



•JIANG NAN THE BEAUTIFUL•

锦绣江南丛书

# Tea in Jiang Nan

茶之江南



*Sun Huan*

孙欢 著

 上海远东出版社

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主编 孙悦


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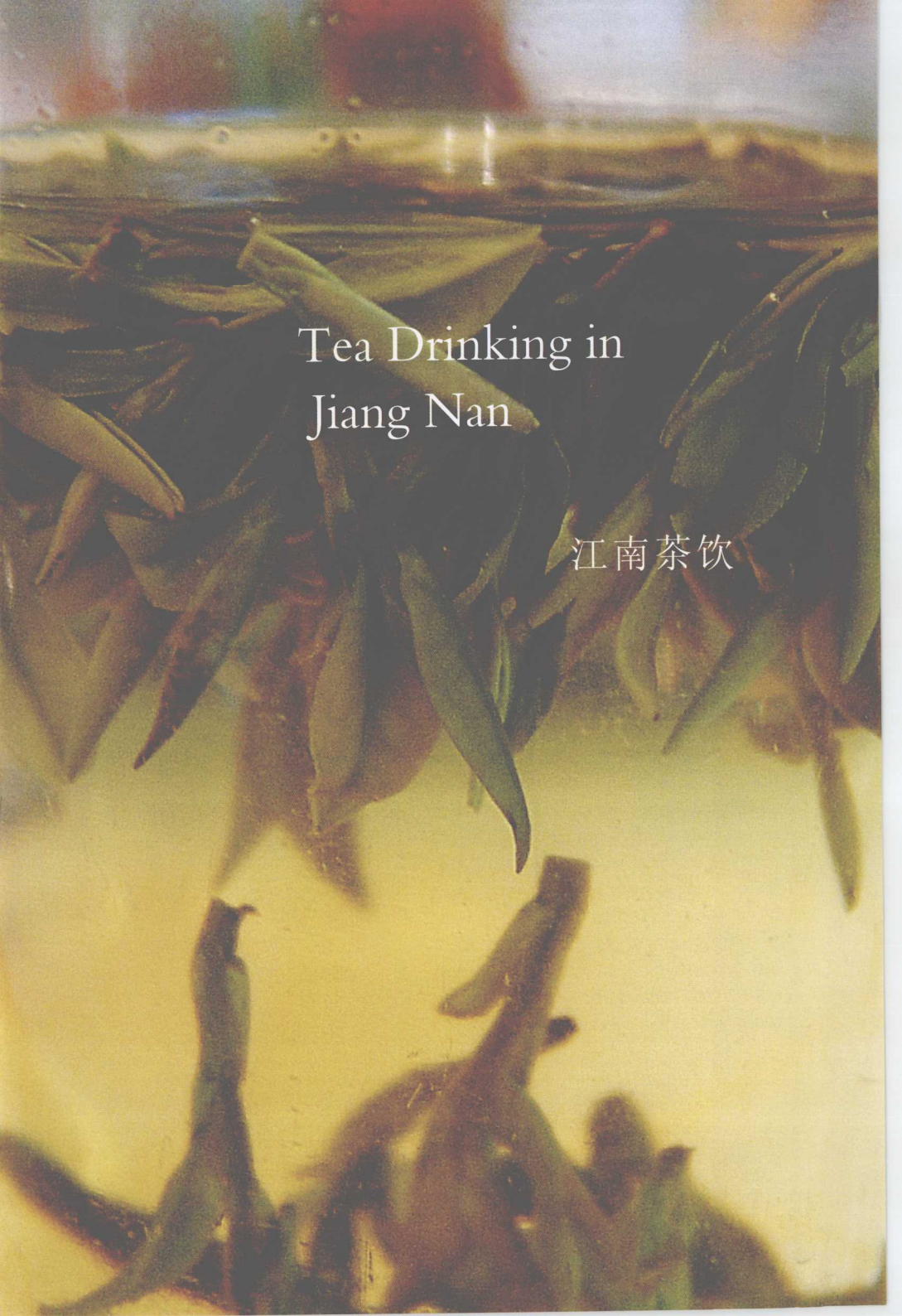
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\* *Jiang Nan, the areas south of the Yangtze.*

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A close-up photograph of tea leaves steeping in a glass cup. The leaves are dark green and appear to be a variety like Dragon Well. The water is a pale yellowish-green. The lighting is soft, highlighting the texture of the leaves.

