

TOP 10 FACTS ABOUT AFTERNOON TEA

Afternoon tea week is celebrated this year from the 14th – 20th August. A quintessentially British tradition including finger sandwiches, scones, pastries and a cup of tea or maybe a glass of bubbly as well! Here are 10 fun facts you may not have known about Afternoon Tea.

1. Afternoon Tea was introduced in the 1840's by the 7th Duchess of Bedford, Anna, who often found herself hungry in the afternoon. Anna asked that a pot of tea and a snack was put out for her in the afternoon, and she began inviting her friends to join her.
2. During the 1880's upper-class and society women would change into long gowns, gloves and hats for their afternoon tea.
3. The terms 'low tea' and 'high tea' refer to whether tea was taken at low tables or high dinner tables. Low tea is, surprisingly, posher than high tea.
4. Afternoon Tea is served between 2pm and 5pm, whereas High Tea is served between 5pm and 7pm.
5. Until the mid-18th century ale and gin were the drink of choice for people. Once tea came along, the fashion changed and tea became Britain's most popular beverage.
6. Scones were not included in afternoon tea until the early 1900's.
7. According to *UK Tea & Infusions Association*, 165 million cups of tea are drunk in the UK every day of the year.
8. Also... 98% of people take their tea with milk, but only 30% take sugar.
9. Afternoon tea highlighted the British tradition of dunking biscuits into tea, which was later followed by many others around the world.
10. The world's largest tea bag was created in Jeddah, Saudi Arabia in 2014 weighing over 550lbs.



Places to visit for afternoon tea:

The Grand Harbour Hotel – *Southampton*
Elsie's Tea Rooms – *Southampton*
Hotel du Vin & Bistro – *Winchester*
Lainston House - *Winchester*
Village Bakery & Tea Room – *Warsash*
Kettle & Cake – *Hedge End*
Bartley Lodge – *New Forest*
Forest Lodge Hotel - *Lyndhurst*
The Concorde - *Eastleigh*
Patisserie Valerie – *Salisbury*

The Discover team's ideal afternoon tea:

Sandwiches: Egg & Cress,
Smoked Salmon & Cream Cheese
Prawn Mayonnaise, Tuna & Cucumber
Cakes/Pastries: Victoria Sponge,
Strawberry Tart, Fruit cake, Macarons
Score: Fruit Scone – Jam and Cream
Tea: We had a divide in the team:
Earl Grey and English Breakfast