

# CHINA TEA

# 中国茶

【中英文对照】

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甲骨文

𣎵 𣎶

大篆

𣎷 𣎸

小篆

茶 荼 荼

印篆

荼 荼

隶书

茶 茶

楷书



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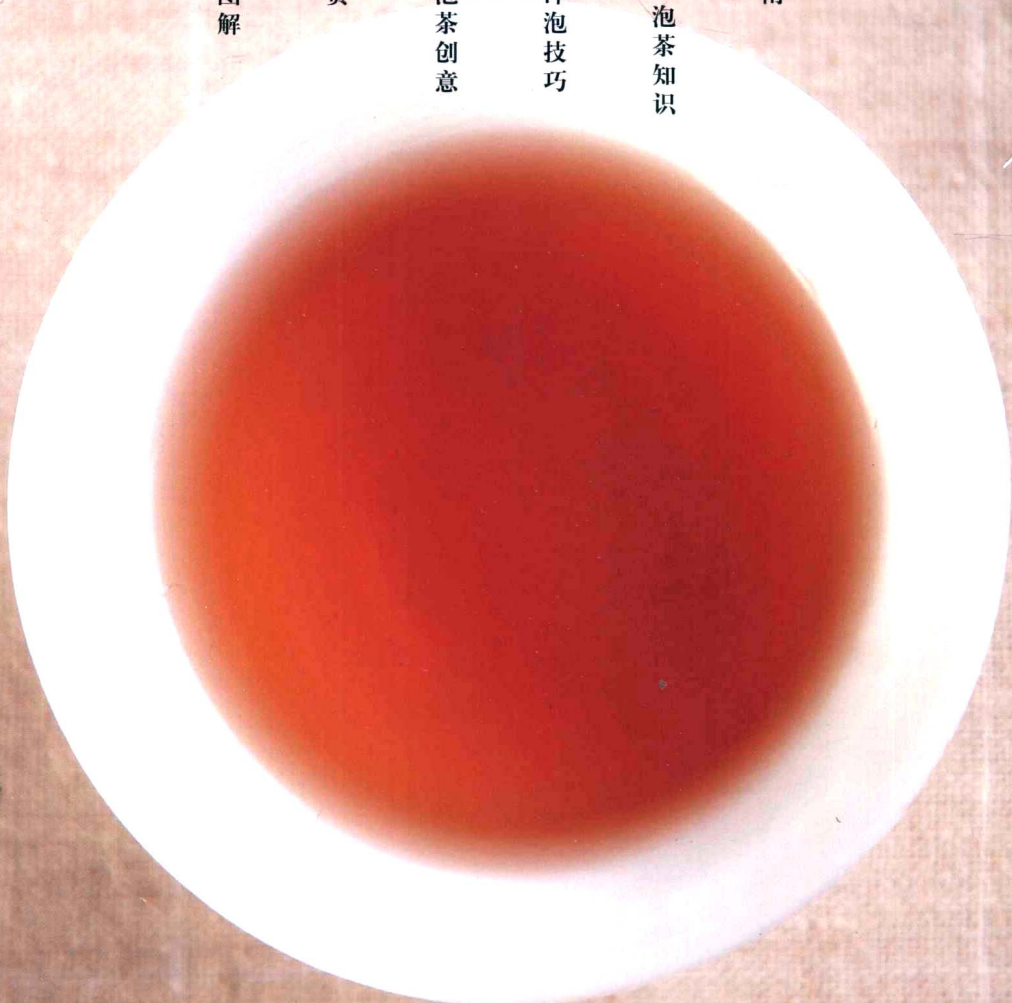
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百余种名茶及茶具鉴赏

十余种名茶泡法步骤图解



Essential getting started guide for tea lovers

Knowledge about appreciating, brewing, which is concerned by the people who enjoys tea culture

Techniques for family to make better tea soup

The simple and creative method for the office people

Hundreds of famous tea and their appreciation

Step diagrams for brewing tea about ten more kinds of famous tea





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汉竹·健康爱家系列

# 中国茶

吴建丽 主编

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# PREFACE

## Tea drinking—Flavor of life

There are 7 things we have to contact every day, besides bavin, rice, oil, salt, sauce, viniger, the only remained flavor of life is tea. Maybe it is so common that it is always neglected by us. Actually, tea can not only quench your thirst, but aslo lose weight; not only maintain your heart health, but also keep your beauty, even to help to control and treat “Three-hypers” illness. Thus, people buy them in a fashion, which made it as a gift or a fashion.

