

**Tea Tip: Cover your teapot with a cozy AFTER your tea has steeped.**

The proper way to use a cozy is to steep the tea, remove the tea leaves, and then cover the pot with a cozy to keep it hot. It seems that steeping the tea in a pot covered by a cozy actually "cooks" or "stews" the tea, resulting in a bitter, murky drink.

Tests have been done to verify this. The same type of tea was used, and two teapots, exactly the same were used. Each pot was first heated with hot water then emptied. Next, tea was placed in each teapot, and one was covered with a cozy. The tea was allowed to steep for the same amount of time. Then the tea leaves were removed and the tea was tested. The tea from the "cozied" pot was indeed undrinkable, bitter and strong. The tea steeped without the cozy was flavorful, just as it should be.

Cozies are for keeping tea hot, so be sure you cover the teapot only after you have removed the tea leaves.

**DID YOU KNOW?**

- \* Tea hastens the discharge of nicotine from the body.
- \* Always store tea in glass, ceramic or paper containers, never plastic.
- \* Don't stuff a tea ball diffuser. Leaves need room to expand and unfurl after being rolled during processing.
- \* With strong cheese, serve Earl Grey or a green tea Lapsang or a Souchong Tea.

**By Maxine Holmgren  
Mystery Tea Parties**