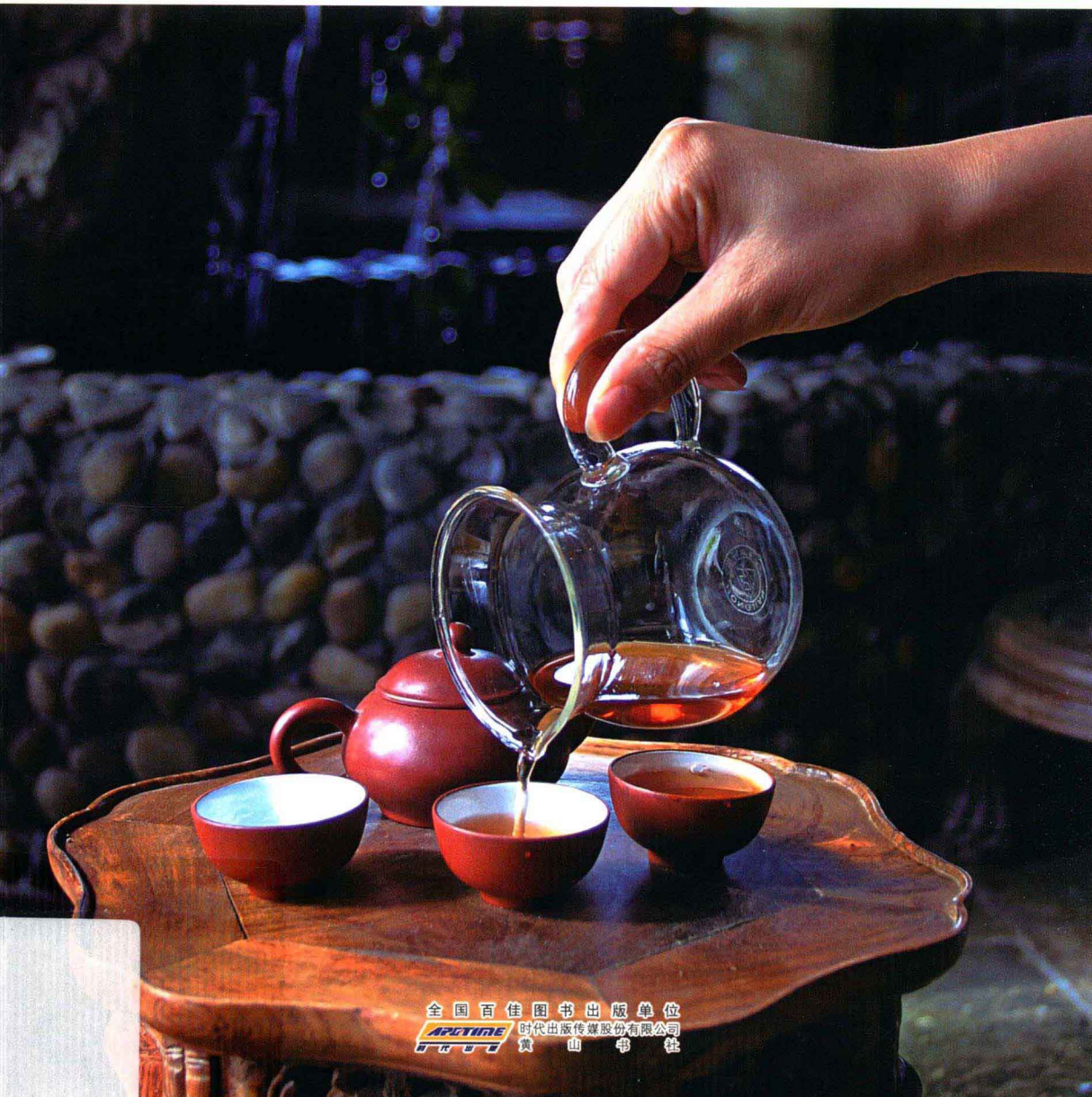


羽叶◎编著

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Tea

# 中国茶



全国百佳图书出版单位  
APETURE 时代出版传媒股份有限公司  
黄山书社

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Chinese Tea

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茶为中国国饮，中国是茶的故乡。中国人最早发现、栽培和饮用茶叶，并将茶树种子、采制技术、品茶技艺等传播到全世界。茶兴于中国的唐代，在丝绸、瓷器向



