

February 2011



Newsletter

For those who eat well and live well

In March we celebrate 3 years in Business - THANKS TO YOU!

So many things have been happening at the Tea Boutique! More food, more recipes, and more great ideas all from our table to yours! Tea Workshops, new staff members, You Tube Educational Videos at http://www.thetealady.ca/videos__education.html, Medicinal Herbs, and our FABULOUS FONDUE!

Tea Boutique is improving again, as we do each year, - last year opening the sunroom upstairs for lunch and special dinners. The ambiance is (cute, tranquil, quaint) and perfect for people wanting more privacy. This year we are making more changes to improve our space, offering more services, ultimately making YOUR experience even better - during the month of April. **We are so sorry but Tea Boutique will BE CLOSED FOR THE MONTH OF APRIL for renovations - Lena will be travelling to Japan and Taiwan for her upcoming book about Tea and to purchase new teas! We will also be closed June 24 - 27 - as Lena will be at Charlie Palmer's 4 Diamond AAA star award winning restaurant, in Las Vegas, learning new dishes with Tea from Chef Vincent Pouessel and Pastry Chef Megan Romano.**

In these uncertain economic times, we are all striving to overcome the hurdles before us and to proceed wisely into the future. We certainly had to face many challenges. Many of our customers weren't aware why last winter we closed our doors temporarily. My husband sustained serious injuries in an accident and I had to look after the man of my life! We are sorry for the inconvenience, we hope you understand running a small business by yourself comes with its problems. We are not a National chain and I can only be at one place at a time. We are starting this New Year with confidence and optimism, bringing you lots of exiting workshop and changes.

We are thankful to those of you who have nominated us again in 2010, as the best restaurant in the hills, we honor your support and we will keep having innovative lunches. There is still confusion on our hours of operation and our concept. **Think of us as a long week end! Friday, Saturday, Sunday & Monday 9 - 5, Sunday 9 - 4.** You don't need reservations to eat, but you need reservation for the "Fondue dinner" and "Choose your meal." Food is made fresh daily and often sells out fast, reservation is always best but not required.

What's New

Workshops

Holistic Nutrition

Balinese Cooking

New Team Members

Medicinal Herbs

Fabulous Fondue

Workshops:

Chai Tea Workshop, Wednesday, March 2nd 7:30 - 8:30 pm

Learn to prepare various recipes of Masala Chai made with fresh spices, direct from India. The Tea Lady, will talk about the origin and history of Chai Tea, as well as demonstrate a variety of recipes for making your favourite Chai. You will be able to taste the varieties and you will go home with your own Chai kit, recipe and a hand out. Learn how to make a Masala Chai just like the Wallahs on the streets of India! You will also learn how to make our chai almonds, a healthy nutritious snack. We will also talk about the benefits off the spices used in the preparation of Chai in Ayurvedic Philosophy.
Cost: \$20 / Ticket Information: Seating limited, RSVP / Contact: 905-584-7227



Holistic Nutrition - Matcha Tea

The highest antioxidant beverage on the planet! Find out everything there is to know about Matcha at <http://www.thehillsofheadwaters.com/teaboutique/mem-section.php?ssid=1235> where you can also view our Tea Master on You tube. Learn how to make the perfect cup of Matcha.



Balinese Cooking Party



From March to June we will teach Balinese Cooking! Learn the art behind preparing the delicious cuisine where the author of "Eat, Pray, Love " found love!
From July to September - Indo Fusion Cooking parties.

Lena, spend last winter learning with Authentic Balinese chefs and she is excited to share this colourful, healthy and flavourful cuisine with you. Gather your friends and have a cooking party right in the comfort of your home. Our chef, arrives with everything she needs. All you have to do is relax, laugh, or sip on some wine with your guest, while you learn to prepare a Balinese Feast.

Set Price - \$350 / 2 hour demonstration and complete dinner. (Maximum of 6 people making this less than \$60 per person.)

905-584-7227 ~ thetealady@bellnet.ca ~ www.thetealady.ca
www.thehillsofheadwaters.com/teaboutique ~ www.teaboutique.ca

For those who eat well and live well

New Team Members

Introducing the energetic Stephanie Attard, our Certified Holistic Nutritionist!

May 11th, Stephanie will kick off the start, hosting a series of very interesting and interactive seminars. CRAZY FOR CARBS, will demystify everything there is to know about CARBS, the good and the BAD. Learn the hard hitting facts about low CARB diets and the important role healthy food choices have on our health and longevity. Stop wasting time on commercial diets, learn the truth about their effect on your body. Join us May 11th, to learn valuable information, sample some food and sip on a delicious herbal tea. Only 10 participants per workshop. \$30 per person.

Lena has also found valuable help for the herbal side of her business, Stephanie also has good knowledge of Ayurveda and herbs.

NEXT: We would like to introduce you to Liliana Fistric amicably called Lili, HOMEOPATH!

Liliana is a licensed and registered Homeopathic Physician. Liliana brings over 15 years of experience of valuable natural healing modalities to our centre to help restore balance and maintain health to our clients. She also offers Clinical Aromatherapy treatments, EMF balancing, MRS (Magnetic Resonance Stimulating Therapy), Stress Management and Emotional Code Release Program. Her inspired intuitive abilities, passion and deep understanding of how the human body and mind functions, creates an exceptional healing environment where she can honour and support each person's needs.

Belinda continues to offer consultations and will do some workshops over the summer. She is successfully training athletes, combining her life long experience in body building and nutrition. Tea Boutique will be able to serve more clients with 2 Nutritionists!

Medicinal Herbs

As of May 1st, Tea Boutique will carry certified organic medicinal herbs, for all your needs. We have chosen a supplier that meets our very high standards, La clef des Champs, an award winning "herboristery" and Canada's most successful herbalist.

This ensures us, that the plants have been grown and harvested under the proper conditions for a plant to be truly medicinal. Some plants need to be little more than just ready, they need to be specifically harvested at a certain time of the day and other requirements like Echinacea.

Echinacea is only consider therapeutic when the root have mature to three year old. Many unscrupulous companies sell Echinacea that have no true therapeutic effects. We have also created a compendium to help you choose the herb that is the most appropriate for you.



Fabulous Fondue

Our Fondue dinners, are available evenings, by reservations only. Our fondue dinner are so unique and sure to please any palate. Tea Boutique also offers an all Vegetarian Fondue dinner. Offering a one of kind and a unique experience not matched anywhere in Ontario as we are the only one offering Exotic Fondue (Kangaroo, Ostrich, Pheasant, Bison) see our website for more details.
<http://www.thehillsofheadwaters.com/teaboutique/mem-section.php?ssid=1525>

Here is what one of our recent clients have said:

My family came to Tea Boutique for a Fondue Night. It was the best evening our family has had in a long time. The room was gorgeous, private and tranquil. The food was second to none in taste, freshness, and presentation. Every vegetable glowed with health. The meat choices were amazing. The broth that we cooked everything in (not oil) was the perfect example of what one would imagine beef burgundy would be. The most delicious broth I have ever had. Even better, we got to bring the leftover broth back home, and I was able to make the most amazing rice stick soup from it. My teenage boys were enticed by the concept of eating Kangaroo, what a statement to take to school.. to look oh so worldly... My sister and husband and boys and I enjoyed and savoured every single morsel that was presented to us. It was a 2 hour dinner that encouraged a relaxed fun atmosphere of family time, where we shared stories, laughter and food. Lena, gave us a gift of true family time. ~ C. Lindsay, Bolton, ON

