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Brew



**Jubilee
Edition**

UKTEA &
INFUSIONS
ASSOCIATION





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UK TEA & INFUSIONS ASSOCIATION



Welcome to issue nine of Brew. The e-zine for tea and infusions enthusiasts everywhere.

The United Kingdom Tea and Infusions Association (UKTIA) is a Trade Association and the voice for the British Tea, Herbal and Fruit Infusions industry.

Part of our work is to promote tea and infusions and we encourage you to visit our website www.tea.co.uk to find more about the history of tea, the diversity of herbal infusions and how to make the perfect brew www.tea.co.uk/make-a-perfect-brew.

To get regular updates follow us on Twitter or Instagram @UKTalkingTea or Facebook @UKTalkingTeaAndInfusions and subscribe to our [YouTube Channel](https://www.youtube.com/UKTalkingTea) at [YouTube.com/UKTalkingTea](https://www.youtube.com/UKTalkingTea)



A vertical decorative image on the left side of the page featuring strings of bunting flags in red, white, and blue, set against a background of green foliage.

A word from our Chief Executive

As I write we are celebrating Queen Elizabeth's Platinum Jubilee. Marking her 70th year on the British throne, people will be celebrating this amazing milestone, by holding street parties to share friendship, food and a cuppa or two.



The Queen has long recognised the importance of tea in uniting communities and she has continued a long-established tradition of inviting a broad range of people from all walks of life, all of whom have made a positive impact in their communities, to take afternoon tea in the beautiful gardens of Buckingham Palace or the Palace of Holyrood House, in Edinburgh. Explorer Andrew Hughes also talks about tea bringing people together and you can read about his World Record Breaking Tea Party on Mt Everest on page 9.

We learn how the Queen likes to take her tea (page 5) and in a report on the new UKTIA Tea Census we get new insights into the tea drinking habits of us Brits (page 11).

It seems fitting to celebrate heroes in this edition and on page 16 Chris O'Flaherty, Captain Royal Navy, tells us about his new book 'Torpedoes, Tea, and Medals.' This biography of Derek 'Jake' Write, who started his career in tea working for Brooke Bond and went on to become the Royal Navy's most decorated Motor Torpedo Boat officer, is a swashbuckling tale of gallantry during wartime, intertwined with the course of tea supply during the war, and thereafter, when he helped refine how to make the perfect cup of tea.

I would also like to thank Artist, Amie Jordan, for her love letter to tea (page 20) and Dr Pamela Mason of the Tea Advisory Panel, who tells us more about the Panel's research paper 'Tea and Wellness throughout Life' on page 21. It is good to know that while we are celebrating the Queen's Platinum Jubilee with Afternoon Tea parties up and down the country, we will also be benefitting from the goodness of tea!

Sharon Hall

UKTIA Chief Executive

How do you take your tea Ma'am?



Enjoy the perfect cup of tea to mark the Queen's Jubilee

Most of us will never have tea with royalty but many of us are already enjoying the same type of cuppa you would get at the palace. That's according to UKTIA's first ever TEA CENSUS REPORT. Detailing real world research from more than 1000 British adults the TEA CENSUS REPORT (see [here](#)) found that four in ten enjoy a regular cup of Earl Grey – reputed to be the Queen's favourite tea – while 20% drink Assam – another brew favoured by the palace.

Former butler to the Queen, Grant Harrold [1], has revealed: "I am sure the Queen enjoys her Assam or her Earl Grey the traditional way, made with tea leaves in a teapot and poured into a fine bone china teacup. She will also use a strainer." Mr Grant notes that the Queen always adds milk to the cup after the tea because: "since the 18th century, the "proper" way of brewing tea has been to serve tea before milk, and this is something that the British royals adhere to".

[1] <https://www.hellomagazine.com/cuisine/20211011123683/the-queen-favourite-tea-brand/>



Dr Sharon Hall, head of the UK Tea and Infusions Association (UKTIA) at www.tea.co.uk, says: "Tea is a fantastic British tradition, enjoyed by many UK households – from Buckingham Palace to the humblest abode. The UKTIA research poll found that more than seven in 10 adults (74%) love a good strong cup of regular black tea but they are also willing to try different types, such as Assam, Earl Grey, Darjeeling, or an herbal infusion.

