

International Symposium, Tea Making

Work Group Participants:

Grant	Rajeshwari
Meimei	Arua
Robert	Lilly
Catherine	Drishti
Abigail	Michael
Palav	Sparkles
Finny	

Symposium Overview

Presented by: Grant Gilmore

Student from: The Evergreen State University

Abstract:

The Tea Making Group set out to research and present information highlighting tea making practices from India, China the United Kingdom and the United States. Information gathered focused on types of teas from each region, preparation tools used in the ceremony, or process of making tea, fun facts and historical content to help describe the richness, diversity and deep-rooted cultural attributes surrounding tea making. Students met regularly through online platforms, mobil apps and during the scheduled symposium workshops. All of the information was gathered and shared among the group for deeper discussion and assigned tasks. A tea survey was created and presented to all of the attending students and faculty. Data was analyzed and the results were shared in the final presentation. The final presentation led off with the origins of

tea and the various methods for brewing tea in China. Following the Chinese methods, India and its popular Masala Chai Tea was highlighted. Palav, from India, contributed a video segment capturing the traditional recipe for making Chai. Moving from India the presentation turned to the making of traditional English Breakfast Tea. The final close out to the presentation were the results of the survey. The premise for the work was to dig deep into tea culture from each country to better understand the significance tea plays in our daily lives.

Literature and background concept:

When our group set out to tell the story of tea making we decided to work from the concept of a finished presentation to content ideation. In our early workgroup sessions we developed the outline for a final presentation. While we had little content at this time, we had ideas. Our final presentation did not contain all of the attributes we initially set out to develop, but our focus on the end result led us through our journey. As with all subject matter every door you open leads to a treasure trove of resources and information. At some point, you have to stop and pull the aspects of the content that will deliver the best story while providing the most beneficial information to our viewers. I've attached a working research document to this summary of work, (Resources section), for the purpose of showing where and what subject matter was reviewed and utilized to create our final presentation. It's also a great culmination of resources if you should choose to dive into the many facets of tea making and culture.

Research on tea mainly pulled from resources online. In an effort to bring a more personal experience to the subject matter a survey was created and distributed to all of the symposium participants. The survey focused on basic habits and cultural attributes that related to tea in our lives. Survey results were combined with our research, all-making up the storyline in our presentation. Subject matter, focused on tea making for a few of the more popular teas consumed in each nation. For China, our work focused on the types of tea that make up the

family of teas, presentation types and for the presentation, Gufu style tea making. For India, we focused on Masala Chai tea. Since India has a wide variety of chai-spiced tea, we chose to keep focus on the more traditional chai. And to round out the research and presentation we highlighted tea from Great Brittan and the United States, specifically presenting the elements of English breakfast tea. These three tea's and their requirements for brewing make up a small percentage of our content but a significant part of our presentation. The remaining content of the presentation, were the results from the survey and the research we conducted online. Research online focused on tea's journey through world history, fun facts and tea's ability to change with geography. politics, cultural preferences and availability.

With all this information in hand, it was time to wrap the key elements into a short video presentation. The video presentation was chosen for a multitude of reasons. It helps keep presentation times in line with what's allowed, it allows a more succinct way of presenting information in a narration style format that could utilize everyone's contribution of work without seeming choppy. Video is fluid and immerses the viewer into the content.

Process and learnings from the work group:

The purpose and process of the symposium was fairly fluid. The faculty, guests, assistants and facilitators worked in sync to deliver a wraparound experience. The efforts from China, India and the US allowed for a multi-cultural experience that I found was insightful and uplifting. Communicating with students, guest speakers and faculty from the three countries during a global pandemic was a highlight in my life and allowed us, during a time of isolation, to become a way to open our homes and places of study tea to the outside world.

On the topic of tea, I learned a great deal more through our fellow students and faculty about the culture of tea from each country, drinking habits, and the significance tea plays in lives, whether we know it or not.

