

White Tea

Green Leaves Dressed in White



White tea is a slightly fermented tea. It is made from green tea leaves with white tiny villi and has its own unique processing method. This is only seen in Chinese tea. White tea has a long history of more than eight hundred and eighty years. The main production areas are just few counties in the Fujian Province of China. These areas have a mild climate throughout the year with plentiful rain, which contributes to the unique characteristics of white tea.

It should be noted that in the western world tea that has milk in it is generally known as "white" while tea that does not have milk in it is considered "black". From the Chinese point of view, this is not the case. There are a number of different types of teas known for their colour, either the colour of the plant or because of different processing procedures. White, black, green, yellow and red are all very different types of tea that should be consumed at different times of the day in season to receive the full benefit of the tea.

The fresh leaves of white tea have "three white features", that is the young bud, and the two leaves on it are all encrusted with white villi. The dried leaves are silvery white in colour, hence the name. The brewing tea looks apricot or light orange in colour. The leaves after brewing turn light grey-green with reddish veins. The tea can taste a little bit sweet.

The white tea production method is neither destroys the enzymes, nor promotes oxidation. That is how the colour and flavour of white tea is maintained. The production of white tea is very unique and natural. It does not involve rubbing or frying, unlike green and black tea. After the fresh tea leaves are picked, they are spread on mats under weak sunlight or in a room with good ventilation and light to let it dry naturally. When it is 70% - 80% dried, it is slow dried with fire. The production process is simple with minimal processing steps, so the nutrients in white tea are retained.

Based on varieties or picking standards, there are two kinds of white tea: sprout tea (such as white fur silver needle) and leaf tea (such as GongMei). The traditional white tea has white fur and white peony. New harvesting technology has resulted in the creation of Fujian snow white sprout and Sendai white in recent years. When only the buds are used, they are called needles. When the bud, the two leaves, and the bushy white fur under the leaf is used, it is called white peony. Quality white tea is always taken from the first harvest in spring.

Famous white teas

1. White Fur Silver Needle



White fur silver needles tea is one of the top ten most renowned teas in China. It gets its name from the shape and colour of the tea leaves. It is only produced in the Fuding and Zhenghe areas of Fujian province. The colour of the brewed tea is apricot and taste is sweet. When brewing, the tea leaves slowly fall down to the bottom of the cup and stand vertical. It is cool in nature as well and suitable for drinking in summer or with fever.

2. White Peony



White peony teas have green leaves with a silvery white bud, shaped like flowers. After brewing the buds bloom, hence the name. Currently areas that produce this tea are located at the Zhenghe, Jianyang, Songxi, Fuding Counties in the Fujian province of China. The tea leaves are harvested from high quality tea trees in these areas, and only the highest quality leaves are selected from that. Its nature is cool so it can cool down the body and suitable to drink in summer.

Brewing White Tea

It is better to brew white tea with water at about 95 degrees. About three minutes later, the leaves stretch and become pale and translucent. It looks like the flower is dancing in the water. The brewing tea is bright and pure.

The Benefits of White Tea

1. Cooling off the body

White tea is rich in amino acids and has a 'cool' nature, so it can be used to cool and detoxify the body. The Ancient Chinese used white tea to combat inflammation, sweating

and humidity in summer, as well as cure illnesses and discomforts such as a toothache, high fever and measles.

2. Lowing blood sugar

Diabetes is a metabolism disorder in sugar fat and protein due to insulin deficiency and hyperglycemia. Drinking white tea can have a preventative effect on the onset of diabetes, as suggested by many of the recent studies into this field. It does this with the polyphenols and esters present in white tea, which can promote the synthesis of insulin, and reduce the blood sugar levels. Drinking white tea over a long term can result in the significant improvement of the body lipase activity, promotion of fat catabolism, the effective control of insulin secretion, and the delay in intestinal absorption of glucose, and decomposition of excess sugar in the blood, promoting blood sugar balance.

3. Lowing blood pressure

Due to the simple manufacturing process, white tea retains more of the tea polyphenols in the fresh leaves, whilst also being rich in vitamin C and vitamin P. Polyphenols can promote the absorption of vitamin C. Vitamin C can move cholesterol from the arterial wall to liver, lower cholesterol levels in the blood, and can enhance the flexibility and permeability of blood vessels. Theophylline substances in white tea can dilate blood vessels, improve blood circulation, and help lower blood pressure.

4. Lowing high cholesterol

White tea has anticoagulant agents and promotes fibrinolysis. It can be used to treat hypercoagulability, and has no side effects which anticoagulant drugs generally have. It has a significant role in lower high cholesterol and the prevention of cerebrovascular disease.

5. Anti-virus and enhance immunity system

The latest research shows that white tea extract has preventive effects against certain types of bacteria which cause staph infections, Streptococcus infections, pneumonia and dental caries. Previous studies have suggested that green tea can promote immune system functions. New studies show that white tea extract can actually kill the tissue which causes disease in vitro. Toothpaste that has added white tea extract has better bactericidal effects. The studies also showed that white tea extract has antifungal effect against penicillin and yeast.



6. Anti-oxidation and anti-aging

Many studies have found that white tea has strong anti-oxidant, anti-aging abilities. The main reason is because white tea contains more theanine, flavonoids, and less free radicals. Radical content in white tea is lower than other teas, and excess free radicals are largely responsible for human aging and disease. Free radicals in other teas are 1.6 to 14.3 times than that in White fur silver needle. White tea is also high in flavonoid, which has a strong antioxidant effect.

7. Anti-cancer

Some American longitudinal studies have suggested that white tea contains an anti-cancer agent, which has the potential to inhibit and shrink liver cancer tumors, as well as improve immunity system. Theoretically white tea has more potential anti-cancer properties than green tea and black tea.

8. Protecting eyes

White tea is also rich in vitamin A. The tea is absorbed by the body, and then quickly converted into vitamin A, which can prevent night blindness and dry eyes.

White Tea and Health



White tea contains a variety of amino acids, and can have a detoxifying and anti-inflammatory effect on the body, making it especially suitable for summer. It can stimulate the body to sweat, to help relax the body, and also to calm the nerves and help with sleep. In addition, people who often drink white tea in summer have few heat strokes. In areas in China which produce white tea, white tea is an essential

beverage for local farmers.

About three or four o'clock in the afternoon is the best time to drink white tea. Under normal circumstances, the liver had a heavier load to process at noon, which can make people feel more irritable. Drinking white tea at this time can alleviate these symptoms. For those people who experience high blood pressure, high cholesterol, high blood sugar, drinking white tea may benefit them in ways in which normal medicine cannot.

About half past seven in the evening is another good time to drink white tea. The body's immune system is the most active at this time. Drinking a cup of white tea can help the body to repair and restore the immune system. When eating meals, the body will accumulate

fatty deposits within the digestive system. Drinking white tea after dinner can promote digestion. In addition, the theanine in white tea can neutralize some effects of caffeine. If you think your sleep is affected by tea, you can drink white tea instead green tea or black tea.

In general, 5 grams is the daily recommended intake. White tea should be taken regularly to maximise the health benefits.