Six in 10 (57%) add dairy milk, just like the Queen, but unlike Her Majesty 27% of Brits also add sugar.

"Having a cup of tea in a china cup with a saucer is a special way to mark the Jubilee and is certainly something Brits love to do given our long history of street parties in 1953, 1977, 2002 and 2012 and Afternoon Tea being a key part of these celebrations."



Former butler to the Queen, Grant Harrold says, "Pour the tea into the cup from a teapot, add milk to the cup after the tea and never before, stir back and forth (never use a circular motion and never touch the sides). Lastly, you should always sip from the cup and never slurp."



UKTIA's Dr Sharon Hall shares her 5 steps to making the perfect cuppa:

1.**Smart Boil.** Fill your kettle with fresh water but use only just what you need – to help take care of the environment. Using your mug, measure out the water you need for the number of cuppas you are making and just boil that. Dr Sharon Hall adds; “This will help save on energy costs and will ensure a good flavour tea which develops best when made with freshly boiled water. The lack of oxygen bubbles in re-boiled water can give the tea a flat taste.”

2.Add one tea bag of one rounded teaspoon of tea leaves per person into a china or glass tea pot – never use a metal teapot as this can affect the flavour.

3.Add the boiled water and brew for at least 3 minutes – this develop s the flavour as well as maximising the beneficial polyphenol compounds in tea.

4.Most black teas should be brewed for three to four minutes, while Lapsang Souchong black tea tastes best after four to five minutes. Brew green tea for three to four minutes and oolong tea for three to five minutes, depending on your strength preference.

5.Pour the brewed tea into a cup or mug and add a splash of milk if desired. Or if using a tea bag directly in your mug, remove the bag after brewing, before adding the milk. **Sit down, relax, and enjoy!**





Tea Party on Mount Everest

In the new UKTIA TEA CENSUS REPORT ([see here](#)) we asked if people could we live without tea and it seems as though we'd struggle. Although we hope that this never happens, if us Brits were told we couldn't have tea for a day it would trigger a range of emotions:

- A quarter (26%) of those respondents polled said they would miss it terribly.
- 41% of Brits would be upset, angry or saddened
- 13% admitted that they don't think they could actually go a full day without their tea

Adventurer, climber, intrepid explorer and tea lover, Andrew Hughes, knows how essential tea is. Andrew Hughes, carried both packet and loose leaf teas for himself and his team of 15 as they climbed Mt Everest in May 2021. The teas included black and green teas, peppermint to aid digestion and chamomile to help aid sleep.



Their love of tea at a high level led to them landing a spot in the Guinness Book of World Records for the highest tea party in history. Andrew and his team drank tea on Mount Everest, Nepal, at Camp 2 on May 5, 2021, at a height of 6,496 metres.

Tea was a big part of life on our Everest expedition," said Andrew.

"From the tea houses and lodges where we stayed along the trek, to the countless hours spent with one another with a warm cup of tea in hand awaiting weather windows to climb onwards — tea is something that we shared so regularly that it is impossible to detach it from the overall Everest experience," he said.

In a recent episode of Around the World in 80 Teas (see [here](#)), Andrew told us that drinking tea helps climbers to hydrate and warm themselves, gives comfort and sharing a cuppa helps build bonds between the team.

No matter who we are and what we do, tea helps to bring us all together. From the tea break chatter in the office, to cuddling a flask of tea while out walking, through to bonding up Mount Everest with a mug of tea à la Andrew Hughes and his team...tea unites us all.

KNOW THE NATION TO A TEA? UK TEA CENSUS 2022 LAUNCHED TO PROVIDE THE ANSWERS.

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TEA CENSUS **2022**

THE SECRETS OF OUR NATION'S TEACUPS

If you think you know all there is to know about the nation's favourite beverage, pop the kettle on and think again — as we celebrate International Tea Day on 21st May. There are so many questions: How many cups of tea are consumed every day? What's our favourite brew? And do we put the milk in first or the tea?