Tea Drinking in  
Jiang Nan

江南茶饮

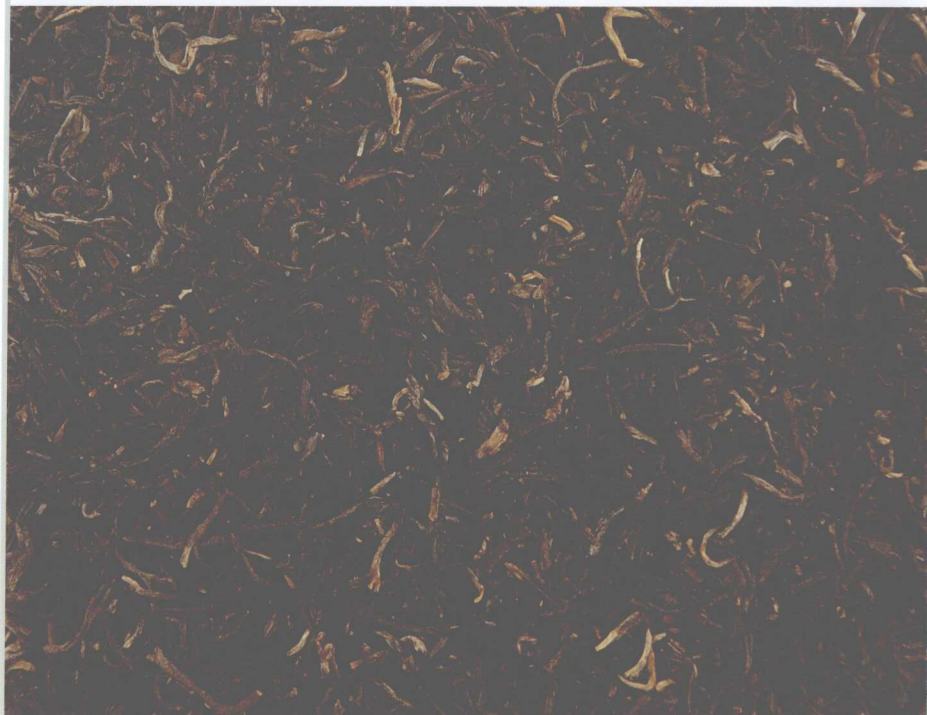


China is known as a Kingdom of Tea. Thousands of years have passed from the discovery of tea to its being a daily necessity. Referring to the discovery, "Shennong Materia Medica", the earliest known Chinese manual on medical herbs, mentions: "In order to alleviate people's sufferings, Shennong (Godly Farmer) had tasted numerous herbs and come to know the effects of each. Once however, he fell a victim of a poisonous herb and almost got knocked out. Just at that moment, a stream of unfamiliar fragrance floated into his nostrils. Following the smell, he struggled to find some lovely bright green plant. He picked a couple of leaves to chew in his mouth. Miraculously, the refreshing taste soon revived him. The leaves were none other than the tea we enjoy now. In fact, tea dose have detoxification effect and was first used as cures. It has become indispensable for people's lives ever since Shennong picked the two magical leaves.

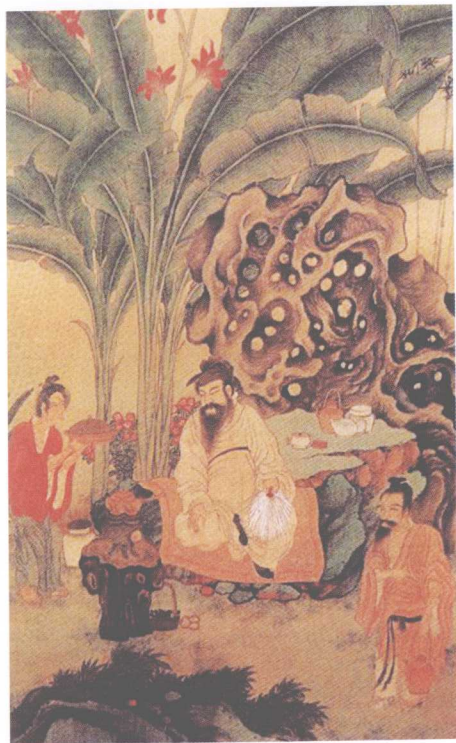
中国是茶的王国，茶叶从被发现到成为人们生活必不可少的物品，经历了漫长的过程。《神农本草》在提到茶叶的发现时称：神农为医治百姓的病痛，尝遍百草，通晓每一种草叶的药性，一日却不幸误服毒草，头晕目眩。此时，他闻到一阵清香，循香而去，发现一丛植物的叶子绿油油的，十分可爱。神农遂摘下两片叶子放入口中咀嚼，只觉清香怡人，不一刻便神清气爽，恢复元气。这叶子就是我们现在熟悉的茶叶。事实上，茶也确实具有解毒的功效，它最初就是作为药品使用的。从神农摘下那两片神奇的叶子起，茶叶与人类的不解之缘就开始了。







For many centuries, the Chinese have been growing, processing, and enjoying tea, and in doing so, have developed ways which are culturally and artistically rich in content and taste. They have even established important ceremonies to pass down from generations to generations.



