

国际茶文化活动的频繁，极大地促进了世界对中国茶文化的了解，要使中国茶文化更好地走向世界，需要有一大批真正懂茶并了解中国传统文化，英语沟通能力强的人才致力于传播中国茶文化事业，才能跨越文化和语言的鸿沟，以茶为媒，从而搭建起一座中西方文化交流的桥梁。

张丽霞 朱法荣 主编



茶文化书籍

The Book of Tea
Culture

Studies of Chinese Tea Custom

茶文化

学英语



中国出版集团

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张丽霞 朱法荣 主编

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前言 Foreword

随着我国经济腾飞和国际影响力的增强,进一步提高我国文化软实力,实现中华民族的伟大复兴,是近年来我国政府的一项重要举措,而源远流长的茶文化正是中华优秀传统文化中最靓丽的名片之一。

我国是茶的原产地和茶文化的发源地,是世界上最早发现和利用茶树的国家。我国不仅有着世界上最丰富的茶树种质资源、多姿多彩的茶叶产品和精湛的茶叶加工技艺,而且有着源远流长和独具东方特色的茶文化。在历史的悠悠长河中,中华茶文化通过多种途径不断向外传播,使茶成为风靡世界的三大无酒精饮料之一,目前世界上有160多个国家和地区的近30亿人口在饮茶。然而,对于中国人而言,茶绝非一杯普通的饮料,人们已不仅仅局限于解渴饮茶、保健饮茶,而是将饮茶上升为品茶,使之与情感交流、生活情趣和修身养性相结合,逐渐成为调节现代社会的一种慢生活方式。人们在品茶之间,感受自然和艺术之美,体验一叶一菩提的禅境之美,感悟中国哲人的人生智慧。

近年来,国际茶文化活动频繁,极大地促进了世界对中国茶文化的了解,但我们同时也感觉到,要使

中国茶文化更好地走向世界,需要有一大批真正懂茶并了解中国传统文化、英语沟通能力强的人才致力于传播中国茶文化,才能跨越文化和语言的鸿沟,以茶为媒搭建起一座中西方文化交流的桥梁。目前高校茶学本科课程中开设有《茶学专业英语》,但缺乏正式出版的教材,讲授内容通常较偏重科技方面,而现有的几本英文专著多为外国人所编撰,内容上不能系统全面地反映中国茶文化特色,且年代较为久远,资料比较陈旧,不适宜作为教材。故而,出版一本由中国人自己编写的中英文对照版《茶文化学英语》教材很有必要,这将有利于促进中国茶文化的传播,促进世界茶文化的交流。

为了实现上述目标,本教材在编写时着重考虑了以下几个方面:

第一,英语与专业相结合,注重培养学生的跨文化交际能力和国际视野。本书两位主编分别为茶学和英语专业资深教授,具有丰富的教学、科研和实践经验;所选课文既有我国传统茶文化的描述,也有其他国家的茶文化介绍,有些课文来自英文资料选编,有些资料译自中文经典著作,使学习者既能享受到原汁原味的英文,也能学习到如何将中文经典翻译为英文。

第二,既重人文也重科学,文化现象和科学研究相得益彰。本教材不仅提供了有关茶的起源、饮茶习俗和茶的精神等人文知识,还介绍了茶的种植、制作和品评等相关科学知识,为学生提供了一定的茶学专业知识和文化表达方式。

第三,科学安排,主辅结合。本教材共有8个单元,31篇课文,一些课文后附有相关内容的扩展阅读,可供学生自学。

第四,适用性和可操作性较强,课文难易程度适中。每篇主课文后都跟有词汇解释、难点注释和汉语译文,可以帮助教师和学生尽快扫清语言障碍,节省课堂时间,使学生有更多时间和信心参与课堂讨论,提高英文口语表达能力。

