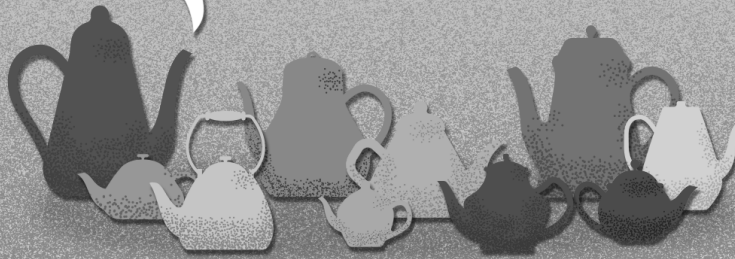


Stone Soup: Teatime



Come join us for a cup of warm tea and escape the cold!

Join us throughout the month of February for Stone Soup: Teatime. Sunday afternoons at 4 pm, we will be gathering to beat the cold with a series of special Guests, as we connect over a nice cup o' tea. Part interview, part cultural sharing, and part tea party, join host Derek Kwan as we learn about the importance of different teas in different cultures from across the globe.

For full information and to watch the event, visit:

<https://www.commonbootstheatre.ca/project/stone-soup-teatime/>

INSTRUCTIONS FOR TEA



February 5 (Yellow Circle label): Samira Mohyeddin; Persian Tea

Contains: 4gm Ceylon Tea (Ahmad Tea brand)

Put the tea bag with very hot/boiling water in a clear, heatproof glass. Steep for 5–10 min. Persian Tea is brewed strong, and placed in a glass vessel to admire the colour. Sweeten with sugar, or do it the Persian way- put a piece of rock sugar in your mouth, and sip the tea through it to sweeten.

Snack suggestion: Noonokhodchi, Clover-shaped Persian chickpea-flour and pistachio cookies, from Shirini Sara.

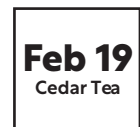


February 12 (Red Pentagon label): Waleed Abdulhamid; Karkade (Hibiscus Tea)

Contains: 4gm organic Karkade (Hibiscus Tea) from Sudan

Put the tea bag in a mug with hot/boiling water and steep for 5 min. Sweeten with sugar or honey.

Snack suggestion: Legamaat, a yeasty fried donut popular throughout the Muslim world



February 19 (Green Square label): Jani Lauzon; Cedar Tea

Contains: 4gm Eastern White Cedar, wildcrafted in Canada by Turtle Lodge Trading Post

Ideally, cedar tea is simmered in water for 5–10 min, however you can also enjoy steeped for 10 min. in hot water in a mug. Sweeten with maple syrup if desired.

Snack suggestion: Bear paws, a type of sweet fried bread covered with cinnamon sugar from Tea and Bannock.

SUPPORT COMMON BOOTS

Thank you for spending time with us! If you've enjoyed your time with us and you are interested in supporting our activities, you can make a tax deductible donation at: <https://www.commonbootstheatre.ca/donate/>