

Green tea

Green leaf, Green tea



Green tea is known as non-fermented tea. Green tea is made from the fresh leaves from the tea tree, after fixing, rolling, drying and other processes. The colour of dry tea leaves and brewing tea is green, so it is named “green tea”. Most of Chinese tea is green tea.

Green tea is the oldest type of tea. Ancient Chinese people collected wild tea leaves and dried them and can be seen as the beginning of green tea processing, at least 3000 years ago. But it was only from the 8-century when steaming system was invented that the real beginnings of green tea can be found. In the 12th-century people started to use the roasted system of processing technology and this has been in use ever since continuing to improve and mature. The most famous Chinese tea is a green tea of high quality, fragrant long lasting, with excellent taste and unique shape. It has a high value in art appreciation, such as Dragon Well (Longjing), Spring Snail (Biluochun) etc.

Tea technology

The fixing process is the key to the shape and quality for the green tea. The main process uses high temperature to damage the leaf causing passivation, inhibition of the enzymatic oxidation of fresh leaves of tea polyphenols, evaporation of the water from fresh leaves to make them soft and easy to roll to shape while promoting a good aroma and unique taste of tea.



According to the different fixation and drying methods, green tea is generally divided into fry green (drying by frying), roast green (drying by bake cage), dried green (by sun dried) and steamed green (with steam fumigation) varieties.

Famous green teas

1. Dragon Well (Longjing)



Dragon Well is not only the name of tea and tea tree, but also the village name, well name and temple name and is described as "five in one". Whether it is in the memory or in the records, Dragon Well tea is from the mountains around Dragon Village, West Lake in Hangzhou, Zhejiang Province, hence the name "West Lake Dragon tea." Mountains around West Lake in Hangzhou have always been famous for the

production of tea. Wiseman in the Tang Dynasty's Lu Yu "Tea Bible" mentions that there are tea production records in Sky, Lingyin Temple in Hangzhou area. According to modern scientific analysis, Dragon Well tea contains amino acid, catechin, chlorophyll, vitamin C and more than other tea and more that is particularly beneficial to human health. So it is no wonder that the ancients said of Dragon Well tea, "it is as rare as gold."

2. Spring Snail (Biluochun)



Spring Snail is produced in the mountains of Dongting Lake, Taihu in Wu County of Jiangsu Province. It is the tenderest of tea varieties in the Chinese green tea group and is also the first one in the market in spring every year. The shape of the curl leaf appears like snails and is the first pick in BI Luo Mountain of spring so it is "three fresh". It said: "tender young leaves; three fresh is for aroma fresh, taste fresh and tea fresh." Spring

Snail can especially excite the brain and the heart. It can moisten the throat and refresh the eyes.

3. Yellow Mountain Fur Peak



Yellow Mountain Fur Peak tea is produced in Huangshan Scenic Area and the adjacent area. Because the top of the leaf is sharp like a mountain, and covered with white plush, so it is named. Yellow Mountain Fur Peak premium gourmet tea leaf is the colour of ivory while the back of leaf is yellow like gold. After brewing, the fragrance lasts long, the tea is clear, the taste is fresh,

mellow, and a little sweet. The "golden leaf" and "like ivory" are the two characteristics the premium Yellow Mountain Fur Peak are significantly different from the others.

4. Lu Shan Yun Wu



Lu Shan Yun Wu is produced in Lushan, Jiangxi province. It was started to be planted in the Han Dynasty and has more than a thousand years of history. Due to foggy weather, direct sunlight is short so the leaf is thick and sweeter containing more tannic and aromatic oils and vitamins. It is not only rich in flavour and refreshing, but also

can help digestion, sterilization detoxification, preventing gastrointestinal infections, scurvy and other functions.

