tea, there's hope." A quick look in history shows us Arthur was right!

Tea has been at the centre of important change and discoveries in history. Take for example, Shen Nung, the second of China's notorious emperors. Credited with numerous discoveries in medicine (including a catalog of 365 species of medicinal plants!), pharmacy and agriculture, legend has it that Shen Nung also discovered tea! The story goes that the aroma of tea leaves falling into boiling water captivated Shen Nung and he then realized this combination made for a refreshing drink. While we can't be sure the warm taste of tea led Shen Nung to make all his discoveries, it's certainly an interesting coincidence!

And that's not all. Tea was in the centre of the most famous kick-off's to change, also known as The Boston Tea Party. Many consider this to be the defining point that led to the American Revolution and subsequently to America's independence. Although times were tough in the colonies, it was only when the Queen of England attempted to place a tax on tea that the colonists were spurred to action!

In the same way a cup of tea can warm the soul, at Red Rose, we believe that everyone has the ability to make an impact in the lives of others.

Whether you're hosting a tea party as way to put a smile on loved one's faces, as an excuse to give a busy friend time to relax, or as a way to encourage friends to volunteer in the community, we can all make a difference – big or small - in our own, unique way.



## Hosting the perfect get-tea-gether



Bringing family and friends together is absolutely one of the best reasons to host a tea party. While busy schedules can make it difficult to meet with loved ones often, for over 100 years, Canadians have been taking the time to reconnect over a warm cup of Red Rose® tea to maintain the relationships that matter most.

So how do you host a great tea party? The answer is simple! You take key ingredients like Red Rose tea, engaging conversation and delicious food, and mix them together!

**Tea parties are also a great way to make a difference in the lives of others.** Encourage loved ones to get involved and make an impact. Host a themed party to mark special occasions or to make a difference in the community. Here are a few ideas to get you started:

- Ask guests to bring gently worn clothing to your next tea party and make a donation to a local homeless shelter. Often, we can all find pieces we haven't worn in years, so why not donate them to those in need?
- Celebrate with a tea party after spending part of the day volunteering at a local organization. Whether you spend an hour cleaning the neighborhood, volunteer at the local recreation centre or participate in a walk for charity, go out as a group and make a difference in your community.
- Mark special occasions, like graduation, weddings or baby showers, with a themed tea party. Celebrate these milestones with loved ones and a warm cup of tea. In lieu of gifts, why not take up a collection for your favourite local charity. What better way to celebrate the guest of honour.
- Ask guests to bring one non-perishable food item for the local food bank in lieu of bringing a dessert dish to your next tea party.
- Encourage young children to get involved and volunteer in the community. Invite them to your next tea party and talk to them about various issues. Encourage them to organize a fundraiser, volunteer their time or learn more about a topic that matters to them.
- Celebrate the start of the changing temperatures to match each season's personalities. For example, host a 'snow day' tea party complete with festive napkins, confetti on the tables and cookies shaped like snowmen!
- Get ready to boogie with a music themed tea party. Ask guests to bring 2-3 songs that have special meaning to them and use it as a soundtrack to the party. It could be anything from the first song they danced to at their wedding to the latest song they can't stop singing to in the car!

## Tea Talk



For generations, tea has made a difference in people's lives by providing warmth and inspiration. At Red Rose®, we want to carry on that tradition and inspire tea drinkers to join us in our efforts to make a difference in the world in which we live. That's why Red Rose is supporting ONEXONE, a non-profit foundation committed to improving the lives of children in Canada and around the world, with a contribution of CDN \$250,000 to help support the organization's incredible mission.

**Red Rose is supporting ONEXONE and its efforts to make a difference in the lives of children in Canada and around the world.** ONEXONE and its partner organizations focus on five pillars that represent a child's complete well-being. These pillars are:

- Water
- Hunger
- Education
- Healthcare
- Play

Of course, there's more than meets the eye when addressing these pillars. In Canada, we often take each of these for granted and most people have never known a life without them. Imagine a world without one of these five pillars. How would you feel? What other areas of your life would they impact?

At your next tea party, talk about these pillars and learn more about them. Here are a few suggestions to get the conversation started:

### **WATER**

How would you feel if you had to walk 8 km a day just to get enough water for your family for one day?

### **HUNGER:**

According to Food Banks Canada, in 2009 food bank use increased by 20% with approximately 700,000 visits per month. Why do you think there are so many in need and what can you do to help?