In the office, drinking tea is not as instant as drinking coffee, but to show your calm and graceful. Drinking a little tea in your mouth, feeling the fragrance running through your lips and teeth, which make you clear and cool. Such a leisure will be envied by a group of people around you. In such a good mood immerse yourself to the next part of work, how pleasant it is.

After experencing the hard of life and the different types of world, enjoying a cup of tea might as well. The strong fragrance just runs around you. Such, put your mind at the moment, resolving defects down dirty. That is why coffee is just a kind of drinks, no matter studying or development have been done, however, tea can be assigned more meaning. Very often, the benefits of tea not in the nose or mouth, but in your own thought.



前言

## 饮茶，调味生活

开门七件事，除却柴米油盐酱醋，余下紧要的生活调味品就是茶了。也许是太平常了，所以常被人们忽视。直到近年来，茶的好处才更多地被发现。原来茶不仅可以解渴，还可以减肥；不只可以养心，还能养颜，甚至可以辅助预防都市人群中流行的『三高』疾病。于是乎，时尚中人趋之若鹜，以茶为礼，以茶为风尚。

在办公室，喝茶不如喝咖啡来得快捷，却足以体现出你的优雅笃定。饮一口茶，唇齿留香，心清气爽，这份气定神闲足以羡慕倒一帮身边人了吧。带着这样的好情绪，投入到下一轮的工作中，是多么惬意的事啊。

当渐知了生活的艰辛，饱尝了人生的百味后，不妨幽静闲雅地品饮一杯清茶，那浓郁鲜醇的味道，令人齿颊留芳，于一烹一品间，从容地将你的心灵在瞬间涤瑕荡秽了一回。大概这就是咖啡再怎么被钻研得透彻，被不断推陈出新，也只能作为一种饮料，而茶却能被赋予更多含义的原因吧。

很多时候，茶的好处并不在口鼻之间，而在心念之间。



茶



A blurred teapot is pouring water into a row of teacups. The teapot is white with blue and red floral patterns. The teacups are white with blue floral patterns and a red flower. The background is a soft, out-of-focus green.

# 目录

# CONTENTS

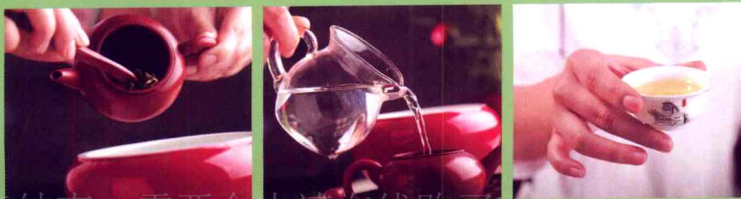


## Part 1 寻茶 .....12

茶之源.....	14	高山产好茶.....	22
神农遇茶.....	14	光线.....	22
中国是茶的故乡.....	16	认识一叶茶.....	24
中国是茶树的原产地.....	16	采茶.....	24
茶树发源地五说.....	16	茶叶品质.....	26
茶马古道.....	18	鲜叶规格.....	27
茶是中国人的图腾饮料..	18	茶叶鉴赏.....	28
南方有嘉木.....	20	茶的命名.....	28
土壤.....	20	茶的分类.....	28
气候.....	20		

## Part 2 泡茶: 只三步 .....30

第一步 选茶, 备具, 择水...32	水.....	66
茶叶.....	水为茶之母.....	66
鉴茶不外行.....	科学煮水茶更香.....	68
选茶有绝招.....	第二步 轻松泡轻松品...70	
茶叶的用量.....	绿茶.....	70
茶具.....	西湖龙井.....	74
一壶一盏总相宜.....	碧螺春.....	80
入门必备茶具.....	黄山毛峰.....	86
精致茶具添茶趣.....	蒙顶甘露.....	90