中国在长达几千年的植茶、制茶、饮茶历史中，积累了丰富的具有文化内涵、艺术品位的制茶、泡茶、饮茶方法，有的还形成了一定的程式，并历代相传。唐朝茶圣陆羽的《茶经》中就这样描述过：“茶之为饮，发乎神农氏，闻于周鲁公……盛于国朝，两都并荆渝间，以为比屋而饮。”可见，在唐朝的时候，饮茶已经成为流行的风气了。随着茶被当作一种文明健康的饮料，饮茶的习俗越来越深入民间。

*The picture of tea  
infusion of Lu Tong*

卢仝煎茶图  
(宋·钱选)

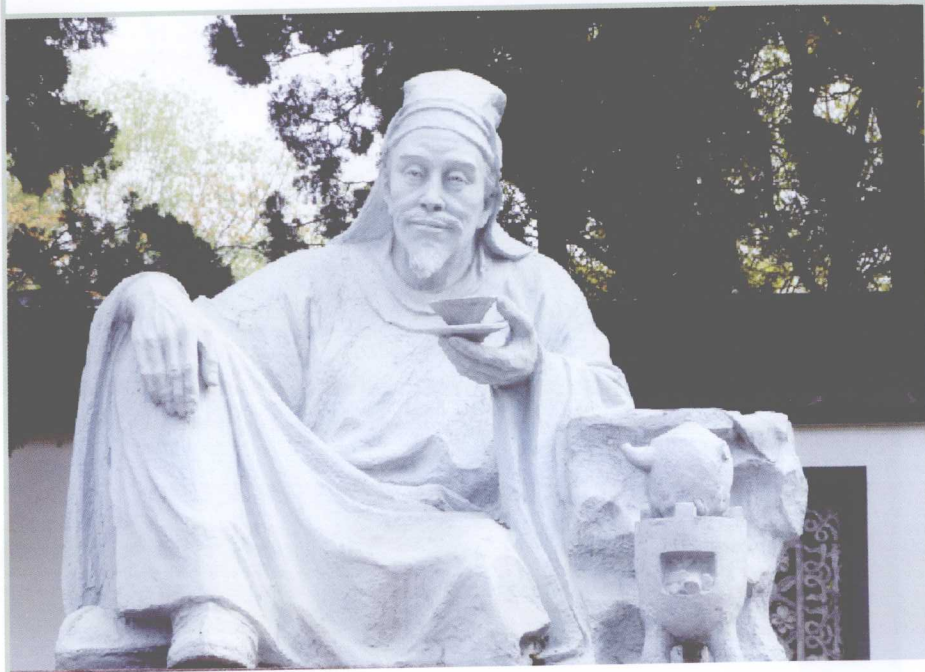
江南人喜欢茶，尤其是绿茶，是因为茶是一种中正、平和之物，饮茶或品茶能平和人的心情，在和谐中消除人的烦恼。因此，柴、米、油、盐、酱、醋、茶，这开门七件事，对江南人来说，排在最后一位的茶，在心灵上却是第一位的，因为他们早上有孵茶馆的习惯。尤其是一些老年茶客，每天起床后的头等大事，就是去茶馆品上一杯芳香四溢的清茶，再买上一些可口的早点，诸如生煎、蟹壳黄、豆腐干、茶叶蛋之类。他们风雨无阻地孵茶馆，他们对茶的如痴如醉的热爱，一个很重要的原因，就是在茶中体验和感受和谐，而茶反过来又提升了他们的生活质量，或多或少增加了一些文化的气息。如今，鳞次栉比的茶庄遍地都是，给人们繁忙的生活平添一道安静祥和的风景，一书一茶一座，心湖一派静谧。于是，有茶的地方便有了诗意，有茶人家便多了文化氛围。



*A big iron wok  
for tea firing*

炒茶用的大铁锅





*The statue of  
Lu Yu*

陆羽雕像

Jiang Nan people love tea, and green tea in particular, for its mild taste. The drink is believed to send worries away, bring tranquility, and create a peaceful frame of mind. While placed at the bottom of 7 daily essentials list, namely, firewood, rice, cooking oil, salt, soy sauce, vinegar and tea, it is the No. 1 for Jiang Nan people. Local people, especially the seniors, are used to going to teahouses the first thing in the morning, for a cup of fragrant tea and some tasty dim sum. Rain or shine, they are so devoted for a very important reason—to feel the up-lifting harmony of tea drinking with cultural touches before starting a new day.