### **ENTER THE REACH OUT WITH RED ROSE™ CONTEST**

for a chance to win one of three volunteer experiences: a seven-day trip to Africa to work in the field with ONEXONE charity partner, Millennium Village. Visit [www.ReachOutWithRedRose.ca](http://www.ReachOutWithRedRose.ca) for more information.



## EDUCATION

How does education help to overcome the cycle of poverty?

## HEALTHCARE:

The World Health Organization estimated that in 2002, 1.4 million deaths among children under the age of 5 were due to disease that could have been prevented by routine vaccination. How can you make a difference from around the world?

## PLAY

Can you imagine a world where kids don't have the time to enjoy their childhood? How could this impact them?

## The Perfect Cup

Tea can keep you feeling warm and also help you de-stress. Of course, laughter, conversation and great ideas are also born out of these genuine moments. Whether we start our day with a cup of tea, drink it together or alone, or serve it to welcome guests into our home, enjoying a cup of tea is a cherished ritual for people around the world.

So, what is the perfect cup of tea? It's a good question, and the answer may be different depending on who you ask. For some tea lovers, tea must be served with lots of cold milk. For others, tea may be served black with just a little sugar – or nothing at all. Whether you enjoy the hints of orange pekoe in your Red Rose® Black Tea or the distinctive taste of Decaffeinated Red Rose® Black Tea, here are a few tips to brew a marvelous cup:

### HOT BLACK TEA

1. All great beverages start with quality and refreshing water. Start with a fresh batch of cold water in a kettle and bring it to a rolling boil.
2. You may wish to warm your teapot or mug by adding a small amount of boiling water and swirling it around. Make sure you discard the water.
3. Place your Red Rose® Black Tea or Decaffeinated Red Rose® Black Tea bag into the teapot or mug. If you are using a large pot you may want to use more than one tea bag depending on how strong you enjoy your tea.
4. Add the boiling water to your teapot or mug. It is important that the water be very hot in order to extract the Red Rose flavour sufficiently.
5. Allow the tea to steep between 3 and 5 minutes. Avoid steeping for longer.
6. Remove your teabag(s) and add milk, sugar or honey, as desired.



### ICED BLACK TEA

Fresh homemade iced tea is so simple and delicious. Guests will be treated to a unique surprise when you serve them this classic and timeless favourite!

1. Bring 3 cups of fresh water to a rolling boil.
2. Add the water to a teapot with four Red Rose tea bags.
3. Steep for 3 to 5 minutes, according to taste. Remove tea bags.
4. If you enjoy your iced tea sweetened, stir in 1 cup of granulated sugar until it dissolves.
5. You may also add ¼ cup of fresh lemon juice for a citrus flavour.
6. Allow the hot tea to cool down, and then add 5 cups of cold water to your mixture.

## The Next Cup

**Congratulations!** By downloading this kit, you've taken the first step in making a difference in the lives of others!

You're ready to host your very own tea party and have all the tools you need to host a memorable one, indeed! We've talked about how to brew the perfect cup of tea, offered discussion topics sure to lead to engaging conversation, but we haven't offered any information on the final key ingredient – recipes! From lemon squares to scones, muffins to hazelnut-crusted goat cheese, on the next page, you'll find four simple and delicious snacks that are sure to be a hit!

When you've picked the date to host your own tea party, visit [www.ReachOutWithRedRose.ca](http://www.ReachOutWithRedRose.ca) to send personalized tea-vites to your guests and for links to coupons for Red Rose®. Don't forget to include information about the theme of your party!

Hosting a tea party is a great first step to making a difference. Share your tea story by entering the Reach Out with Red Rose™ contest and tell us how you're helping to change the world, one cup of tea at a time. A great way to recognize how Canadians around the country are working to make the world a better place, the Reach Out with Red Rose contest offers a chance to win one of three volunteer experiences: a seven-day trip to Africa to work in the field with ONEXONE charity partner, Millennium Village.

Submit a photo and a 200-word entry that explains what you are doing to change the world. Vote for your (or other favourite entries) and check back often for updates! For complete contest Rules and Regulations and for contest dates, please visit [www.ReachOutWithRedRose.ca](http://www.ReachOutWithRedRose.ca).

~Cheers!