Tea is the national drink of China. China is the hometown of tea. Chinese people were the first to discover, cultivate, and drink tea. They spread tea seed, tea picking and processing techniques, and tea appreciation techniques to the rest of the world. Tea began to gain fame in the Tang Dynasty (618-907) and was gradually exported to other countries together with other specialties of China such as silk and chinaware. It was loved by more and more people in the world. Today, with people paying greater attention to health, Chinese tea is again popular due to its unique health-care efficacy.

There are numerous tea varieties in China and many of them are famous ones. In ancient China, people associated tea drinking with

国外输出的同时，茶叶也逐渐传播至国外，并越来越受到国外人的青睐。时至今日，随着人们对健康的重视，中国茶更以其独特的保健功效再一次掀起了饮茶热潮。

中国茶种类繁多、名茶荟萃。在中国古代，人们将饮茶与品行修养联系在一起，讲求品茶悟道的文化情韵。而以此为基础诞生的茶文化博大精深，茶人茶事、茶礼茶俗、茶诗茶画，更是包罗万象。承载着几千年历史的中国茶文化，正迈着轻盈的步履将万缕茶香向全世界散播。

本书以中英文对照的形式，配以大量精美图片，向海内外读者展示了中国茶的历史、茶中名品、泡茶的方法，以及一些茶艺茶俗，便于读者了解中国茶、感受中国茶文化的那一份悠长。

character building and laid stress on the cultural charm in tea appreciation and philosophical realization. The tea culture against such background has been extensive and profound. It involves all the things related to tea, including people and their tea-related anecdotes, tea protocols and custom, and tea poems and paintings. Carrying the several-millennium Chinese history, the tea culture of China is being spread to the whole world with the penetrating aroma of the tea.

Containing large quantities of exquisite pictures and bilingual illustrations (Chinese and English), this book presents to readers at home and abroad the history of Chinese teas, famous tea varieties, the way of tea making, and some tea ceremonies and custom. Through it, the readers can better understand Chinese teas and the time-honored tea culture of China.



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# 茶的故乡

## Hometown of Tea

世界各国最初所饮的茶叶，以及引种的茶种、饮茶的方法、栽培的技术等都是直接或间接地从中国传播去的。在中国地区发现的野生大茶树，时间之早、树体之大、数量之多、分布之广，可谓世界之最。最早的“茶”字出自中国，世界各国有关茶的读音，也都源于中国。中国是茶的发祥地。

All countries in the world received their first import of tea leaves, tea seeds, tea drinking methods, and tea cultivation techniques directly or indirectly from China. The wild large tea trees found in China rank first in the world in terms of age, size, number, and distribution scope. The word "tea" is from China. The pronunciation for tea in many languages are found on Chinese character 茶 (tea) . China is the birthplace of tea.





## > 最早的茶树

1824年，驻印度的英国少校勃鲁士（R.Bruce）在印度阿萨姆省沙地耶（Sadiya）发现了一株高约43英尺（约13.1米）、直径3英尺（约0.9米）的野生茶树。为此，西方学者认为印度是茶的故乡。

## > The Earliest Tea Tree

In 1824, British explorer Major Robert Bruce discovered a wild tea tree some 43 feet (about 13.1 meters) tall and three feet (about 0.9 meters) in diameter in Sadiya of the Assam region in India. Therefore, western scholars deduced that India was the hometown of tea.

In fact, *The Classic of Tea* recorded a tea tree about one meter in diameter in the Tang Dynasty (618–907). About the same size as the one found by Robert Bruce, but some 1,100 years earlier.