Brewing Green Tea

In China green teas are widely distributed historically forming lots of tea brewing process. Generally, brewing green tea is the most simple, yet most complicated of all the tea brewing processes. Simply because you can use glasses, cups, bowls or anything you like to brew the tea. Just put the tea in hot water then enjoy the tea. Complicated because the origin of green tea is different. It has so many categories - differences in the variety, the shape, the quality and tenderness, so it is can be harder to brew a good cup of green tea. So green tea needs to be "tasted deliberately" – its mindfulness, peacefulness, calmness and mysteriousness. Drinking green tea is a spiritual enjoyment, is an aesthetic activity and has artistic behaviour. It is a method of self-cultivation.

Green tea is mellow, fragrant with a green colour. Brewing green tea should fully show these characteristics. So the water temperature, tea and water ratio, brewing time and tea appliance should be selected properly. Tea to water ratio is generally advisable to be 1:50, that is the best indicator of the quality of tea. If the water is more than that, it is too light, or otherwise tea will be bitter. The water temperature at 85 to 90 is appropriate but it will depend on the tightness of tea. With the tea appliance there are many decisions to be made - modern glass or traditional porcelain cup. Glass is able to appreciate the clear and green tea leaves, but will be hot to pick it up. White porcelain bowl or cup with care is more appropriate because it does not affect the aroma that is emitted, and is easy to pick up.

Specifically, green tea brewing process can be divided into the following processes:

1. **Preparation:** According to numbers of people, prepare enough tea cups, tea pots (or size), tea saucers, tea spoons, tea tray, tea towels and kettle.

2. **Watching tea:** Rotate tea pot, pour tea into tea saucer. With a teaspoon dip into tea, enjoy tea shape, colour, tenderness and tea aroma.
3. **Warm cup:** use hot water to wash tea cup. This step is especially important in winter for tea brewing.
4. **Set tea:** general capacity of tea cup is 150 ml, with about 3 grams of tea. With a teaspoon put the leaves in each cup from a tea tray or tea saucer.
5. **Soaking tea:** pour the water from tea kettle to cup along the cup wall, the water is one-third or one quarter cup capacity, so that the tea leaves stretch which makes the tea easy to absorb water. This process is about 30 seconds.
6. **Brewing tea:** pour the water into the cup to the total capacity of the 70%. After that, tea leaves move up and down in cup, which ensures tea concentration is same. On the other hand, it means welcome to the guests. When brewing, kettle needs to hang high, so that the water has impactful force and forms a curve of beauty.
7. **Serving tea:** After brewing tea hand to the guests as soon as possible. So they can smell and taste. To avoid tea soaked in water for too long and losing the flavour, the second and third tea can be poured into the spare cup, then pour the tea into guests' cup.
8. **Drinking tea:** first smell then watch the colour of tea. Drink a little first and let the tea echo in the mouth giving full contact with the taste buds. Then slowly swallow and with the tongue against the tooth root inhale to promote the aftertaste of the sweet tea.

The 8 Benefits of Green Tea

Green tea retains more of the natural substances of fresh leaves in which polyphenol and caffeine retains more than 85% of the fresh leaves, chlorophyll retains about 50%, and there is less vitamin loss. This forms the green tea "green and clear appearance with mellow taste" features. The latest scientific findings indicate that natural substances in green tea ingredients enhances anti-aging, anti-cancer, sterilization, anti-inflammatory and lots of other special effects, more than the other teas.

1. Anti-Aging:

Green tea's health benefits has been documented since ancient times. Green tea contains a catechin composition and β - carotene, vitamin C and vitamin E to clean up free radicals. Because of the human metabolic process, if peroxidation occurs, it will generate a lot of free radicals which causes aging and cell injury. SOD (superoxide dismutase) is a free radical scavenger. It can effectively remove excess free radicals

and prevent free radical damage to the human body. Catechins in green tea can significantly improve the activity of SOD scavenging free radicals, so it can effectively prevent aging.

2. Anti-Cancer:

Even four cups of green tea inhibit cancer cells. The latest study confirmed that green tea catechins can inhibit the enzymes which cancer cells require to grow and also kills cancer cells grown in the lab without harming healthy cells. At the same time, women who stick to drinking green tea every day reduce the chance by nearly 60% for ovarian cancer growth over other women who do not.

