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Brewing Connections:
SPILLED STORIES

A zine by Sara Veith

This zine is a compilation of personal stories and cherished memories relating to tea from students at New Paltz. It is a glimpse into how much tea can mean to people and their families.

My dad has always had unsweetened iced tea with essentially every dinner for as long as I can remember. As a kid, I would always laugh and ask how he could enjoy something so bland so consistently.

However, the first year I went away to school, I found myself constantly also asking for unsweetened iced tea with my meals as well.

It's something that will always be nostalgic and remind me of him.

Courtney



I have always enjoyed tea, I have been drinking it ever since I was little. It has always been a comforting drink for me, and one of my favorite memories is from when I was little.

My grandma had a glass teapot, and she had bought a blooming tea bundle that looked like a flower whenever it was finished steeping. I remember sitting with her and watching it bloom, and I remember I had it with lots of honey once it was ready to drink.

I still drink lots of tea, especially whenever I'm sick or feeling down.

Anonymous



Everyday before school, my mom would wake me up and carry me downstairs so I could watch a show. She would make me Lipton Black Tea in a cute little mug and I would sip it on the couch until I had to get up and get ready for school. She would sit next to me with her (much larger) mug filled with the same contents.

This tradition lived on through my middle and high school years, except she began to make the tea in a travel mug as life got more hectic and we couldn't have it together anymore. My whole day was ruined if I didn't have tea made by her, it was like a little act of love I carried around.



Sadly, she has now been diagnosed with Early-Onset Dementia and can no longer drink tea due to the caffeine conflicting with her treatment plan diet.

I have never stopped drinking Lipton Black tea with milk and sugar, even when I'm kind of sick of it, because it's a little piece of a memory between us that I get to make last.

Sara



So, now on mornings where we're both home, I turn on the kettle and set up the cups with his bag of English breakfast tea and my strawberry tea. Then while the tea steeps we get to have a little chat with my dad about the week or what we have planned for the day.

Every morning my dad has to have at least one cup of tea. It has gotten to the point he gets grumpy without it.


Kaitlyn




The first time I ever sat down with a cup of tea was with my grandmother. It was peppermint tea and we were sitting at the dining room table on a sunny day just chatting for about 2 hours. It was such a pure moment and it was the first time I ever tried peppermint tea.

**But now her seat remains empty
and her cup is dry. Peppermint tea
will forever be my favorite because
it warms my heart more than any
other tea ever could.**





My mom was the one who made me a tea person.
We used to drink English Breakfast tea every
morning before I left for school and she
left for work, and we were always
the first ones awake.



I first started drinking it because I
wanted to be like her, and I still drink it
now (even though she had to switch to
coffee) because of how it brought us
together in the past and how it reminds
me of her when I'm away.

I also used to have terrible insomnia, and either my
mom or my dad would make me Sleepytime tea to
relax me every night.

**Of course, it's still a go-to for
when I want to feel cozy.**

After my first year of college, I finally got a car and I was able to visit my grandparents whenever I wanted. My grandmother wanted to see me after a long semester, and she suggested that I should come over for "some tea and cake". I've never done that before since my house is full of coffee drinkers, but I figured it would be nice.


Honestly, it was one of the best experiences I've had at her house in years. It was so nice to sit down, relax, and catch up over a cup of tea. On top of this, all the cakes and pastries tasted amazing. I even began to drink more tea after she introduced me to all the varieties there were, and I started visiting her more often.

I still visit occasionally to share a pot of tea with her to this day.



Sara Veith





For my family,
who taught me to be kind
and try new things.

And for my grandmother,
who encouraged me to
cherish life's little moments.