Jiang Nan Region is favored geographically with mountains, rivers and lakes. Born and raised amid sunrises, mists, trees and bamboo forests, it is inclined to everything beautiful. The shape, fragrance and color of tea happen to match their aesthetic preferences. A cup of tea with elegant leaves and color, exquisitely served in beautiful surroundings, offers a unique experience..

They love tea also because it helps them to be restrained, tolerant and easygoing. You just need to find a casual teahouse, enjoy Suzhou story-telling and ballad singing, or have a nice conversation over a cup of tea, all your worries will go away.

Apart from being a daily drink and bringing spiritualup-lifting, tea is everywhere socially, including the ubiquitous tea-parties, where happy people chat, relax over tea in a care-free environment. Compared to romantic coffee, elegant tea is a representative of a very different culture.

*Ideal natural environment  
breeds the tea of high quality*

优越的自然环境，为  
茶叶孕育优异品质

江南人爱茶的另一个原因是源于他们骨子里的那份对自然山水的热爱。江南由于地理环境的得天独厚，山清水秀，人们从小生活在山水、朝霞、云雾、绿树、竹林的环境中，对美的东西有一种天然的向往。而茶叶的味香形美及汤色鲜亮的特色非常符合江南人的审美习惯。在优美的环境里品茶，即把享受茶叶、茶汤、茶艺的美和享受自然环境的美融为一体。如宋人吴自牧在《梦粱录·茶肆》中描述那时杭州的茶肆：“插四时花，挂名人画。”这些环境既静又雅的茶舍，符合南方人的审美取向。

茶除了供人们饮用，为人们带来物质和精神上的享受，成为人们日常生活的组成部分之外，还渗透到社会生活的方方面面。如茶被广泛应用于社交活动，其中最常见的是社交性的集会“茶话会”。人们饮茶谈心，神定气闲，一杯在手，其乐融融，那份优哉游哉的气氛既素朴又欢快。茶的含蓄淡雅和咖啡的浓烈奔放，成了东西方两种不同文化的象征。



Since Shennong “tried hundred herbs, encountered seventy-two poisonous ones and used tea for successful detoxification”, thousands of years have passed, during which, Yang Xiong (a celebrity in Wei and Jing Dynasties) commented on tea that “it is fragrance from a hundred flowers, sweet and strong”, Lu Yu (Tang Dynasty) published his famous book on the subject “The classic of Tea”, and China has gone through the North Song and South Song Dynasties, Ming Dynasty, and Qing Dynasty . While people come and go with passing times, the importance of tea always rains the same. The tea culture of China has a rich history of thousands of years, and its people are nourished by nature. Why not you, tea-loving folks, join us for a trip in Jiang Nan for tea.

茶还被作为纯洁、高尚的象征，用于婚姻大事中。我国古代就有以茶作为定亲聘礼的习俗，以致“吃茶”成了婚嫁的代名词。用茶作定亲聘礼，这种风俗在我国江南的一些地方至今还保留着，暗示女子从一而终。因为过去茶树繁殖，只能种茶下籽，而不能移植，否则茶树不能成活。当然喽，现在以茶作聘礼的地方，未必信奉这种道德观念，只是沿袭这种做法而已。茶还被用来祭祀。民间拜神求佛要用“三茶六酒”，逢年过节，祭祀灶神等，也用茶酒告慰神灵，祈求平安。在江南的一些寺院，常用最好的茶敬神，把茶视为圣洁的物品……

从“神农尝百草，日遇七十二毒，得茶（茶，古代茶的名称之一）而解之”，到魏晋的名士扬雄写下“百华投香，隆郁芬芳”，至唐朝陆羽流芳千古的《茶经》，两宋、明清，及至当今，岁岁年年人不同，年年岁岁茶相似。几千年的茶文化，承载了浩瀚精深的历史。人在草木间，受天地的滋养。爱茶的你，请跟随我们开始这一次芬芳的江南茶之旅吧。



*Picking tea leaves*

采摘茶叶







### 龙井茶的冲泡

#### The Infusion of Long Jing Tea

1. 备具     tea set preparing
2. 置茶     tea leaves setting
3. 浸润泡   infiltration
4. 冲泡     infusion
5. 奉茶     tea offering