Communications was a challenge from the start, but we analyzed, experimented and selected several ways we could communicate to accommodate everyone's needs. I learned about several new communications tools that would allow us to interact and coordinate efforts as we advanced our work and interactions. The greatest challenge to the process was the time change, language barriers, and pulling the group together during a difficult time (COVID-19).

Suggestion for future planning:

Now that we have experienced and worked through this first symposium, we should take the time to gather faculty and facilitators to meet through an online meeting space to discuss what worked and what did not. Follow-up will lend a hand into everyone's experiences that were tasked with bring people together to advance an effort, no matter how small or large. Guest speakers were a huge hit and provided everyone with access to experts in their trades that I found were truly inspirational. Guest speakers that attended the symposium were perfectly aligned to the content we were discussing and I think more of these guest speakers would be incredible to build on for the next symposium. All in all, my overall assessment is very positive. It was incredible to interact with students and faculty from three nations, build relationships and share work.

Overall experience of the online cross-cultural exchange:

My overall experience was very positive. I enjoyed learning new cultural attributes related to tea as well as details about our work group members and their day to day experiences of their lives. The lineup of guest speakers paired with the leadership and knowledge of our professors, lent themselves to deliver and share their passions with respect to their culture and daily lives, leading to

many ah-ha moments and a desire to dig deeper into subject matter I was drawn to. The impact from so many interactions will not be forgotten and will carry into the future as I continue to dive deeper into Chinese culture and my love for tea.

Resources:

Survey Results:

37 total respondents

Is tea a part of your daily routine?

60% yes 40% no

When is your favorite time to drink tea? (One or more selections)

Morning 40% Afternoon 37% Evening 50% All Day 16%

Favorite teas?

**Indian masala chai
Chinese Oolong tea
Sleepytime Herbal Tea
Matcha
Pu'Er
Chamomile**

**Black tea
White tea
Green tea
English Breakfast
Sweet tea
Jasmine**

What are the major reasons you drink tea?

Health 54% Taste 60% Ceremony 16% Tradition 19%

Responses:

Habit, Spending time with family and friends, prefer over water, Wake me up

Do you have a favorite teacup or tea pot?

Yes 30% No 70%

Do you prefer tea prepared and sold in a store or restaurant, purchased as loose tea leaves, and prepared by you, or purchased prepackaged in tea bags you can insert into your teacup?

Prepared/Packaged 43% Bagged 51% Loose 46%

Are there any special occasions within your home, family or culture that center around tea?

- **My honey and I like to prepare tea every now and again in the afternoon. It's fun to use a fancy tea pot, and to sip and savor the flavor while we chat. A little biscuit on the side makes it even more delicious! I would call this an event.**
- **At morning we all sit together in silence and see the nature and sip our tea.**
- **Other than everyday tea, during fall season me and my family start looking for fruit flavored tea, one of my personal favorites**

- **One night, my family and I drank strong tea together. As a result, we couldn't fall asleep until midnight.**

Do you have a personal story about tea that you want to share?

