



On The Menu: Autumn 2014 Oolong + Egg Custard Tart & Mooncakes

The first cup moistens my lips and throat.

The second shatters my loneliness.

The third causes the wrongs of life to fade gently from my recollection.

The fourth purifies my soul.

The fifth lifts me to the realms of the unwinking gods

Chinese Mystic, Tang Dynasty

Better to be deprived of food for three days, than tea for one. – *Ancient Chinese Proverb*

- Chinese tea legend states that tea was first introduced 5,000 years ago by Emperor Shen Nong, who in boiling water for sanitation before drinking. He was travelling when his camp started to boil water and leaves from a bush fell into the pot, concocting an amber liquid. The emperor drank some and tea was born. Or so the story goes! Presently, drinking tea has been a longstanding and popular cultural and social tradition for this country stemming from the principle that in ancient times, tea was regarded as one of the seven daily necessities. It rounded out the list of others including

tea drops

<http://www.myteadrop.com>

firewood, rice, oil, salt, soy sauce, and vinegar. It was also used for medicinal purposes and cooking.

- Today, tea drinking in China is an incredibly important social gesture. For instance, it is a common practice for younger generations to pay for their elders to drink tea at a restaurant or tea house during family gatherings and holidays. Offering this is a sign of respect. The Chinese have even assimilated the act of pouring tea as a sign of apology, regret, and submission. Tea is also a part of Chinese wedding ceremonies where the bride and groom serve tea to their parents as a sign of gratitude. Since families are commonly rather extended in Chinese culture, tea during the wedding festivities is also a chance for the two families to meet (sometimes for the first time) and bond. Enjoying tea in this way is a sign of acceptance.
- Tea Houses were an incredibly popular destination during the Song, Ming, and Qing Dynasties as epicenters for social engagement, entertainment, and leisure. These cafes even outnumbered traditional restaurants due to their popularity and importance to social life in China. In Hong Kong, elders would meet at tea houses to connect, read newspapers, and debate as well as exchange news. In modern times, however, this tradition has begun to die out with the younger generations seeing old tea places as unhygienic and noisy, preferring the larger, newer, and more expensive restaurants in which to enjoy their tea.

China's Popular Tea Provinces:

Major Tea Producing Regions of China & Taiwan



Anhui: Huangshan Mao Feng, Lu'an Guapian, Hou Kuei, Keemun
Fujian: Lapsang Souchong, Bai Mu Dan (White Peony), Silver Needle, Tie Guan Yin (Iron Buddha), Buddha of Mercy, Gun Yam, Chinese Oolong), Wuyi Cliff (Da Hong Pao, Big Red Robe), Dragon Pearl Jasmine
Guangdong: Dan Cong (Phoenix Oolong), Ying De Hong
Guangxi: Liu Bao
Henan: Xin Yang Mao Jian
Hubei: Yu Lu
Hunan: Yin Zhen (Silver Needle)
Jiangsu: Pi Lo Chun (Bi Lo Chung)
Jiangxi: Yun Wu
Shaanxi: Mao Jian
Shanxi: Mao Jian
Sichuan: Meng Ding
Taiwan: Taiwan Oolong (High Mountain, Dong Ding), Dong Fang Mei Ren, Oriental Beauty, Alishan, Lishan, Baozhong)
Yunnan: Pu-Erh, Dian Hong (Golden Tips Red)
Zhejiang: Long Jing (Loong Jen, Dragon Well), Dragon Pearl Jasmine, Gunpowder Green

Source Image: <http://www.thechineseteashop.com/images/tea-regions-map.gif>

Want To Learn More?

The China Tea Book by Luo Jialin

Chinese Tea Culture: The Origin of Drinking Tea by Wang Ling

Hong Kong Apothecary by Simon Go



<http://www.myteadrop.com>