

Scottish Tea House

SCOTLAND is renowned for its quality food and drink produce but, despite being a nation of tea drinkers, we're not known for producing the product on home soil.

Health research and lifestyle trends have of late given tea new importance. Increased understanding of the role antioxidants play in our well-being has positioned tea as the ideal health beverage. Tea is now thought of as a stylish, healthy alternative to coffee and soda. The ideal is to combine the practicalities of the drink with the beauty of unique and inventive serving methods.



More than 40 tea producers can be found throughout Scotland and now a group of them from Tea Scotland are working together with a research team from the Rural Innovation Support Service led by the Soil Association to find the most profitable and highest-quality tea that can be grown on Scottish soil. It's about understanding exactly what tea we've got and using that information in a scientific way to grow it better. In the long term, we'd like to optimise the growing conditions to find the most economical approach.

Here at the Scottish Tea House our 100% Scottish grown single estate tea is organically grown to produce a high-quality tea. We believe in protecting the environment by developing growing methods that keep sustainability at the forefront of all our decisions.

Growing tea in Scotland is not exactly straightforward, our climate is quite challenging due to our cold and dark winters giving us a short growing season. Our tea plants have been grown from cold hardy tolerant

tea seeds which were imported from Nepal. It is possible and with much patience and learning we are on our way to producing a very special completely unique tea. We have been experimenting with the different processes of making Black and Green Tea from our own Tea Garden and these will be available in the near future.

Making the switch to loose leaf opens up a world of tea, a world that gives you access to a huge range of higher quality, distinctive teas. Why should you make the switch from tea bags to loose leaf? You'll generate less waste, you'll discover new flavours and origins, and you'll create positive green habits, so what are you waiting for?

The Scottish Tea House team is also dedicated to sourcing delicious loose leaf teas from around the world. You can find our selection of these fascinating teas on our website and we hope you love them as much as we do.



Joanne Holley, owner of Scottish Tea House, said: "I first got interested in tea as a result of gifts received on Mother's day, Birthdays and at Christmas. As a result I was introduced to different types of loose Leaf Tea. A memory from my childhood of the teapot and tea caddy always out on the table and the tealeaves being infused several times. When did we change to tea bags? I can't remember.

Having some ground at the back of the house which I wanted to put to good use, I decided to look at the possibility of growing tea. I visited several tea gardens in Scotland and after lots of consultations with tea experts, taking soil samples; I finally decided to try growing tea. To increase my knowledge I have visited China and Sri-Lanka tea growing areas. This along with the UK tea academy foundation level 1 exam, we planted our own Camellia Sinensis tea bushes in the summer of 2019, with further plantings in March 2020 and more to follow this year. A long-term crop, the plants will take several years to produce enough leaves for

us to start processing our own single estate tea. I think there is a saying 'A good thing comes to those who wait'. In the meantime, I have sourced a delicious range of loose leaf tea from the world's finest tea-growing regions, which are available to buy now on our website www.scottishteahouse.com. Keep checking as our next selection of teas will be available soon. 360 Graphics Ltd in Strathaven has been great at helping with the design and printing of our tea labels.

I don't know about you but I love going out and meeting up with friends and family but I'm always disappointed with the tea being served so hopefully whether you are a hotel, café, restaurant, tea room, garden centre, farm shop etc our loose leaf teas can add to your offering and give your customer an exceptional tea experience. Customers can benefit from all the aroma and flavour of loose leaf tea and you can deliver an outstanding service through using tea pots and strainers to add to the delivery of a great cup of tea. Please get in touch joanne@scottishteahouse.com and I will be more than happy to help.

I will be offering educational and fun tea tastings experiences at the Scottish Tea House when lockdown is over. Which hopefully will begin your own tea journey?

I know you're thinking that Loose Leaf Tea is expensive, but remember each 2.5-3gm of tea can be infused several times as long as you drain the liquid out each time and it is a treat to just sit back, relax, take a moment and watch the leaves unfurl and appreciate the master that have hand produced this tea."