## Lemon Squares

### TOPPING

- 3 Omega-3 eggs
- 1 ¼ cups (300 mL) granulated sugar
- 1 tbsp (15 mL) finely grated lemon rind
- 1/3 cups (75 mL) lemon juice
- 3 tbsp (45 mL) all-purpose flour
- ½ tsp (2 mL) baking powder

### BASE

- 2/3 cups (150 mL) all-purpose flour
- 2/3 cups (150 mL) whole wheat flour
- 1/3 cups (150 mL) granulated sugar
- 1/3 cups (150 mL) Becel margarine

### PREPARATION

1. In food processor, pulse together ingredients for base, until well combined (or mix with hands). Press into ungreased 8-inch (23 cm) square baking pan. If desired, line bottom and sides of pan with foil. Bake in 325°F (160°C) oven for 12 to 14 minutes, or until just starting to lightly brown on edges. Let cool for 10 minutes.
2. Meanwhile, prepare topping. In large bowl whisk together eggs and sugar until frothy. Whisk in lemon rind and juice. In small bowl, mix together flour and baking powder; stir into topping mixture. Pour mixture over base. Bake for 25 to 30 minutes or until just set in centre. Let cool completely on wire rack.



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## Banana Date and Walnut Muffins



### INGREDIENTS

- 2 cups (500 mL) whole wheat flour
- ¾ cups (175 mL) granulated sugar
- ½ tsp (2 mL) baking soda
- 1 tsp (5 mL) baking powder
- ½ tsp (2 mL) ground cinnamon
- ½ cups (125 mL) rolled oats
- 2 eggs
- ¾ cups (175 mL) plain low fat yogurt
- 1/3 cups (75 mL) Becel margarine, melted

- 1 tsp (5 mL) vanilla extract
- 1 ¼ cups (300 mL) mashed ripe banana (about 3)
- 1/3 cups (75 mL) coarsely chopped walnuts
- ¾ cups (175 mL) chopped pitted dates

## PREPARATION

1. Preheat oven to 375°F (190°C). Spray muffin tins with non-stick cooking spray.
2. In a large bowl, combine flour, sugar, baking soda, baking powder, cinnamon and rolled oats. In a separate bowl, combine eggs, yogurt, melted margarine, vanilla and bananas. Stir the wet ingredients into the flour, then stir in the walnuts and dates.
3. Spoon the batter into muffin tins to the top. Bake 20 minutes or until muffins are golden.

## Cranberry Scones

### INGREDIENTS

- 2 cups (500 mL) all-purpose flour
- 1/3 cups (70 mL) granulated sugar
- 1 tbsp (15 mL) baking powder
- 1 tsp (5 mL) salt
- 1 tbsp (15 mL) grated lemon peel
- 2 eggs
- ¼ cups (50 mL) Becel margarine
- 1/3 cups (75 mL) milk
- 1 cup (250 mL) dried cranberries



### PREPARATION

1. Preheat oven to 400° F (200° C).
2. In a large bowl, stir together flour, sugar, baking powder, salt and lemon peel. With a pastry blender, or two knives, cut in margarine until mixture resembles coarse crumbs. Beat eggs lightly with milk. Add milk, eggs and cranberries to flour mixture all at once, stirring with a fork until dough comes away from the side of the bowl.
3. On a lightly floured surface knead dough 5 to 6 times until smooth. Roll dough ½-inch (1.25 cm) thick. Using a floured 2-inch (5 cm) biscuit cutter, cut out scones. Place 2-inches (5 cm) apart on a greased or parchment-lined baking sheet.

## **Hazlenut Crusted Goat Cheese on Mixed Greens with Lemon Poppy Seed Dressing**

### **INGREDIENTS**

- Flour for dredging and vegetable oil for frying
- 8 oz. (250 g) goat cheese, sliced into 1-inch (2 cm) rounds
- 2 eggs, beaten
- 1 cup (250 mL) hazelnuts, finely ground
- 1/2 cup (125 mL) Hellmann's Real or Hellmann's 1/2 The Fat
- 1 tbsp (30 mL) lemon juice
- 1 tsp (5 mL) finely grated lemon zest
- 2 tsp (10 mL) poppy seeds
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 8 cups (2 L) mixed greens, rinsed and dried
- 3/4 cups (175 mL) chopped pitted dates



### **PREPARATION**

1. Preheat a skillet over medium-high heat. Add 2 tbsp vegetable oil. Working in batches, dredge each slice of goat cheese in flour, dip in beaten egg and coat with hazelnuts.
2. Place cheese in hot oil and fry 1 minute per side. Drain on paper towels and keep warm in the oven on a plate.
3. In a bowl, combine mayonnaise, lemon juice, lemon zest, poppy seeds, salt and pepper.
4. Toss dressing with baby greens and top with warm goat cheese.