六安瓜片 .....	91
太平猴魁 .....	92
信阳毛尖 .....	93
庐山云雾 .....	94
婺源茗眉 .....	95
径山茶 .....	96
安吉白茶 .....	97
顾渚紫笋 .....	98
老竹大方 .....	99
<b>黑茶</b> .....	<b>100</b>
普洱生饼茶 .....	104
普洱熟饼茶 .....	110
煮饮老帕卡 .....	116
六堡茶 .....	120
茯茶 .....	121
<b>乌龙茶</b> .....	<b>122</b>
铁观音 .....	126
大红袍 .....	132
冻顶乌龙 .....	138
铁罗汉 .....	144
武夷肉桂 .....	145
闽北水仙 .....	146
永春佛手 .....	147
黄金桂 .....	148
凤凰单枞 .....	149
白毫乌龙 .....	150
文山包种 .....	151
<b>红茶</b> .....	<b>152</b>
祁门红茶 .....	156
C. T. C红碎茶 .....	162
正山小种 .....	168
滇红功夫 .....	169

政和功夫 .....	170
坦洋功夫 .....	171
<b>黄茶</b> .....	<b>172</b>
君山银针 .....	176
霍山黄芽 .....	182
<b>白茶</b> .....	<b>186</b>
白毫银针 .....	190
<b>花茶</b> .....	<b>196</b>
茉莉花茶 .....	200
造型花茶 .....	208
花草茶 .....	210
<b>第三步 泡茶后收具</b> ..	<b>212</b>
洁具 .....	212
茶叶保存 .....	214
到野外去喝茶 .....	216

## Part 3 说茶：茶在生活中 ..... 218

<b>茶说</b> .....	<b>220</b>
茶为国饮 .....	220
茶疗我身 .....	222
<b>茶情</b> .....	<b>224</b>
茶的妙用 .....	224
四季乐饮茶 .....	228
饮茶需度量 .....	230
<b>附录</b> .....	<b>232</b>
常用评论茶用语 .....	232

# CHINA TEA / CONTENTS

## Part 1 Tea seeking ..... 12

### Origin of tea ..... 14

#### Shen Nong discovered tea ..... 14

#### China is the hometown of tea ..... 17

China is the original place of tea bush ..... 17

Five legends of the tea bushes' origin ..... 17

Old Tea-Horse Road ..... 19

Tea is Chinese people's Totem beverage ..... 19

#### There are good woods in the South ..... 21

Soil ..... 21

Climate ..... 21

Good tea are produced in high mountains .... 23

Light ..... 23

#### Understanding of leaf tea ..... 25

Tea-Picking ..... 25

Qualities of tea ..... 26

The specification of fresh leaves ..... 27

#### Appreciation of tea ..... 29

Naming of tea ..... 29

Classification of tea ..... 29

## Part 2 Making tea: Just three steps ..... 30

### Step One Selecting tea, prepar-

### ing tea sets, choosing water ..... 32

#### Tea ..... 33

Appreciating as an expert ..... 33

Skills for choosing tea ..... 37

The amount of tea ..... 39

#### Tea sets ..... 41

Choosing suitable tea sets ..... 41

Essential tea sets for starters ..... 43

Exquisite tea sets add more fun ..... 57

#### Water ..... 67

Water give the birth of tea ..... 67

Boiling water scientifically makes better tea...

..... 69

## Step Two Easily brew and Taste relaxedly ..... 70

#### Green Tea ..... 71

West Lake Dragon Well ..... 75

Green Spiral ..... 81

Yellow Mountain Fuzz Tip ..... 87

Mengding Dew ..... 90

Liuan Leaf ..... 91

Taiping Houkui ..... 92

Xinyang Maojian ..... 93

Lushan Clouds ..... 94

Wuyuan Mingmei ..... 95

Jingshan tea ..... 96

Anji white tea.....	97
Guzhu Purple Bamboo Shoot .....	98
LaoZhu Dafang .....	99
<b>Dark tea.....</b>	<b>101</b>
Unfermented Pu'er tea cake .....	105
Fermented Pu'er tea cake .....	111
Boil and drink Old Paka.....	117
Liubao tea .....	120
Fu tea.....	121
<b>Oolong tea.....</b>	<b>123</b>
Iron Mercy Goddess.....	127
Robe tea .....	133
Dongding Oolong .....	139
Iron Arhat.....	144
Wuyi Cassia tea .....	145
Narcissus in Northern Fujian .....	146
Yongchun Bergamot .....	147
Golden Sweet Osmanthus tea .....	148
Phoenix Unique Bush .....	149
White tips Oolong tea .....	150
Wenshan Baozhong.....	151
<b>Black tea.....</b>	<b>153</b>
Qimen Black tea.....	157
C. T. C black Shredded tea.....	163
Zhengshan Xiaozhong .....	168
Dianhong Gongfu .....	169
Zhenghe Gongfu .....	170
Tanyang Gongfu.....	171
<b>Yellow tea .....</b>	<b>173</b>