世界图书出版西安有限公司的编辑为本教材的出版付出了辛勤的劳动。从2013年起,历经三年时间的反复校对,从内容编排、词汇标注、汉语译文到每个单元的图片编辑,责任编辑都做了非常细致的审核和校对工作,对此,我们表示衷心地感谢。

虽然,本书主编和责任编辑都做了最大努力,但是不足之处在所难免,欢迎各位专家学者和读者批评指正,我们一定认真听取意见,使本教材在语言和专业水平上都能日臻完善。此外,课文材料来源除所附列参考文献之外,还有部分来自网络,因无法与作者取得联系,如有不妥之处,请与编者联系。

張麗霞 李法榮

2015年9月

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Unit 1

General Description of Tea





Lesson 1

Origin of Tea in China

The discovery and origin of tea and tea drinking are generally **ascribed** to China. Its legendary history dates back to the year 2737 BC. In the account of the *Herbal Canon of Shen Nong*, the Chinese Emperor Shen Nong claimed that tea was able to **detoxify** 72 kinds of poisons. It is stated in an ancient Chinese document published in 347 AD, that people living in southwest of China used tea for paying **tribute** to Chinese emperors as early as 1066 BC. *The Book of Songs: Er Ya*, which was published in 130 BC, described the ecology of tea trees and tea drinking. In this era, tea was used as medicine as well as for entertaining guests. The **antiquity** of tea is also evident in the essay *Tong Yue*, published in 59 BC, in which there is evidence of the making and sale of tea, as well as the establishment of schools during the second century to instruct people on how to grow and drink tea. The existence of tea market in 130 BC is also documented in the recent publications. Obviously, China had been enjoyed a flourishing tea industry centuries before the Christian era. **Excavated** Western Han Tombs of the second century BC, which is situated in the Hunan Province of China, revealed that tea was one of the items included in the list of burial objects.

Records indicate that tea production and tea drinking were restricted to southwest of China until about the fifth century BC. At about that time, China entered its “Warring States Period”, and this led to a steady movement of populations across the country. As a result of the migration, tea was spread to other regions of China. During the third century BC, the custom of tea drinking was in-

troduced to northwest of China and Mongolia. By the beginning of the Tang Dynasty(618 AD—907 AD), tea had become one of the principal goods of trade in the Turpan Depression. The use of tea increased because the spread of Buddhism in China and by the edict of the Imperial Court that tea should replace the use of wine. As a result, tea became a staple **commodity**, second only to salt. In 780 AD, Lu Yu published the book *The classic of Tea*, in which he gave a comprehensive introduction of the origin, variety, cultivation, processing and storage of the tea, as well as the tea drinking customs, described the ecology of tea trees, and extolled the virtues of tea drinking.

By the time of the Song Dynasty(960 AD—1271 AD), the major tea plantations in China extended to the southeast of China, and people offered tea as tribute in place of grain and money. During the Ming Dynasty(1368 AD—1644 AD), harsh laws even death penalty, were imposed on illegal business practices in the sale of tea. In 1397 AD, Ouyang Lun, the son-in-law of the first emperor(Zhu Yuanzhang) of the Ming Dynasty, was sentenced to death for demanding high prices for the sale of his illegal hoard of tea. It was in this era that the tea-horse trade became popular because fine horses required by the army were not available at that time. It was reported that in the year 1,398 AD, 250,000 kilograms of tea were **bartered** for 13,584 horses. This tea-horse trade had **prevailed** for several generations and was **instrumental** in spreading the popularity of the tea. After the Ming Dynasty, tea became the national drink in China. In fact, tea became a necessity of life, equal to fuel, rice, cooking oil and salt. Chinese minorities would go without rice for three days but would not go without tea for a single day.