- **I fell in love with Kazakh tea culture. When I entered our neighbor, Nazym's home for the first time, she welcomed me into her kitchen and asked me if I would like tea. I very happily said yes! The water was hot and waiting. She served me a cup of black tea, asking me if I would like milk or sugar, and how much. It is customary to have milk in your tea there. She explained to me the different customs for tea. Whenever guests came over, it was expected for the hostess to have hot tea and snacks at the ready. Regardless of the number of guests, either the woman of the house, or the eldest daughter would prepare each individual's tea. She must know how each person takes their tea, or she doesn't love them. If the tea isn't hot, she doesn't love them. It is customary to fill the little bowl halfway, as to encourage the desire for more tea, and to lengthen your stay and conversation. If, by contrast, the teacup is filled to the full, then it translates as "drink quickly and leave."**
- **In Kazakhstan, when you visited and had tea you would do so for hours. Drinking cup after cup, eating cookies, cakes, and other sweets. When conversations were really long, you'd even have meals. But! Then you would have more tea. They had a saying that when you are full with tea to your collarbone, you drink one more cup so that you are full to your jaw. This is when the company was lively and good. I adored every moment of this. To me, it is one of life's most precious gifts to gather around a table, around warm delicious tea, yummy snacks, and talk for hours on end. Deep, real conversations with tea fuel my very soul. This chapter of my life was a big piece of what brought me to my dream today; the dream to have my own tea shop.**
- **There is a famous teahouse in Ireland called Bewley's that I visited with my mom in 1998. It's a magical space with polished wood and stained glass, almost like a church. It's traditional to have your tea with scones in Ireland. Man, those were good!**
- **I remember this one time I went to the tea gardens in the South of India and it was such a beautiful place. There was a small shack in the middle of the foggy tea hill and we stopped there to drink the special tea they had to offer. They had many varieties of flavors and one specific chocolate and vanilla flavored tea was delicious.**
- **When visiting New York City I would take refuge from the chaos by having tea in Chinese restaurants. It was a wonderful little oasis.**

- It was the first thing I learned as a child and use to serve my grandfather and he use to drink tea made only by me and it made me feel very special.
- I remember having my first tea with my grandmother when I was 6. It was a dandelion flavored tea said to be good for liver function. I ended up loving the tea so much, next time I went outside and saw a dandelion in our garden, I tried eating it thinking it would taste as good as the tea. It did not.. Still a fan of the tea though.
- When I was very young, my grandma would help others pick out the tea stalks from the tea leaves. And at that time, my parents often went to work and had no time to accompany me, so I spent most of my childhood with my grandma. I would help my grandma pick out the tea stalks together, and then my grandma would reward me with pocket money or take me to buy snacks. Of course it was boring, but for me it was a precious memory with my grandma.

Are your favorite teas readily accessible to you or are they hard to find, if so which ones are they?

Readily available 86% Hard to find 14%

Can you share a fun fact about tea that is interesting?

- Tea cultivation in India was started after a feudal lord of China failed to pay for Opium to the British government, which governed India. The feudal lord exchanged secrets of Silk and Tea for more Opium and clearing old defaults.
- It takes about 2,000 tiny leaves to make a pound of finished tea.
- Overnight tea on your eyelashes can promote growth.
- The colloquialism that equates it to telling the truth or a shocking fact .. slang for gossiping being “spilling tea” .. it’s interesting because the phrase “What’s the T?/Tell the T” actually originally was referring to the letter T (as in T for Truth) but en masse society interpreted as having to do with the drink and now it’s simply part of a larger vernacular understanding. I just think the accidental but very fitting connection is fascinating. Language!

Do you prefer your tea served hot or cold, why?

Hot 95% Cold 5%

Response:

Sooth the throat

relax with friends

help to fall asleep

clear the mind

**warm the body
revitalization (energy)
aroma, taste,
comforting**

<https://www.thespruceeats.com/bubble-tea-recipe-694162>
Basil tea

Recipes:

Honey ginger tea

<https://detoxinista.com/gingertea/>

Bubble tea

<https://www.youtube.com/watch?v=wcTXX6WTdEA>

Puher tea

<https://www.realsimple.com/food-recipes/recipe-collections-favorites/popular-ingredients/pu-erh-tea>

Matcha tea

<https://www.eater.com/drinks/2015/2/11/8006039/everything-you-need-to-know-about-matcha>

Chamomile tea

<https://www.idiva.com/health-wellness/diet-detox/health-benefits-of-chamomile-tea/20499>

Green tea

<https://teafloor.com/blog/5-facts-about-health-benefits-of-organic-green-tea/>

Masala chai tea

<https://www.theflavorbender.com/authentic-masala-chai-recipe/>

English tea

<https://www.lavenderandlovage.com/2012/03/the-perfect-pot-and-cup-of-english-tea-with-trumpers-tea-betty-twyford.html>