Junshan Mountain Silver Needle .....	177
Huoshan Mountain Yellow Bud.....	183
<b>White tea .....</b>	<b>187</b>
White Tip Silver Needle .....	191
<b>Scented tea .....</b>	<b>197</b>
Jasmine tea.....	201
Sculpting scented tea .....	209
Flower and grass tea .....	211

## Step Three Collect tea sets after brewing..... 212

Clean the sets .....

Storage of tea .....

Drink tea in the open air.....

# Part 3

## Talk about tea: Tea in the life..... 218

Tea-telling .....

Tea is the national drink.....

Tea keeps our health .....

Emotion of tea.....

Magic effect of tea .....

Enjoy drinking tea in all seasons .....

Drinking tea requires consideration.....

Appendix .....

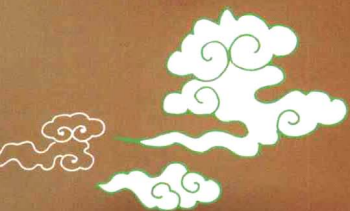
    Common comments on tea .....



Part  
1

# 寻茶

Tea seeking



Tea is one of the most classical plants, which was born in castle peak, grown up in the deep valleys, formed in the forest. Coming out from the *Book of Tea*, which written by Lu Yu, teaching people to drink and enjoy the spirit of mountains and seas. That is why it contains human's culture and customs. To find better tea, only being in a calm and peaceful mood can get it.

# 茶

茶叶是一种最经典的植物，生于青山，长于幽谷，结庐林间，从陆羽的《茶经》走出，教人饮尽山灵水秀，自然也就能意蕴人间风情了。要寻觅一叶好茶，只有拥有了平和的心，才能发现和体味。





## 神农遇茶

中国是茶叶的故乡，茶是在全世界长盛不衰的饮料。是谁最早发现了茶，辨别了茶的药用功效，并使这有益身心的植物为百姓所知的呢？

陆羽《茶经》中有言：“茶之为饮，发乎神农氏，闻于鲁周公。”炎帝神农氏是华夏民族举世公认的人文始祖。他为了让广大百姓能够安全饮食，严防因饮食不当引发疾病，亲自尝百草，辨别百草的可食用性，并在这一过程中发现了茶及茶的药用功效。

相传神农为了天下众生遍尝百草，其中固然有一些可口的蔬果，有可充饥解饿的粮食，但也有很多有毒的植物。一天，神农尝了一种毒草后突然百毒俱发，晕倒在山脚下，等到他悠悠醒转，发现身边有一棵小树，翠绿的叶子带着淡淡的清香，神农不禁采下一片放入口中咀嚼起来，立刻芳香满口，身体的不适也消失得无影无踪。后来，神农把这棵小树移植到人类的聚居地。这棵树，就是一棵茶树。

## SHEN NONG DISCOVERED TEA

China is the hometown of tea, and tea is a prosperous beverage in the world. Who is the first one that discover it and distinguish its medical effect and make this healthy plants known by all the people?

There was a saying in Lu Yu's *Book of Tea*, "Why tea becomes a kind of drink, because of the discovery of Shen Nong and the spreading of Luzhou Gong". Emperor Yan also named Shen-Nong is recognized as the ancestor of the whole nation of China. In order to make people eat safely, prevent illness, he personally tasted hundreds of herbs to identify whether the herbs could be eaten or not. At the same time, he found the special medical effects of tea.

According to legend that Shen Nong tasted all the herbs to help people, while there were many delicious fruit or vegetables, which could be served as food, meanwhile there were still many poisonous plants. Once he ate a kind of poisonous herb by accident, then he fell down. After he woke up, he found there was a little tree next to him, which with a smell of fragrance, Shen-Nong couldn't help picking up a leaf and chewing in his mouth, immediately his mouth filled with fragrance and he was fine. After that, Shen Nong transplanted the little tree to the human's settlement, likewise, this tree was a tea bush.