As a result, the tea experts at the UK Tea & Infusions Association (UKTIA) have published the first ever Tea Census Report to provide the answers to common tea questions borne out of real-world research data.



We import around 100,000 metric tons of tea imported every year and consume more than 100 million cups of tea every day in the UK and according to the UKTIA's Tea Census Report our favourite brew is the humble cuppa - black tea - derived from the *Camellia sinensis* plant - and almost one in four people (22%) adds milk or sugar BEFORE adding the teabag and hot water.

Brew knew?

According to the Tea Census Report three quarters of us drink black tea, with or without milk, but only one in 100 people drink a classic builder's brew of strong, dark sugary tea. Interestingly, seven times that number (7%) add CREAM to their tea, only marginally more than the percentage who add a plant-based milk (10%).

Dr Sharon Hall, head of the UK Tea and Infusions Association (UKTIA) says: "If there's something the Brits do well, it's popping on the kettle and brewing a good cup of tea. It's a tradition that dates back to the 16th century when Charles II married the Portuguese princess and tea lover Catherine of Braganza.



“Most people think that black tea comes from China (39%) or India (37%) but most of the tea drunk in the UK actually comes from Kenya, although it is often blended with other teas such as Assam tea from India, Ceylon teas from Sri Lanka and black teas from Rwanda and other east African nations.

And the range of choice doesn't stop there. Around 300 different plants and over 400 plant parts including leaves roots, bark, seeds, flowers, or fruits are used in herbal and fruit infusions. Peppermint and chamomile are the most popular infusions with 24% and 21% of respondents drinking them at least twice a week.

Take a break

Although tea can be a real thirst quencher as well as a means of socialising, our love of tea runs far deeper as many respondents turn to tea when they're emotional and cold according to the Tea Census Report. Dr Sharon Hall notes: “Tea is a hug in a mug, a loyal friend, and a calming aid...there's just so much going on when we take time to make a brew.”

“Real world research detailed in the UKTIA's Tea Census Report reveals that almost half of us (48%) see a tea-break as an important time-out and a similar number (47%) say it helps to recharge their batteries. Two out of five of us (44%) have a biscuit with our brew, with 29% of tea drinkers dipping into the cookie jar for seconds.



Dr Sharon Hall adds: “A third of Brits (32%) see their tea break as a time to connect with other people, but 38% catch up on social media, 16% enjoy doing a puzzle on their tea-break and 5% use the time to just sit and think.

“Most of those surveyed were familiar with blends such as Earl Grey and English Breakfast, but Darjeeling and Assam black teas from India were less well known, as were Gyokuro green tea from Japan, Long Jing (also known as Dragon Well) green tea from China, or Oolong tea, which is sometimes described as the ultimate tea if you think you don’t like tea.

“Oolongs, traditionally from China's Fujian province and Taiwan, are semi-oxidised teas ranging from light, fragrant greenish oolongs to dark brown leaf oolongs which yield liquors with deeper, earthier flavours as well as hints of peach and apricot.”

Brews and moods

And according to the UKTIA Tea Census Report the brew we choose depends on our mood, with more than half of those polled (56%) confirming our feelings are a factor in our choice of tea or infusion. Our all-purpose pick is black tea, which we sip when we’re feeling hungry, lonely, nostalgic, bored, sad, angry, motivated, or happy.

Dr Sharon Hall notes: “Around a third (29%) of Brits turn to chamomile when they want to de-stress, and a fruit infusions is a popular choice when we’re feeling dreamy (16%).





“If we were told we couldn’t have tea for a day, two out of five respondents said they would be upset, angry or saddened and a quarter (26%) would miss it terribly.”

Nearly half of those surveyed (46%) and detailed in the Tea Census Report told us a cup of tea gets them going in the morning and one in five (18%) say a brew helps them face a difficult conversation or email

You can download a copy of the Tea Census Report from tea.co.uk in the News section [here](#)

Celebrating Tea Trade Heroes

By Chris O'Flaherty

Over the last hundred years the UK tea trade has seen some of its members stand out as true national heroes.

