

Oolong Tea

Green leaves with red sides, brewing for more than seven times

Oolong tea (green blue tea or semi-fermented tea) is named after the founder Wu Long Su in Qing Dynasty (pronunciation of Wu long is similar with Oolong). Oolong tea is mainly produced in the northern, southern Fujian province, Guangdong province and Taiwan of China. In recent years, Sichuan, Hunan and other provinces also have a small amount of production. According to their different areas Oolong tea has northern Fujian Oolong, southern Fujian Oolong, Guangdong Oolong, Taiwan Oolong and other species.

Production method for oolong tea is a combination of green tea and black tea. So it has the good quality both of green tea and black tea. It has the mellow flavour of black tea and fresh fragrance of



green tea. The leaves are green with red sides. Oolong tea is a special Chinese tea species, and is often the people's favourite. Oolong Tea is fresh, mellow and sweet. The second and third brewing is best for drink. The most popular benefit of oolong tea is decomposition of fat, diet and fitness. So it is usually called "beauty tea" or "slim tea."

The most important concepts of tea are shape, fragrance and taste. Quality oolong tea has the natural bend shape and taste. The colour should be dark green and bright. Brewed tea is golden, bright and clear. After brewing, the leaves are green with red sides, known as "green-rimmed." This is because after picking and processing of fresh leaves, it is still retained a lot of chlorophyll, so it shown as green. Its black tea pigment combines with the protein to format red trim. Aroma can be expressed in a variety of flowers or ripe fruity aroma due to the different production. The aroma is pure and tea is sweet but not bitter. Oolong tea uses a large amount of tea and small pot to brew. So it can be brewed for 3 to 4 times, even 6-7 times for top quality tea, which is characteristic of oolong tea - "brewing for seven times."

The famous oolong tea

1. Wuyi Rock Oolong Tea

Wuyi Rock Oolong tea is produced in the Wuyi Mountain of Fujian province, where is surround with rocks and mountains. Wuyi Rock Oolong tea is the typical Chinese oolong tea and has thirteen steps to produce. It has reputation of best quality oolong tea of the world.

A very premium Wuyi Rock tea is "Big Red Robe". The tea trees are grown at the foot of the rocks in Kowloon nest of Wuyi Mountain. Kowloon nest is a deep canyon, nine mountain peak straight into the sky like a nine dragons.



There are lots of big rocks in the canyon, covered clumps of clusters of tea. "Big Red Robe" is growing in such a unique natural environment, plus detailed process to make it even more remarkable quality. After brewing, Wuyi Rock Oolong tea is golden and bright with spearmint fragrance. Other teas' taste usually is

not good when brewed for seven times, but “Big Red Robe” can do nine times or more. People call it "king of tea" for its outstanding quality.

There are lots of health benefits for Wuyi Rock Oolong tea. It contains caffeine and sodium protococatechuate. It is a traditional medicine for cold in some region of China.

2. Iron Goddess (Anxi Tie Guan Yin)

Iron Goddess is an exotic high grade tea of southern Fujian oolong. It is mainly produced in Anxi, Fujian Province. There are mountains and hills surround with cloud and misty. Most soil is acidic and deep soil, particularly suitable for tea growing. The leaf of iron goddess is dark green colour, smooth and soft. A leaf edge is red and dark green in the middle. That is typical "green red trim, brewing for more than seven times”. It has special fragrance. At the beginning you may feel a little bitter but when it stay in mouth for a while it will be sweet.

Iron Goddess is divided into: spring tea, summer tea, late summer tea and autumn tea. The best is spring tea, autumn tea followed, and then late summer tea, the last one is summer tea.

Leaves of good quality Iron Goddess have a layer of "white green" in the surface, which means there is a thin layer of frost on the leaves. Because Iron Goddess is different process method with Wuyi



Rock tea. It’s withering lessened and fermentation is reduced to maintain more polyphenols and flavour. To make the leaves tight, it needs to be wrapped in white cloth. While rolling, shrink the tea bags. After a few times then dry, and then slow-roast with low temperatures. This makes caffeine sublimate and condensate on the leaf surface, and forms a "frost." This is a symbol of high quality Iron Goddess. Iron Goddess is extremely resistant to brew. It has a unique natural orchid fragrance, mellow and last long time.

3. Dongding Oolong Tea

Dongding Oolong tea is famous for its excellent quality, good colour and flavour. Its original place is in Dongding Mountain of Taiwan. It is a typical Taiwanese tea.

Dongding Mountain is more than 700 meters high and the annual average temperature is 20 degrees.



Tea trees are all in the top of the mountain. There is lots of rain when it is time for picking the leaves and road is very slippery. So the tea farmers must tighten toes (frozen toes) to get to the top of mountain, so is call “Dongding Mountain” (Dongding in Chinese means tighten toes or frozen toes)." High mountains, dense forests and good soil are good for growth of tea, and then it developed into today's Dongding tea farm.