New words and expressions

生词和短语

ascribe [ə'skraɪb] *v.* 将……归因于

tribute [ˈtrɪbjʊt] *n.* 礼物;贡品

excavate [ˌɛkskəveɪt] *v.* 挖掘

commodity [kə'mɒdɪtɪ] *n.* 货物;日用品

prevail [prɪ'veɪl] *v.* 盛行;流行

instrumental [ˌɪnstru'mentl] *adj.* 有帮助的

detoxify [di:tɒksɪfaɪ] *v.* 解毒

antiquity [æntɪkwɪtɪ] *n.* 古物

barter [ˈbɑ:tə] *n.* 货物交换;易货;贸易

Comprehension

理解

Give answers to the following questions in your own words and complete sentences as far as possible.

1. In what classics did the tea firstly come into appearance in ancient China?
2. What caused the break of the restriction of tea production and tea drinking?
3. Due to what factors the use of tea increased in Tang Dynasty?
4. What made the tea-horse trade popular in Ming Dynasty?
5. When was the tea used as the tribute to ancient emperors in China?

Translation

参考译文

茶叶在中国的起源

通常认为：中国是茶叶及饮茶的发源地，这一传奇般的历史可以追溯到公元前 2737 年。根据《神农本草经》，炎帝神农认为茶可以解 72 种毒。公元 347 年的一本中国古代文献中记载，早在公元前 1066 年，中国西南部的人们就用茶进贡。公元前 130 年的《诗经·尔雅》中就有关于茶树的生态特性和饮茶风俗的描述。在这一时期，茶除了用于招待宾客，还可做药用。对茶较早的描写同样也可见于公元前 59 年的散文《僮约》，文中记载了茶叶的制作和交易，同时也记载了公元 2 世纪成立专门用于指导人们种茶及品茶的学校。最近的出版物中同样记载了公元前 130 年出现的茶叶交易市场。显而易见，中国茶业早在公元前就已繁荣了几个世纪。从湖南省出土的公元前 2 世纪西汉古墓中的茶叶是当时的陪葬物品之一。

有记载表明：公元前 5 世纪之前，仅在中国西南部产茶及饮茶。大约那时，中国进入战国时期，发生了持续性的全国范围内的人口迁徙，这把茶叶带到了全国其他地区。公元前 3 世纪，饮茶的风俗传入了中国西北部和蒙古。唐朝（公元 618 至 907 年）初期，茶叶已成为吐鲁番盆地的重要交易物品。随着佛教在中国的传播以及以茶代酒皇令的颁布，茶叶在中国得到普及，成为仅次于盐的第

二大商品。公元 780 年，陆羽的《茶经》问世。书中全面介绍了茶的起源、品种、栽培、加工、储存以及品茶习俗，同时还介绍了茶树的生态特征和饮茶的好处。

在宋代（公元 960 至 1271 年），中国东南部开始大规模种植茶树，而茶叶也取代了谷物与银两，成为当地的贡品。到了明代（公元 1368 至 1644 年），非法买卖茶叶会受判严刑，甚至是死刑。公元 1397 年，明开国皇帝朱元璋的驸马欧阳伦就因过分抬高其非法囤积的茶叶价格而被处斩。也是在这一时期，由于明朝军用良马供应不足，茶马贸易开始盛行。据记载：公元 1398 年，共计 25 万公斤的茶叶换回 13 584 匹马。这种茶马贸易持续了好几代，对茶叶的普及起到了重要作用。明朝后，茶叶成了中国的国饮。事实上，茶叶同柴、米、油、盐一样，变成了生活必需品。对中国少数民族而言，人们宁可三日无食，不可一日无茶。



Reading Material



阅读材料

Disputation about the Origin of Tea

Millions of people all over the world drink tea. Tea has become an essential part of people's daily life. As you enjoy a refreshing cup of tea, have you ever thought about its origins; who does first discover the delicious beverage and which country is the homeland of tea?

China is the earliest nation of planting, making and drinking tea in the world. It was recorded in *Herbal Canon of Shen Nong*, over two thousand years ago, Shen Nong tasted **various** herbals and was once poisoned 72 kinds of toxins in one day. Eventually he discovered that tea detoxified all the toxins in his body, and he also noted that regular consumption of tea can maintain one's youthful appearance and reinforce vital energy.