At the start of the First World War John Cornwell worked as a Brooke Bond van boy, delivering tea around Leyton. Joining the Royal Navy to serve his country, within six months he was at sea as a gunlayer onboard the warship HMS Chester at the Battle of Jutland.



Chris O'Flaherty, Captain Royal Navy

During this action his compatriots manning his 5.5-inch gun were killed by an enemy shell and John Cornwell was mortally wounded by shrapnel, but for the rest of the battle he defiantly stayed at his post keeping his gun on sight and as ready for action as a solitary sixteen-year old could. For his bravery and devotion to duty in the face of the enemy John Cornwell was awarded a posthumous Victoria Cross.

The story of John Cornwell became lore in the tea trade, with many of his Brooke Bond compatriots later following him into the Royal Navy or the Volunteer Reserves. One of these was Derek Wright, known to his friends as 'Jake'. Called up in 1939, Derek 'Jake' Wright left Brooke Bond to serve in Motor Torpedo Boats and became one of the most decorated Volunteer Reserve officers of the Second World War.

A new book, *Torpedoes, Tea, and Medals*, has captured the gallant life of Jake Wright from his tea trade apprenticeship, throughout his action-packed naval service, and then his subsequent meteoric rise through the ranks of Brooke Bond.

His tea-trade training served him well, and Jake Wright was quickly promoted from Able Seaman to Lieutenant. In Command of Motor Torpedo Boat number 32, in July 1942 he sailed as part of a British patrol in the southern North Sea.



Derek 'Jake' Wright working in a tea estate circa 1955. Credit: Wright Family Collection

His flotilla found an enemy convoy and moved in to strike, with Motor Gun Boats providing a diversion whilst Jake attacked with his torpedoes. Having moved his boat into a perfect firing position his small vessel came under direct fire just as he engaged his foe, wounding Jake and others on the small open bridge. Jake resolutely remained at his post, keeping his damaged ship in the thick of the action and consciously taking adversary fire whilst further attacks were still underway from the opposite flank. For his bravery in action, he was awarded the Distinguished Service Cross.

To be awarded a Distinguished Service Cross is an incredible honour and marks the recipient as an exceptionally brave and gallant mariner. Over the subsequent three years of conflict, Jake Wright continued displaying such gallantly and became one of only 44 people throughout the war to be awarded the Distinguished Service Cross on three separate occasions. This marks him as being in the top fraction of the top one percent of all the personnel who served during that conflict.

