

BIO

She's elegant, down-to-earth, and has a contagious joie de vivre. Known as *Canada's Tea Sommelier*, Karen Hartwick has made tea her lifelong passion, always working to preserve its timeless tradition.

Each year local and international visitors come to TEA LEAVES at Rosewood Manor, in Stratford, Ontario, for an enriching cultural experience that combines tea tasting with tea rituals.

Born and raised in a family of successful entrepreneurs in London, Ontario, Karen's love for tea was instilled at a very young age – a time when she shared many pots of tea with her grandmother.

As a teenager, she worked at a Swiss tea house, learning how to pair tea with food. She eventually combined the skills learned from her parents' entrepreneurial talents with her fascination for tea and started a business of her own.

TEA LEAVES

In 2001, Karen founded TEA LEAVES, a company that provides the finest loose-leaf teas to clients worldwide, personally sourcing each one from China, Japan, and Hong Kong. Travels to India, Taiwan, Sri Lanka and other tea-inspired countries are in her future plans.

Over 150 varieties of tea and more than 25 choices in Chinese and Japanese tea cups, pots, and other teaware fill the shelves at her Rosewood Manor Tea Boutique.

The opening of Karen's Tea Tasting Bar in 2003, has made her extensive selection of tea accessible to visitors who engage in an enlightening experience called the *Way of Tea*. Ancient ingredients and rituals are brought into a pre-booked tasting – making it a popular attraction many are drawn to.

karen

HARTWICK



“Tea is a great way to infuse people’s lives with serenity and wellness.”

KAREN HARTWICK, CANADA'S TEA SOMMELIER

www.stratfordtealeaves.com



tealeaves TEA TASTING BAR & SHOP

KAREN'S EXPERTISE AND WAY OF LIFE

Today, Karen is well-versed on the culture, presentation, origins, preparation, tasting profiles, and health benefits of tea. Also trained to conduct a Chinese tea ceremony, Karen has extensive knowledge on rare white teas and puerhs (pronounced poo-urr), a fermented tea made from the large leaf variety. Karen's online tea shop ships fine teas to customers locally and internationally.

Restaurants, bed and breakfasts, spas and yoga studios have been enlightened by Karen's expertise. Her ability to identify and match teas to any occasion, meal, menu, and ambiance is sought after by many in the hospitality and service industries. She is also a lecturer, published writer, inspiring speaker, and expert tea consultant for businesses looking to make tea a specialized service.

It's that same personalized service, Karen believes strongly in as the owner and operator of Rosewood Manor, a 30-year-old Victorian bed and breakfast inn she took over in 2003. A warm smile, an uplifting spirit, hospitality at its peak, and a larger than life personality makes checking into the manor, and experiencing the essence of TEA LEAVES, a welcoming place.

Karen has two grown children, occasionally involved in the business. She is a macrobiotic chef, encompassing the freshest and finest life-enhancing foods into her daily diet. Her daily indulgences include sipping endless cups of tea, tai chi and meditation. She has also studied shiatsu and Reiki.

"I enjoy seeing people's lives change for the better every time I introduce them to a new tea experience. My mission is to revolutionize the contemporary tea experience. By drawing on tea traditions and rituals of tea-producing countries, in combination with the needs and wants of today's consumer, I essentially teach, practice, and live a NEW TEA TRADITION."



BUSINESS CREDENTIALS

Prior to making tea her way of life, Karen worked in the fashion industry for 14 years. As a successful executive sales manager for a reputable Canadian-based company, Karen trained and motivated teams to promote clothing lines. She eventually combined her business savvy skills, with her love for the Asian way, and developed her passion for tea.

In 2005, Karen received her certification as a tea sommelier from the Specialty Tea Institute in New York. It is a rare achievement and comparable to that of a wine sommelier. Studying under Sri Lankan and Chinese instructors who were experienced in farming, harvesting, processing, and distributing tea, Karen set out to further enrich people's lives with her knowledge of fine teas.

FOR MORE INFORMATION, OR TO BOOK TEA SOMMELIER KAREN HARTWICK FOR AN EVENT, PLEASE CONTACT:

Geneviève D'Souza
Promotions Manager
Genuine Communications
Toronto, Ontario

E-MAIL: g.dsouza@rogers.com
TELEPHONE: 416.801.2171



- TEA TASTING BAR
- TEA CLASSES
- TEA BOUTIQUE
- CONSULTING AND WHOLESALE