



It is said that 'where there is tea there is hope', and the women of the ICA have long recognised the value of teatime as a source of comfort to punctuate the day. But tea needs company and now they share with you their favourite accompaniments: food to eat and food for thought. You will find favourite teatime recipes to suit every occasion from Irish homes all across the country. These are the tried and tested homely recipes you remember from your mammy and granny. As well as taking comfort in the food, you will be inspired by a selection of the ICA women's favourite words of wisdom: cherished lines from poetry, prayer, quotes and sayings. So whether you are having a busy day, a quiet day, a good day or a bad day, you are guaranteed to find inspiration here to stop for a moment and take stock before getting on with your day again with lifted spirits.

About the AuthorThe ICA was founded in May 1910 with the aim 'to improve the standard of life in rural Ireland through education and co-operative effort'. Today the ICA has 700 local Guilds throughout Ireland. They continue to offer support and fun as well as opportunities to make friends, learn new skills and contribute to the wider community. As Eleanor Roosevelt so aptly put it 'Women are like tea bags. They do not know how strong they are until they get into hot water.' Now the women of the ICA are back to share their favourite recipes and lines they love. The ICA Cookbook and The ICA Book of Home and Family were both bestsellers and shortlisted for an Irish Book Award.