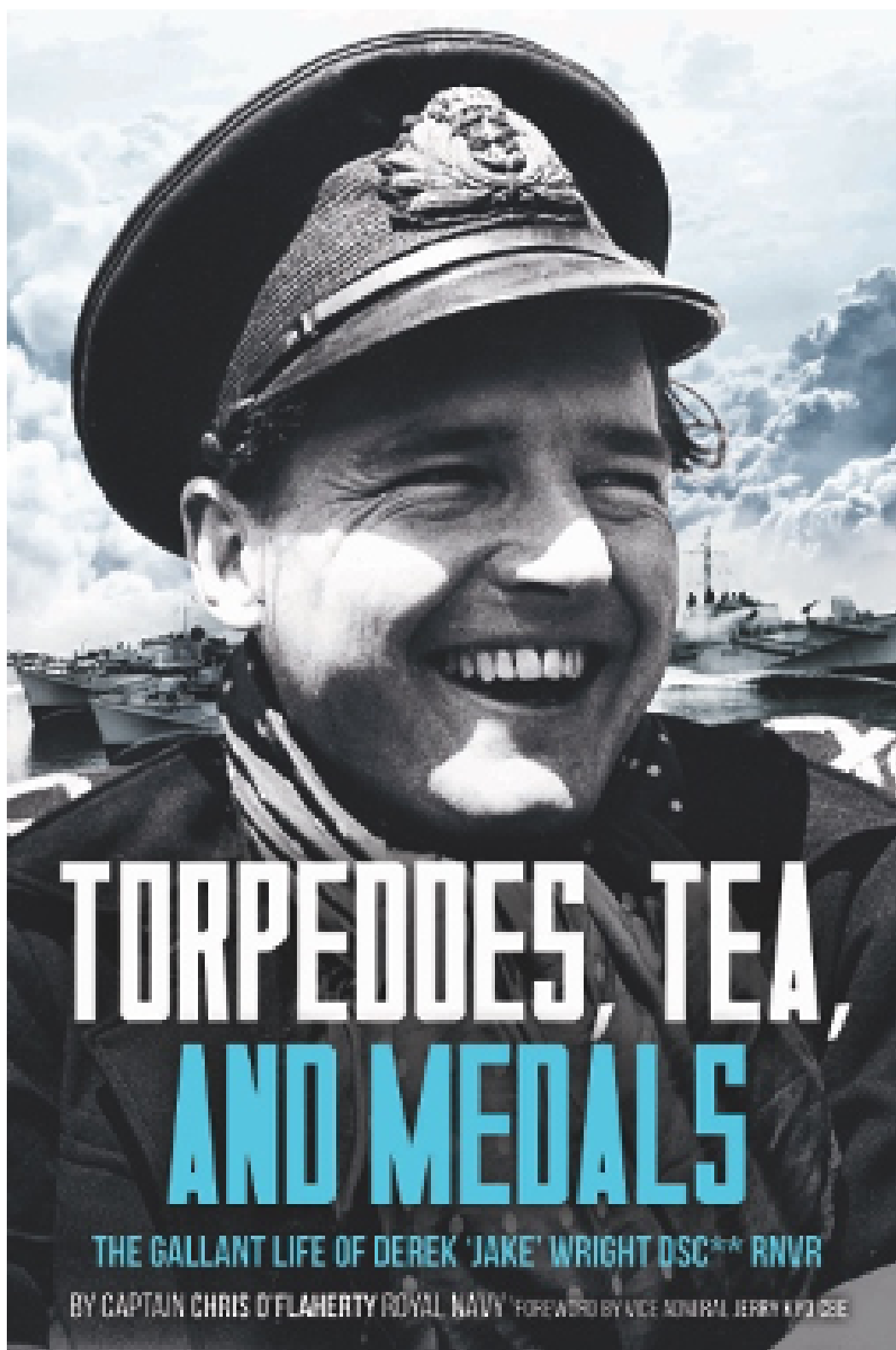


**Lieutenant Derek 'Jake' Wright and Mrs Mary Wright outside Buckingham Palace (after receiving his first Distinguished Service Cross), 15 December 1942.
Credit: Wright Family Collection**

After his demobilisation Jake returned to work for Brooke Bond. Initially sent to India, and then to work with the Ceylonese staff who produced most of Brooke Bond's tea at that time, Jake quickly rose through the ranks of the company. He was instrumental in the opening of Trincomalee harbour as a tea export hub, ensuring that Britain remained supplied with its favourite brews despite political troubles on the Island. Returning to the UK, he joined the Board of Brooke Bond as well as representing the UK Tea Trade on various United Nations and technical tea committees.

One of his key contributions to British tea was his setting the conditions for the subsequent issue of ISO 3103:1980, which detailed exactly how to make the perfect cup of tea. This International Standard set out the precise quantities of tea to be used for the perfect brew, along with the quality of porcelain or earthenware in which it is to be brewed and served – including directing that the dash of milk should be poured into the cup before the infused tea. However, even this detailed directive was later called into question when in 1999 a note in the 'New Scientist' magazine whimsically pointed out that "Nowhere, however, is there mention of the ritual of warming the pot, central to the mystical British Tea Ceremony."

Torpedoes, Tea, and Medals has just been published by Casemate UK Ltd. Written with considerable research assistance from the UK Tea and Infusions Association and the London Tea History Association, it is a must-read for all tea aficionados. From the dashing antics of North Sea valour, through the detail of Ceylonese tea management in the 1950s, to the international negotiations regarding tea promotion towards the end of the last century, it is a swashbuckling tale of a true Tea Trade Hero.