Dongding Oolong is rating for premium, spring, winter, plum, orchid, bamboo and chrysanthemum. After process the tea leaves is tight, neatly and curled like hemispherical. The tip of leaf is curled like shrimp. The colour is dark green with white frost. The brewing tea is golden, bright and clear. It has sweet-scented osmanthus with slightly caramel colour. The leaf is slightly soft and light green with red trim. It tastes strong, mellow and stays long.

Brewing oolong tea

In Guangdong, Fujian, Taiwan of China, people prefer to drink tea with small cup, especially in the area of Southern Fujian, as well as Chaozhou-Shantou in Guangdong province. They have the most complex style to brew tea, and therefore called “Congou Tea”.

Brewing tea with the following steps to enjoy.

1. First of all, according to personal choice, select top quality oolong tea, such as Wuyi Rock tea, Iron Goddess or Dongding Oolong and so on.
2. Secondly, prepare a special tea set. In Chaoshan area, people usually have more than ten pieces of complex tea set, which from the stove, charcoal, fans, to tea washer, teapots, cups, cans, etc. The tea set known as “four pieces set for oolong tea”, which include Chaozhou stove, Yushu Wei, Mengchen Guan and Ruoshen Ou. Chaozhou stove is a small stoneware charcoal for heating. Yushu Wei is a small clay pot with high handle and long narrow mouth. It is on top of the stove for boiling water. Mengchen Guan is a teapot for brewing tea but is smaller than an ordinary one. Ruoshen Ou is tea cup for drink and only half the size of table tennis. There are usually 3 to 5 of this cup.
3. Clean tea set. Use boiling water to wash the teapot, tea tray, cups, etc to make them clean and warm.
4. Shaping. Pour tea into the white paper. Then gently shake the paper to separate large and small tea leaves. Use a bamboo spoon to stack them separately.
5. Put tea into pot. Fine and mall tea leaves usually first are filled into the bottom of pot, on which then covered with large ones. That makes small leaves not to block teapot mouth, so tea could be smoothly outflow.
6. Brewing tea. When doing this, the kettle with water is served in a higher position and through the edge continue put the water into the teapot slowly. So that the tea in the pot roll with water, forming a circle.
7. Wash the tea. When put the water into the tea, it to be full of boiling water and overflow spout. And then use lid gently to scrape the foam floating on surface of the tea. There is another way that after brewing, the water immediately tossed away, commonly known as "tea wash". It washes away the surface dust and dirty, and preserved the flavour of tea. Actually, scratch foam and tea wash are the same, which is to make leaves clean.

8. Clean tea cup. After tea wash, immediately put the lid on, and then pour on boiling water washed outside of teapot. While clean the tea cup with boiling water.
9. Serve the tea. After brewing for 2 to 3 minutes, the tea has been ready to serve. Then use index finger gently presses the button of lid, the thumb and middle finger grip the handle of pot. Pouring tea in a low position to every cup. First time just pour half of cup, and then poured back again and again until the cup is full.
10. Drink the tea and enjoy. When drinking tea, usually see the colour of tea, and then smell, and then drink. Do all of above, then you will really appreciate the beauty of oolong tea.



The benefits of oolong tea

1. Keep fit and slim

We often hear about drinking oolong tea can "dissolve fat", especially after eating too much oily food. The not consumed energy is stored as a neutral fat to store in human body's fat cells. When it is used, neutral fat is broken down into the necessary energy by protein lipase enzyme. Drinking oolong tea can improve the function of the protein lipase. That means is not the oolong tea itself can dissolve fat, but it can improve the enzyme to break down fat. So drinking oolong tea relatively improve fat metabolism, and keep the body fit.

2. Improve skin allergy

A survey showed that the most of patients suffering from skin disease are atopic dermatitis. The reason which is caused dermatitis is still not available. However, oolong tea has effect to improve the skin condition. By hundreds of adult patients with atopic dermatitis for the clinical trial subjects found that they were using steroids and allergy medication for treatment, but still cannot improve the condition until added drinking 400ml of concentrated oolong tea daily. After a month, more than half of the patient's symptoms significantly improved.

3. Prevent teeth decay

Polyphenols in oolong tea can inhibit tartar enzymes. Therefore, oolong tea can prevent tartar formation and tooth decay. In addition, it also can keep breath fresh.

4. Anti-aging

We all know that vitamin C has anti-aging effects. Drinking oolong tea can make the vitamin C in a high level in blood, and reduce urinary excretion of vitamin C. So oolong tea can enhance the body immune system and anti-aging.

Oolong tea and health



It is best to drink oolong tea in autumn. Because oolong tea is semi-fermented so its nature is between green tea and black tea. It is neutral, not too hot or too cold for the body. So it is suitable for drinking in fall season.

It is better to have oolong tea after meals. Also, do not drink oolong tea immediately after a meal, about 1 hour is appropriate. Drink hot oolong tea and do not add sugar. Drink brewing tea in 30-60 minutes or its nutrients will be oxidized.

It is best to drink about one litre of oolong tea daily. So you can get enough polyphenols. If you would not drink so much water, you could take more leaves to brew tea. Do not drink lots of tea in short. The correct method is drink tea for several times in a day, so polyphenols in oolong tea can be fully absorbed by the body.