Ancient books used the Chinese character “tu” when they referred to tea plant. Today, the popular beverage is known around the world as “tea” and “cha”, derived its name from the pronunciation of dialects in Guangzhou and Fujian. So, as tea spread from China to other countries, it retained its Chinese name.

For a long time it was an undisputed fact that China was the homeland of tea, but in more recent times this has been challenged in a series of arguments and disputes. India has been credited by some authorities as the homeland of tea, but the facts substantiate that tea did originate in China.

It is known that a Japanese Buddhist monk, called Deng, studied in China and brought tea to Japan in 805 AD. He was the pioneer for growing tea outside of China. India, in spite of a country with great history, did not engage in tea planting and drinking in ancient times.

In 1610, tea was first taken to Europe by a Dutch merchant, and it rapidly gained popularity. There were high profits to be made in dealing with tea, and to take advantage of this, Britain started planting tea in India in 1780. To aid this, successive prime ministers sent representatives to China to buy tea and learn about tea plantations. Surviving records indicate that in the eighteenth century, tea was cultivated in at least twelve provinces of China, and two of those (Anhui and Fujian) supplied the largest portion of exports to Europe.

In 1824, the British Major General R. Bruce, once invaded India, claimed that he discovered wild tea trees at Assam in India, somewhere near the border between Burma and Chinese Yunnan. Under his direction, five boxes of black tea were shipped to London and subsequently received the prestigious 'Innovation Award' from the British Technology Institute in 1836. Spurred by General Bruce's discovery, the Indian Tea Committee organized a scientific research group to study the wild tea trees at Assam. Led by botanists Dr. Wallice and Dr. Griffich and geologist Mr. McClelland, the group found that the species of wild tea growing in Assam was actually from China; although its quality was poor because of a long period of wild, uncultivated growth.

General R. Bruce vehemently disagreed with the conclusions of the research team, and he wrote a pamphlet in India listing the 108 wild tea trees he had found in Assam including a 43-foot high by 3-foot diameter specimen. Thus India was promulgated as the original homeland of tea, starting a dispute which has persisted right through to this century.

There are five schools of thought on the subject:

(1) Indian School: Represented by an Englishman, Samuel Baildon, who opposed the historical theory of Chinese origin in his book *Tea in Assam* written in

1877. Mr. Baildon advocated that tea originated in India. Also from this school, another Englishman John H. Blake wrote a book *Guide to Tea Merchants* to promote Indian tea sales in 1903. Edith A. Browne was the other prominent figure who supported the Indian School.

(2) Persistent School: Numerous scholars of the Persistent School insist that tea was sourced from China. Notable works supporting this include Russian scholar E. Bretschneider's *Botanic Science*, French Decandolle Oenine's *Natural Systematic Botany* and A. Wilson's *The Traveller's Tale of Eastern China*.

(3) Bioriginism: A Java tea classifier named Cohen Stuart indicated in his book that there are two types of tea leaves, differentiated by their separate origins. He believed the large-leaf species originated in India whereas the small-leaf varieties came from China.

(4) Multi-origanism: William H. Ukers, an American tea expert, in his publication *A Full Text on Tea*, insisted that tea originated wherever the natural environment favored its survival, thus he proposed a multi-origin theory.

(5) Anonymous Theory: A new theory, which can only be described as "Anonymous" was put forward by T. Eden in his book *Tea* written in 1974. In this publication, Mr. Eden indicated that neither China nor India is the origin of tea.