Torpedoes, Tea and Medals, ISBN 9781636241401, costs £16.99 and is available from all good bookshops, including online. It has been written for charity and 100% of the royalties go to the Coastal Forces Heritage Trust, who preserve the memory of heroes such as Jake Wright.

Love letter to the tea I never get to drink.

By Amie Jordan

Wake up, kettle on, breakfast, school run.

Kettle on because I forgot the first time, pour and let it stew, quick shower, get changed.

Forgot the brew, now it's half cold, make another, sit at my desk.

Type, sip, type, type, sip.

Somehow manage to make this cup last longer than it should.

Type, type, kettle on, run out of milk. Throw shoes on and nip to the shop, kettle back on, sip, type, sip. (Nibble the sneaky chocolate bar I shouldn't have bought.)

Kettle on, but it's later than I thought, kettle off, dash to school for home time.

Kettle back on, fling washing in the machine, start to wash pots, so of course I forgot.

Kettle back on and cup of tea made. Time to start dinner: nuggets vs fish fingers – lengthy debate.

Sip, sip, ergh, that's gone cold again, but I'll gulp it and flick the kettle back on. It's bath and bed time for Jasper but ergh it's too hot! This time I was too impatient.

Put it back down and rant about how the bathroom towels should be folded, not left on the floor.

Kettle back on with a sigh. Tuck Jasper into bed and oh, there's that half drunk cup I completely forgot about.

Whatever, it's quiet, I can sit down at last, with a fresh cup of tea and my knitting.

Knit, purl, knit, purl, sip.

Sip, sip, ah – that's just right.

Knit, purl, sip, sip, knit, sip, sip, purl. Flick the kettle on.

When people ask why I knit, I explain that the repetitive movements are calming, a balm to anxiety in an otherwise hectic life. But maybe, secretly, it's also the only time I get to properly finish a good cup of tea.

Amie is an artist who designs prints and materials, which she then turns into kids clothes or adult accessories. You can find her at www.ravelry.com/designers/amie-jordan.

GUEST EDITORIAL

Drink three cups of tea daily for maximum wellness benefits

By Dr Pamela Mason
Tea Advisory Panel (TAP)



A new review from TAP, published in Nutrition and Food Technology [1] has discovered that drinking tea offers wellness benefits from childhood to old age. Using the World Health Organisation definition of health and wellness as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”, TAP reviewed findings from more than 60 different studies to examine how drinking tea contributes to our lives. In the following feature, co-author, Dr Pamela Mason reveals more about this latest research.

TEA WELLNESS WHATEVER YOUR AGE

Tea has been consumed for centuries for its relaxing and social benefits. However, research increasingly shows that drinking from childhood to older age offers a range of health and well-being benefits. Studies show that benefits for health and wellbeing are seen at daily intakes of 2-4 cups – and it doesn't matter whether you choose regular black tea, or green tea, which is great news.



Whilst the polyphenol compounds in tea have attracted the most attention for their antioxidant and anti-inflammatory effects, other compounds in tea are also important. These include L-theanine and caffeine which have been proven to influence the brain and cognitive function by improving alertness and helping us to maintain concentration levels. L-theanine has also been studied for its relaxation properties – something which people value when enjoying a tea break.



TEA KEEPS US CALM

Tea is widely seen as a calming drink and the great news in this latest research review, we have just published, there is plenty of science to back this up. A clinical trial in 75 healthy men [2] found that drinking tea daily for 6 weeks reduced cortisol levels in response when a stressful computer task was performed. Cortisol is the body's main stress hormone and can be detected in saliva and blood. Men in the group consuming tea also noted an increase in feelings of relaxation during the post-task recovery period.

The key component responsible for this calming effect is L-theanine – an amino acid unique to tea. In fact, an analysis which combined 49 intervention trials [3] found that L-theanine, caffeine and EGCG (a polyphenol in green tea) can all impact significantly on attention levels, memory, relaxation, and suppression of distraction. The effects of tea components have also been confirmed using functional MRI scanning – this shows that certain areas of the brain 'light up' in response to L-theanine and caffeine.