In 1961, Chinese archeologists discovered in Yunnan Province a wild large tea tree which was 32.12 meters tall and about 1,700 years old. Its height



### • 千年古茶树

The millennium ancient tea tree



## 神农氏与茶

神农氏是中国古代传说中的神话人物。中国的先民认为他不但是农业和医药的发明者，也是茶的发现者，因此把中国的农耕生产、饮食和医药文化的起源都归功于他。

相传神农氏有一个透明的肚子，可以看见自己的五脏六腑。他为世人尝遍百草，凡是吃到肚中的食物，都看得一清二楚，能分辨出哪些植物有毒，哪些植物可以食用，哪些植物可以当做药用。一天，神农氏尝了七十二种毒草，他的五脏发黑，很快就要支撑不住了。就在这时，忽然看见身旁有一丛灌木，翠绿的叶子带着幽幽的清香，于是他采下几片放入口中。很快，叶汁在他的肚子里流动，五脏马上恢复原样。这丛灌木就是茶树。神农氏认识到茶叶的解毒功能，于是将其推广给世人作为药用。

### Shen Nong (Divine Farmer) and Tea

Shen Nong was a legendary figure in ancient Chinese myth. The ancient Chinese regarded him as not only the inventor of agriculture and medicine, but also the finder of tea. They therefore attributed the origin of China's agricultural production, diet, and medical culture to him.

According to the legend, Shen Nong had a crystal belly, so that everything went on in the stomach could be clearly seen from the outside. He tasted all kinds of plants, in order to let people know which things can be eaten, which are poisonous and which can help cure disease. One day, Shen Nong was poisoned by 72 different poisonous plants. His internal organs turned black and he was dying. Then he saw a clump of bush with green scented leaves. He picked several leaves and put them into his mouth. With the leaf juice ran through his stomach, his internal organs returned to normal at once. Those leaves were from tea trees. Thus Shen Nong discovered the detox function of tea leaf and recommended it to people as an antidote to poisons.



#### • 《神农百草图》【局部】

图中神农身背药篓，左手拿采药工具，右手执药草，腰围树叶，赤足而行，展现出神农采百草的情景。

#### The Painting of Shen Nong (Divine Farmer) and Hundreds Herbs [Part]

In the picture, Shen Nong carries a basket on his back. He holds a picker in his left hand and a herb in his right hand. With tree leaves tied around his waist, he walks barefooted on an herb-collecting trip.



而事实上，中国唐代《茶经》中就曾记载过当时中国已发现有直径约1米的茶树，大小与勃鲁士发现的那棵相当，而时间上却要早了大约1100年。

1961年，中国考古学家在云南省发现了一棵高达32.12米的野生大茶树，树龄达约1700年，其树高和树龄在山茶属植物中均属世界第一，是目前已发现最大、最古老的野生大茶树。

茶树属山茶属植物，山茶属是比较原始的植物种群，而茶树又是山茶属中一个比较原始的种，其起源据推测至少在6000万到7000万年前。世界上山茶属植物共有23属，380余种，而在中国就有15属，260余种。

中国是野生大茶树发现最早、最多的国家。云南、贵州和四川地区的茶树较多。这些地区的茶树多属高大乔木树型，具有较典型的原始形态特征，说明中国的西南地区是山茶属植物的发源中心，是茶的发源地。

and age both were world No.1 among camellia plants. It still remains the largest and oldest wild tea tree that has been found in the world.

The tea tree is of the species *Camellia sinensis*. *Camellia* is a rather primitive plant species and the tea tree is a relatively primitive member of the genus *Camellia*. According to research, the tea plant evolved at least 60–70 million years ago. There are 23 genera and over 380 varieties of camellia plants in the world, of which, 15 genera and over 260 varieties are found in China.

China is the country which first discovered wild big tea trees and has most numerous wild large tea trees. Tea trees in China are normally found in Yunnan Province, Guizhou Province and Sichuan Province. As large and high arbors in these areas, the tea trees show typical primitive features, indicating that the southwestern area of China is the birthplace of *Camellia* plants, including tea.