关于茶叶起源的争论

世界上有很多人饮茶，茶已经成为人们日常生活的一部分。当你享用一杯清茶的时候，是否想过茶叶的起源？谁最先发现了这一美味饮品？哪个国家才是茶叶的故乡？

中国是世界上最早种茶、制茶和饮茶的国家。两千多年前的《神农本草经》中记载：神农尝百草，日遇七十二毒。最终，神农氏发现茶叶可以解毒。神农还认为，经常饮茶有助于人们保持青春容颜，增强自身活力。

古书中使用汉字“茶”来指茶树。现在，人们称这一流行饮品为茶。世界各地茶的发音“tea”和“cha”都是从广东和福建方言中“茶”的发音演变而来。所以，当茶从中国传播到世界各地时仍保留了它的中国名字。

很长时间以来，中国毫无争议地被认为是茶叶的故乡，但是最近这一事实却遭到了一系列争论和质疑。印度曾被许多权威专家认为是茶叶的故乡，但事实证明茶叶确实起源于中国。

公元 805 年，一位叫澄的日本僧人来中国学习，并将茶叶带回日本，他是在中国境外种茶的先驱。印度虽然也是一个有着丰富历史的文明古国，但它在古代并没有种茶及饮茶的记载。

1610 年，荷兰一位商人第一次把茶叶传入欧洲，此后茶叶得到了迅速普及。茶叶贸易收益巨大，所以英国于 1780 年开始在印度种茶。为了更好地种茶，历任英国首相都会派代表到中国购买茶叶和学习种茶技术。现存的记载表明：18 世纪时，中国至少有 12 个省种茶，其中安徽、福建两省供应了出口到欧洲的大部分茶叶。

1824 年，曾入侵印度的英国少将 R·布鲁斯 (R. Bruce) 宣称：在邻近缅甸与中国云南交界处的印度阿萨姆地区发现了野生茶树。在他的指导下，五箱加工好的红茶被运回伦敦，在随后的 1836 年他获得了英国技术研究所颁发的颇负盛名的“创新奖章”。受 R·布鲁斯发现的启发，印度茶叶委员会组织了一个科研团队，专门研究阿萨姆的野生茶树。在植物学家华莱士博士 (Dr. Wallice) 和格里芬奇博士 (Dr. Griffich) 以及地理学家麦克兰先生 (Mr. McClelland) 的领导下，他们发现：这些生长在阿萨姆地区的野生茶树确实来源于中国，由于长时间处于野生状态，没有管理，其茶叶品质低。

R·布鲁斯少将极力反对科研团队的这一结论，他撰写了一本小册子，列举了他在阿萨姆发现的 108 棵野生茶树，包括一棵高 43 英尺（约 13 米）、直径 3 英尺（约 1 米）的茶树，因此宣称“印度是茶叶起源地”，开启了一场延续至今的争论。

关于这个话题有五种观点：

(1) 印度说：代表人物是一个名叫塞缪尔·拜顿 (Samuel Baidon) 的英国人，他在写于 1877 年的《阿萨姆茶》一书中反对茶起源于中国的历史观点。拜顿提出：茶叶起源印度。持同样观点的英国人约翰·H·勃拉克 (John H. Blake) 于 1903 年写了《茶商指南》一书，来提高印度的茶叶销售量。艾迪斯·A·布朗 (Edith A. Brown) 是支持印度派的另一位主要人物。

(2) 传统说：大量传统说学者坚持认为：茶起源于中国。支持这一观点的著作有俄国学者 E. Bretschneider 的《植物科学》，法国 Decandolle 的《自然系统植物学》以及 A·威尔森 (A. Wilson) 的《中国东部旅行游记》。

(3) 二元说：一位爪哇的茶叶分类员科恩·斯图尔特 (Cohen Stuart) 在他的书中称：两种叶片类型的茶树有着各自的起源。他认为大叶种茶树起源于印

度，小叶种茶树起源于中国。

(4) 多元说：一位美国的茶叶专家威廉·H·尤科斯在他出版的《茶叶大全》中坚持认为：茶叶可以起源于任何自然环境允许其生长的地方，由此产生了多元说。

(5) 无名说：1974年，T·艾登在其书《茶》中提出了一种我们可以称之为无名说的新理论。在书中，艾登先生认为中国和印度都不是茶叶的起源地。