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Have a sit down and relax in Mayberry.

What's News?

Winter is a great time for quiet reflection and planning for the warmer months when folks can get out and about without worry of cold and weather. Actually, it is rather dull here. Let's see: I went to acupuncture last and this week.....drove the 6 miles up to Virginia where there is no gas tax and filled up my car..... The local newspaper interviewed me regarding high tea, tour, and tales which may hopefully make it to print..... I have done some cooking and freezing and made 3 batches of 'everything in it' soup to take to the front doors of flu'd in folks I know (I dare them to open the door until I am back in my car and driving off)..... Really, it is pretty mundane...and four or more days of rain due starting tonight so that will kill tourist antics since they are all afraid it might turn to snow.

But that is life during winter in a small town. It is good to enjoy the quiet and slow pace of this time of year. The warmer weather will bring plenty of excitement and visitors and things to do. This year, Mount Airy was named the Best North Carolina Attraction by USA Today Reader's Choice. So I am enjoying the winter quiet in anticipation of greater-than-normal hordes of fair-weather tourists coming to find out just what makes Mt. Airy so special. Best to book your stay at Cousin Emma's sooner than later. Come visit....we are where you want and need to be to replenish your oomph for spring.

Southern Spiced Hot Tea

Hope all of you are dodging flu, one wing of the local hospital is full with no visitors allowed. There are a lot of warnings and advice about how to avoid this year's plague. Southern spiced hot tea in winter is a given around here and every person has their own 'batch secrets' but some are so involved it is a morning's work.

I, on the other hand, make it easy and fast. Years ago there was a recipe circulating that made a jar of instant so you could take a couple of spoons full and put into a cup of hot water, stir, and enjoy immediately. Here is the recipe.

- Instant tea with lemon included
- Tang (instant orange flavored drink)
- powdered cinnamon and cloves
- sweetener of choice: sugar, artificial sweetening. Packets, or nothing.
- Check on tea label as to whether or not it is pre-sweetened.

High Tea, Tales, & House Tour



Enjoy an old fashioned high tea with sweets in Cousin Emma's formal dining room. Hear legends and tour the house.

The price of admission goes to fund a week of summer camp for a needy local child.

Tea, Tales, and House Tour is available most Sundays
Other days by appointment
Attendance Limited
\$10.00 per person

To schedule this special afternoon event,
call 336-756-5656 or email slewisbrown@earthlink.net

Girl's Mayberry Getaway Weekend

Is winter overwhelming you? Why not grab a few girlfriends and book a weekend of winter fun in Mayberry? Take a break from spouses, children, and responsibilities and book a Weekend Getaway for the girls at Cousin Emma's. Ladies, you deserve to treat yourself!

Visit Mayberry!

For Mt. Airy happenings,
Check us out and plan a visit!

<http://www.visitmayberry.com/calendar/>

Make your tea in a glass jar (don't use plastic) put all of the above together and shake good, then put on lid and leave in a dark, dry place. Always stir or shake prior to getting a spoon or two out for your hot spice tea. This is a very personal thing...some folks like strong, others weak, so experiment as to what tastes right for you. Around here it is a heaping dinner spoon-full into a mug of very hot water. We have some slobos who will put a wet spoon into the jar and obviously mess up the powder. So warn against that until they 'get trained'.

Another Spiced Tea Recipe

Now, when I serve afternoon High Tea in the antique china cups, I make it 'from scratch' in a big pot on the stove, let it steep, and then pour into glass quart jars. It can stay in the refrigerator to be used for a week or more. It also is delicious served cold in the warm to hot months of the year. It is a wonderful and soothing hot drink when one has congestion caused by cold, flu, etc.

Recipe:

- 2 family-sized tea bags (whatever is on sale...and I use decaf so anyone can drink it any time of day)
- a couple of 'skins' of an orange or tangerine peelings
- 1 real lemon (squeezed or 1-2 caps full of concentrated)
- a stick of cinnamon (break an 8" stick in half)
- maybe 2 tsp of whole cloves

Bring a quart or more of water to a rolling boil then let cool slightly. Add the squeezed juice of the tangerine or orange you took some peeling off of, add at least one cup of pineapple juice (I use the unsweetened cans) sweeten to taste (I use Stevia at the same ratio for real sugar). Dilute with more water to strength your family likes...and fish out the cloves and cinnamon after it cools or they can make it bitter. Be sure to shake or stir before pouring. It can be kept in the refrigerator for at least a week or more but here it never lasts that long. It heats up fine in a microwave and also is great just poured over ice in a glass.

For weight watchers, diabetics, and others who cannot 'do' things others never blink at, this recipe works well since the tea is decaf, the sweetening is Stevia, the juices are natural and no sugar added, and the spices are pretty neutral. Children in our family even like it and it is a healthier drink than sodas and less expensive too.

Afternoon High Tea is popular here now in the dull of winter and I am having fun making the tasty 'pretties' for the various footed serving platters. There is never anything left over....either folks eat it all or put in their pockets....this amuses me since I'd happily give them a baggie and they'd not mess up their pockets. Maybe I should start handing out baggies from the get-go but what should I name it, certainly not a doggie bag!!!

Writing all of this reminds me of a funny conversation around our dining room table when I was growing up. An elderly uncle who was apparently having issues with his elimination- as many of us oldsters do- always brought a couple of jars of prune juice when he came to visit. He'd pour himself a glass often through the day. When Mother was refilling glasses of the spiced iced tea, he went to the fridge and got his prune juice and filled the big glass half full with it and instructed her to then finish it to the top with her spice iced tea. My daddy had a lot of dry humor and he soon got up and opened the dining room door to the hall and the route to the closest bathroom, sat back down, and said to Uncle Sherman, 'now your coast is clear'!



Special for Wounded Warriors

I am so grateful for the service and sacrifices of our Armed Services Veterans, Wounded Warriors and their significant others. I am very proud to offer a free second night's stay for documented Wounded Warrior and a guest. In recognition of their service to keep the country safe, a complimentary second night is my way of giving back to those who have given so much. I always send them home with a care package...my beloved Mother sent everyone who came to our house home with something special to eat later. Everyone deserves to know they are appreciated and our servicemen and women have certainly earned it!

Opie's Corner



Clearly, there was no audience to appreciate his hijinx at the exact moment. Enough said. Let's just enjoy Opie's rare and brief moment of dignified repose. Hope you enjoyed a little visit to Mayberry!