#### • 云南风光

云南、贵州和四川地区是茶树的原产地。这里地形复杂，大部分为盆地、高原地势。雨量充沛、冬暖夏凉的气候以及肥沃的土壤为茶树的生长提供了条件。

#### Landscape of Yunnan Province

Yunnan Province, Guizhou Province and Sichuan Province are the places of origin of tea trees. These area has a complicated terrain, which mainly includes basins and plateaus. It enjoys an abundant rainfall, a climate warm in winter and cool in summer and fertile soil, all being favorable for the growth of tea trees.

## 茶树

茶树是多年生常绿木本植物，生长于中国长江流域各省，后传入日本、印度尼西亚、斯里兰卡、俄罗斯等国。茶树喜温、喜湿、喜阴，适合生长在气候湿润、雨水充沛、多云雾、少日照、土壤肥沃的地方。

茶树分为乔木、半乔木、灌木三种类型。乔木型茶树植株高大，通常高3~5米，主干直立明显，分枝部位较高，主根发达；半乔木型茶树植株高度中等，分枝部位离地面较近，主干较明显，根系较发达；灌木型茶树植株矮小，通常只有1.5~3米，近地面处枝干丛生，或从根茎处发出，分枝稠密，成年后无明显的主干，根系分布较浅，侧根发达。

## Tea Tree

The tea tree is a perennial evergreen woody plant that originates in the provinces of China along the Yangtze River. It has been introduced to other countries such as Japan, Indonesia, Sri Lanka, and Russia. The tea trees like warm, humid and shady environment. It thrives in the regions with humid climate, abundant rainfall, cloudy and misty weather, less sunshine, and fertile soil.

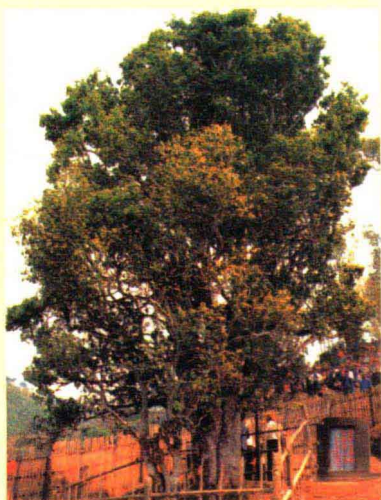
There are three types of tea trees, namely arbor-type tea tree, semi-arbor-type tea tree, and shrub-type tea tree. The arbor-type tea tree is normally large and tall, as tall as three to five meters. Its main trunk is obviously upright and its branches grow from a relatively high position. It has a highly developed root system. The semi-arbor-type tea tree has a medium height. Its main trunk is rather obvious and its branches grow from a position rather close to the ground. It has a relatively developed root system. The shrub-type tea tree is small and short. It is only 1.5 to 3 meters tall. Its branches grow thickly near the ground or out of the stem. The mature tea tree has no obvious main trunk. Its root system is distributed rather shallowly and its side roots are highly developed.



• 茶树

A tea tree





- 乔木型茶树  
An arbor-type tea tree



- 灌木型茶树  
Shrub-type tea trees



- 半乔木型茶树  
A semi-arbor-type tea tree





## 茶马古道

茶马古道起源于唐宋时期的“茶马互市”，即以茶易马或以马换茶。这是汉藏民族之间一种传统的贸易往来。茶马古道是因茶与马的交换而形成的交通要道。历史上的茶马古道不止一条，它以川藏道、滇藏道和青藏道三条大道为主线，辅以众多的支线，构成一个庞大的交通网络。

## Ancient Tea-horse Road

The Ancient Tea-horse Road stemmed from the traditional Tea-Horse Trade by Barter between Han and Tibetan peoples in the Tang Dynasty(618– 907) and the Song Dynasty(960–1279). That were mainly tea-for-horse or horse-for-tea trades at that time. There were more than one ancient Tea-horse Road in history. In addition to three major roads, namely Sichuan-Tibet Road, Yunnan-Tibet Road, and Qinghai-Tibet Road, there were numerous smaller branch roads. They formed a massive transportation network.



• 行走在茶马古道上的马帮

A caravan on the Ancient Tea-horse Road