PROVEN HEART HEALTH EFFECTS

Several major studies [4] now confirm that drinking tea lowers the risk of heart and vascular disease. As reported in the new review, clinical studies reveal that tea reduces blood pressure and 'bad' LDL cholesterol. For example, the UK Bio bank Study found recently that higher tea consumption was associated with lower total and LDL cholesterol, and higher 'good' HDL cholesterol [5].

We also know that tea drinking is a marker of reduced risk of developing cardiovascular disease – and dying from a stroke or heart attack – but we also understand why. Clinical and laboratory studies show that tea polyphenols limit cholesterol absorption in the gut, and target receptors which regulate blood cholesterol levels. Tea polyphenols also relax blood vessel smooth muscle and boost nitric oxide levels – both of which help to lower blood pressure. Tea is also a potent antioxidant and can lower inflammation in the body.

LAST WORD

From all the data we have reviewed in this latest research paper - Tea and Wellness throughout Life - three cups of tea daily as part of a healthy lifestyle will help to preserve physical and mental health from pregnancy and childhood, through the teens and adulthood into old age. Now that's got to be good news and an easy health hack for the nation to achieve. Off now to enjoy the health and wellness benefits of a cuppa.

References

- [1] Mason P & Bond T (2021) Tea and Wellness throughout Life. Nutrition and Food Technology. <https://sciforschenonline.org/journals/nutrition-food/NFTOA172.php>
- [2] Steptoe et al. (2006) <https://pubmed.ncbi.nlm.nih.gov/17013636/>
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- [4] <https://www.longdom.org/open-access/effects-of-tea-consumption-on-measures-of-cardiovascular-disease-a-systematic-review-of-metaanalysis-studies-and-randomised-contro-2155-9600-1000724.pdf>
- [5] Cornelis et al. (2020) <https://pubmed.ncbi.nlm.nih.gov/32805014/>



**You can find out more
about the Tea Advisory Panel
and its work by visiting:
teaadvisorypanel.com**

Dr Pamela Mason, BSc Hons, MSc, PhD is a nutritionist, researcher, former pharmacist, and an advisor to the Tea Advisory Panel. Dr Mason has more than 30 years' experience in food, drinks and dietetics and is currently helping to create a more resilient local food system and improving the availability of good food for people's health and the environment.

TAP is supported by an unrestricted educational grant from the UK Tea & Infusions Association the trade association for the UK tea industry. The Panel was created to provide media with impartial information regarding the health benefits of tea. Panel members include nutritionists; dieticians and doctors. See teaadvisorypanel.com

Training and Masterclasses

Want to learn more about tea and herbals. Try one of these classes

UK

The UK Tea Academy provides online certified courses followed as either self-study or led by expert tutors in a series of live webinars. Three levels of certification are available: Tea Champion (intro) Tea Sommelier (intermediate) and Tea Diploma (advanced). The Tea Champion qualification is also available in other languages with our international trainers. The UKTA also hosts a regular variety of lively, interactive and informative online events.

See more here www.ukteaacademy.co.uk/

CANADA

A TEA SOMMELIER is a trained and knowledgeable tea professional who has successfully completed the eight modules in the TAC TEA SOMMELIER TM/SM course at a college or online, and passed the Tea and Herbal Association of Canada certification examination. See more here www.teasommelier.com/

USA

The Specialty Tea Institute (STI) is the educational division of the Tea Association of the U.S.A., Inc. and the leader in the education of tea professionals. STI created the USA's first standardized and accredited tea education curriculum. Their Certified Training Programs, Levels I, II, III and IV, are held in conjunction with various food and beverage conferences throughout the country. Find more here <http://stitea.org/>

Coming soon! Tea Masters Cup-UK

UKTIA will be launching the UK heat of this international competition. Find out more here: www.tea.co.uk/uk-tea-masters-competition and follow us @UKTalkingTea for updates

#BrewCrew



Brew, Sip, Share