3. Antibacterial

Studies have shown that the catechins in the green tea have an inhibitory effect on some of the bacteria that cause human disease. It limits intestinal bacteria to multiply therefore having an important role in the health of intestines.

4. Lowering blood pressure

Animal experiments by scientists show that green tea catechins can reduce total cholesterol, free cholesterol, LDL cholesterol, and triglyceride levels and can increase high-density lipoprotein cholesterol. The experiments show that with green tea the human body can inhibit platelet aggregation, reduce the incidence of atherosclerosis. Green tea also contains flavonols, an antioxidant, that can prevent blood clots and platelet clumps and reduce cardiovascular disease.

5. Beauty skin

To have beautiful and healthy skin, you can drink green tea. Because green tea can eliminate a variety of skin problems such as dark spots, wrinkles, freckles, dry skin, etc., it can be used for skin beauty and massage.

6. Keep body fit

Green tea contains theophylline and caffeine and can be used to activate protein kinase and triglyceride lipase for many roles. Best use is to reduce the accumulation of fat cells, so as to achieve weight loss.

7. Teeth health

Green tea contains fluoride making it good for teeth. Catechins can inhibit the cariogenic bacteria to reduce the incidence of dental plaque and periodontitis. Green tea contains tannic acid which has a bactericidal effect, can prevent the growth of bacteria from food residue, and effectively prevent bad breath.

8. Radiation protection

People who work in the office should drink green tea because they may sit in front of computer for long periods and can be in an air-conditioned environment. Green tea can add moisture, eliminate toxins in the body and also can alleviate harm from computer radiation.

Green tea and health

There are lots of theories and sayings about green tea and its benefits for the human being's body and mind. Chinese Tang Dynasty, Liu Zhen Liang's "Ten Moral," sayings are most comprehensive. He sums up the benefits of drinking tea:

- ✿ Tea can relieve depression;
- ✿ Tea can keep awake;
- ✿ Tea can maintain the spirit;
- ✿ Tea can remove the disease;
- ✿ Tea can improve polity and humility;
- ✿ Tea can show respect;
- ✿ Tea can taste;
- ✿ Tea can nourish the body;
- ✿ Tea can be moral;
- ✿ Tea can be elegant.

He thinks about tea not only for good health, but also as enhancing the moral character, as a way of self-cultivation and to expand on relationship of respect others.

Maximizing the Health Benefits of Green Tea

To avail the best benefits of green tea, one must be aware of the best time to drink it.

The spring and summer is the best season to drink green tea in the year. It is hot in summer; people use energy and sweat lot. That very easily leads to increased blood viscosity, and makes people feel tired and dizzy. High blood viscosity gives the heart a heavy load. Green tea is rich in amino acid which allows it to lower body temperature which makes us feel cooler. Chinese medicine believes that in the summer, all the blood and Qi are mobilized to the surface of the body, while the inside is empty. So it is hard for the body to absorb the nutrients and is very easy to have diarrhoea. It is not only that in the summer people eat more vegetables and fruits with bacteria and viruses, but also now the body is the weakest inside. Chinese medicine recognises that "to the place where is weak which must be

illness." Green tea is rich in catechins which can have anti-inflammatory benefits and can enhance human immunity system.

In a day, one hour after a meal or two hours before going to bed is the best time to have a cup of green tea. At this time it helps digestion and hydration. Do not drink tea before meals



and after meals immediately. Drinking the tea without any food will hurt the body, especially for people who do not drink tea regularly. It can inhibit gastric secretion, impede digestion, even cause severe heart palpitations and headaches, etc. We know it as "tea drunk". The reason that it is better not to drink tea after meal is that the tannic acid in tea can be combined with dietary iron into insoluble ferric salt, reducing the absorption of iron.

If people do this for a long time, it is likely to cause anaemia. Therefore, as one hour after a meal food iron absorption has been basically completed, then the tea will not affect the absorption of iron.

Do not drink tea before going to bed, or it will affect sleep. If drinking tea in the evening, put less tea in the pot, so the tea is lighter so as not to affect sleep.