Ginger turmeric

<https://www.thehumblegarnish.com/recipes/ginger-turmeric-lemon-detox-tea/>

Jot cinnamon spice

<https://www.webstaurantstore.com/bigelow-hot-cinnamon-black-tea-bags-box/11000273.html>

Lemon grass tea

<https://lizgoasis.com/recipe/aromatic-fresh-lemongrass-tea/>

Vanilla tea

<https://www.allrecipes.com/recipe/238537/perfect-vanilla-tea/>

Peppermint tea

<https://jjvirgin.com/peppermint-tea/>

Rose hip tea

<https://vaya.in/recipes/details/rose-hip-tea/>

Iced tea

<https://simply-delicious-food.com/easy-homemade-iced-tea/>

Honey lavender

<https://www.monte-bellaria.com/lavender-honey-herb-tea/>

China Tea Fun Facts Making

https://www.chinadaily.com.cn/bizchina/2016-04/09/content_24398129_2.htm

<https://chinamarketadvisor.com/the-chinese-method-of-tea-making/>

<https://chazhidao.org/en/second-circle/ways-brewing-chinese-tea>

<https://www.teavivre.com/info/ways-of-drinking-tea-in-ancient-china.html>

http://en.chinaculture.org/focus/2013-06/04/content_461822.htm

<https://www.worldnomads.com/create/scholarships/photography/2016/applications/chengdu-tea-houses>

<https://teaartofchina.com/teaeducation/2017/5/21/hp4nv1ljaoefm7mkgvyk44jjvzuexl>

<https://www.britannica.com/video/194984/overview-tea-drinking-world-China>

<https://medium.com/chrysaora-weekly/what-i-care-about-when-i-care-about-tea-ce7a28830942>

India Chai Fun Facts

<https://www.foodandwine.com/tea/chai-tea/what-is-chai-how-to-make-chai>

<https://pipingpotcurry.com/indian-masala-chai/>

<https://www.bbc.com/news/magazine-27991440>

America Tea fun facts

<https://www.winemag.com/2020/02/10/craft-tea-culture/>

https://en.wikipedia.org/wiki/Tea_in_the_United_Kingdom

<https://heated.medium.com/our-american-lifestyle-is-not-tea-friendly-42944bb7ad4a>

*In essence, tea is an anchor; as Christina Xu puts it in a [beautiful essay on her Chinese elders' tea practice](#), "Pouring tea for yourself gongfu style is the most satisfying kind of ritual. There's cleansing, and repetition, and precision, and waiting. There's time to appreciate the feel of your tea ware in your hands, and time to experience the flavors and smells of the tea unfold from brew to brew."

<https://www.bbcamerica.com/anglophenia/2013/01/how-to-do-tea-in-the-usa>

<https://medium.com/@teforia/the-evolution-of-american-tea-culture-e4e3d493f7c9>

https://www.wikiwand.com/en/American_tea_culture

General Facts About tea

<https://www.worldatlas.com/articles/the-worlds-top-10-tea-producing-nations.html>

<https://digital.library.cornell.edu/catalog/ss:3293950>

Taiwan Bubble Tea

<https://www.cnn.com/travel/article/taiwan-bubble-tea-origins/index.html?gallery=-1>

- Tea...one of the worlds oldest beverages
- Second only to water in daily drinking
- All true tea comes from one plant, *Camellia sinensis*, its ancient history and adaptation across the globe has worked its way into peoples lives with great transformation and diversity, and in many ways taking on the richness of local cultures.
- This plant *Camellia sinensis* has made nations, defined peoples cultures and traditions from across the globe, evokes the five senses, has spurred on wars and driven movements. Whether popular in ones life or not there is no doubt that the tea leaf has helped shape our world as we know it, and for that we should celebrate each and every cup of tea and the rich history that precedes every sip.
- Since the 18th century, the [United Kingdom](#) has been one of the world's largest [tea](#) consumers.
- The making and drinking of tea by design forces one to slow down
- Tea brings people together, from the English traditions of lunch tea time to Chinese teahouses to Turkish town squares and Egyptian hookah lounges tea promotes social awareness, spurs on conversation and allows for pause and likeness.
- 80% of American tea consumption is iced, not hot. Its popular iced form lends way to Americas fast pace lifestyle and on the go convenience.
- Tea in America does not wear the same badge as coffee, soda or alcoholic beverages but it's appeal has grown dramatically in the last 30 years, growing from a 2 billion dollar industry to a 10 billion dollar industry.
- This is not to say that tea is not popular among those in the US, for its roots are brought from all across the world and made available through market places, restaurants and specialty tea vendors.
- Due this large melting pot Americans have access to teas from all over the world, in the form of tea leaves to prepared and served, if you seek diversity and crave the adventure of traveling the world without leaving your home you can simply go down to the local

