

Worth the Visit:

TEA BOUTIQUE

Vital Statistics:

OWNER: Léna Valiquette
STORE OPENED: 2008

Corner of Emma St. & Airport Rd.
Caledon East
905 584 7227
www.teaboutique.ca

GOOD FOR: healthy, tasty food including luxury loose-leaf teas, exclusive herbal teas, fresh-ground, fresh-brewed coffee, Swiss water-process decaf coffee, raw food from the restaurant's on-site garden. Also crafts from Hockley Valley Herb & Tea.

PHILOSOPHY: "I'm trying to make people understand that food can be healthy and taste good, and that food truly is the basis of what we are. We are truly what we eat."

THE EXTRA MILE: "We are known for our service & the quality of our food. We'll pick beets from our garden to make a fresh glass of raw juice. We often sell out of our food by the end of each day, no matter how much I make. We're also a Wellness Centre offering massage three days a week."

WHY IT'S WORTH THE VISIT: "It's a unique experience." Only open Friday to Monday.



Despite being closed for the day, Tea Boutique drew a couple of customers for morning coffee, one of whom arrived without money, promising to pay later. "This is your lucky day," said Léna, "I'll give you a coffee." The customer departed with lunch as well.

Léna Valiquette, a Certified Tea Master & the first holistic, natural cosmetologist in Ontario, pours an unusual chocolate-scented, loose-leaf roibos tea in her Caledon East shop.



Léna grows, harvests & packages her own loose-leaf teas under the brand name Hockley Valley Herb & Tea.