market and try a tea from a far away land, pair that with a little research and let your mind wander as you take in the aroma and tastes that each tea leaf brings.

<https://teahow.com/100-facts-about-tea/>

Fun Fact:

- A cup of even the strongest tea harbors less than half the caffeine found in a cup of coffee.
- Tea is India's most popular drink - the country consumes 837,000 tonnes of it every year.
- Several decades ago, chai was served in small clay pots, known as kulhar in Hindi or bhar in Bengali. While the bowls are still popular in Calcutta, plastic cups, tiny glasses and steel tumblers have become the vessels of choice across most of India.
- India is not only one of the largest producers of tea in the world, but also one of the biggest consumers of it.
- In most big cities, you'll find chaiwallas (vendors who specifically sell chai) on every corner, with their enormous steel pots or kettles full of simmering chai.
- If you go to someone's house in India, there is a 100 percent chance of chai being served.
- the basic components of chai are the same: tea, milk, spices, and sweetener. There are regional variations, too: in Kashmir, people will sometimes use green tea instead of black tea, and almonds are often added. In Bhopal, chai might have a pinch of salt in it.
- The base of chai is a black tea.
- Assam is the most common in chai, as it has a strong, full-bodied flavor.
- Chai almost always includes milk, whole milk is the best way to bring out the richness
- Chai can include a number of different spices.
- Cardamom is the most common followed by some mixture of cinnamon, ginger, star anise and cloves.
- Every family has a blend to suit its tastes.
- Plain white sugar is the most common sweetener for chai.
- Pairing food:
- **Samosa**: Deep-fried pockets of spicy potatoes and peas—it's very hard to eat just one.

- **Pakora:** Deep-fried spicy vegetables—like tempura, but better.
- **Murukku:** Crunchy fried snacks made with rice and lentil flour. These are insanely addictive.

UK Fun facts:

- A pinch of **baking soda** makes a world of difference in a pitcher of freshly brewed **sweet tea**. ... **Baking soda** neutralizes the tannins in black **tea**, giving it a smoother taste. This same trick works to take the bitterness out of green **tea** as well; **you** can **add** a teeny pinch to a mug of hot **tea** as it's steeping.
- Brits drink 165 million cups of tea a day. That's a staggering 60.2 billion a year.
- Tea now grows in 52 countries – the oldest tree, in China, is 3,200 years old.
- Thought Brits were the biggest tea drinkers? You'd be wrong! In fact, Ireland has the highest amount of tea consumption per person, with 75% of the population gulping down tea at an average of six cups a day.
- Adding tea to milk originated because early tea drinkers didn't want to mess up their porcelain. Milk was put into the cups first to take some of the heat out of the tea, so that cups wouldn't crack. Now, 93% of tea is taken with milk in the UK.

China Fun facts

According to folklore, the beverage was first discovered when the leaves from some tea bushes blew into the water that servants were boiling, to purify it for Emperor Shen Nong to drink.

How tea is made

<https://www.twiningsofchina.com/our-communication/about-tea/how-is-tea-made>

<https://www.youtube.com/watch?v=gxFP5RHvyc>

<https://www.justonecookbook.com/royal-milk-tea/>