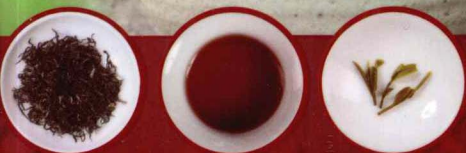




品味悠悠茶香  
体悟中国茶道



# 鉴赏中国茶

## Chinese Tea Appreciation

鉴茶 泡茶 品茶  
备器 选水 冲泡  
中国名茶世界飘香

中英文限量铂金版

主编 / 王广智

Chief editor / Wang Guangzhi

中国农业大学研究员

Researcher of China Agricultural University

吴觉农茶学思想研究会副会长

Vice President of Wu Juenong Tea Thoughts Research Center

原中国农业博物馆研究所所长

Ex-President of Research Institute of China Agricultural Museum

顾问 / 陈文华

Advisor / Chen Wenhua

中国国际茶文化研究会常务理事

Executive Director of China International Tea Culture Institute

江西省中国茶文化研究中心主任

Director of Jiangxi Research Center of Chinese Tea Culture

江西省社会科学院重点学科“茶文化学”学科带头人

Academic Paacesetter of Key Discipline - Tea Culture Studies of

Jiangxi Provincial Academy of Social Sciences



版权所有，侵权必究  
举报电话：010-64030229；13501151303

---

## 内容简介

茶，中国茶，世界飘香。

中国是茶的故乡，茶是中国的国饮。中国人种茶、采茶、制茶、喝茶、品茶，并把茶叶传向海内外，茶已经成为中国最具代表性的文化符号之一。茶有独特的保健功效，是招待客人、增进友谊的纽带。

本书用中英文双语，用通俗易懂的文字、精美漂亮的图片讲述了茶的发展、制作、冲泡，延伸至茶道、茶文化的内涵，教您轻松学会鉴茶、泡茶、品茶，是您收藏、馈赠的佳品。

---

## 图书在版编目(CIP)数据

鉴赏中国茶 / 王广智主编. -- 北京 : 龙门书局, 2012.8

ISBN 978-7-5088-3721-5

I. ①鉴… II. ①王… III. ①茶-文化-中国 IV. ①TS971

中国版本图书馆CIP数据核字(2012)第127524号

---

责任编辑：张 婷

营销编辑：牛丽荣

责任校对：胡新芳

责任印制：张 倩

龍 門 書 局 出 版

北京东黄城根北街16号

邮政编码：100717

<http://www.sciencep.com>

北京通州皇家印刷厂印刷

科学出版社发行 各地新华书店经销

\*

2012年8月第1版

开本：16 (889×1194)

2012年8月第1次印刷

印张：20 字数：400 000

定价：128.00元 (配光盘)

(如有印装质量问题，我社负责调换)

# 鉴赏中国茶

鉴茶 泡茶 品茶  
备器 选水 冲泡  
中国名茶世界飘香

Chinese Tea  
Appreciation

中英文限量铂金典藏版



主编 / 王广智  
Chief editor / Wang Guangzhi



科学出版社  
www.sciencep.com



龍門書局  
www.longmenbooks.com



## 穿越千年而来的茶饮

茶，是一种最经典的植物，生于名山秀水间，得天地之精华。茶，是中华民族的举国之饮，发于神农，闻于鲁周公，兴于唐朝，盛于宋朝，一直保持着与中国人的缘分。

于是，“开门七件事：柴米油盐酱醋茶”，茶占有一席之地，成为人们日常生活不可或缺的调味品，中国也自古形成了“客来敬茶”的传统。

中国茶名茶荟萃、口感醇厚，并且将饮茶和品行修养联系起来，讲求品茶悟道的文化情韵。而以此为基础诞生的茶文化更加博大精深，茶人茶事、茶礼茶俗、茶诗茶画，更是包罗万象。

中国茶的神奇，就在于它不仅是物质的，也是精神的。在“琴棋书画诗酒茶”中，它不仅是一种文化符号，也是一种荡涤心灵、修养身心的良剂，儒家以之养廉，道家以之求静，佛家以之助禅。

中国人不仅最早发现、栽培和饮用茶叶，也是将茶树种子、采制技术、品茶技艺等传播到全世界的先驱。在唐朝，茶叶随着丝绸、瓷器向国外输出，并越来越受到外国人的青睐。时至今日，中国茶更以其明目固齿、提神醒脑、杀菌解毒、消脂减肥、美容养颜等独特的保健功效，再次在世界范围内掀起了饮茶热潮。

中国茶穿越千年，经久不衰，正迈着轻盈的步履将万缕茶香向外散播，让世界上更多的国家和人民开始认识茶叶、品饮茶汤、感受中国茶文化的绵延悠长。



## Preface

### Tea drinking through a millennium

Tea is an everlasting plant and an essence of great mountains and rivers. Tea is a drink of the whole Chinese nation, originating from Shen Nong time, well-known in Lu Zhougong time, prevalent in Tang Dynasty and flourishing in the Song Dynasty, and then tea has been closely related to Chinese people.

Tea is a part of and essential to people's life. "Tea for guests" is kept as a long tradition in China. All kinds of famous Chinese tea with good taste are widespread. Tea drinking is linked with virtue and the culture of tea is highly valued. Tea culture, cultivated on such a basis, is more profound, involving tea lovers, tea things, tea ceremony, tea poetry and tea art.

Chinese tea is amazing. It is both material and spiritual. Tea is parallel with music, chess, essay, painting, poem, and wine. Tea is not only a cultural symbol, but also a spiritual cleaner. From tea drinking, Confucian are learnt to be honest, Taoist are learnt to keep quiet, and Buddhists are learnt to be desireless.

Chinese nation is the first to discover, cultivate and drink tea, and to spread tea seeds, producing technology and drinking ways all over the world. In Tang Dynasty, tea was exported with silk and porcelain to foreign countries and more and more foreign people like it. Today, Chinese tea, with its healthy effects such as promoting visual acuity, refreshing, antiseptic and detoxifying, and skin care, reset off a worldwide wave.

Chinese tea, through a millennium, gets more exposure to people from various countries. Increasing countries and people begin to know tea, taste tea soup, and experience a long history of Chinese tea culture.



# 目录

## CONTENTS

### 第1章

## 走进茶的前世今生

神农遇茶的传说·····	12
● “茶”字的由来和历史演变·····	14
中国是茶的故乡·····	16
● 茶源自何处·····	16
● 客来敬茶是中国的传统·····	16
一壶香茗遍天下：茶在世界的传播·····	18
● 茶马古道·····	18
● 茶文化在世界的传播·····	18
茶之趣事·····	22
● 以茶代酒的故事·····	22
● 禅门公案：吃茶去·····	22
● 宋徽宗与《大观茶论》·····	24
茶的生长条件·····	26
四大茶区·····	28
茶叶的制作过程·····	30
● 采摘·····	30
● 晾青与萎凋·····	30
● 杀青·····	30
● 揉捻·····	32
● 发酵·····	32
● 渥堆与陈放·····	32

### Chapter 1

## WALK INTO THE LONG HISTORY AND CURRENT SITUATION OF TEA

The past and present of tea·····	13
● Name story and evolution of the character of tea·····	15
China is the home to tea·····	17
● Origins of tea·····	17
● A Chinese tradition: a tea for a newly-arrived guest·····	17
The spreading of tea in the world·····	19
● Tea-Horse Road·····	19
● The global spreading of tea culture·····	19
Interesting story about tea·····	23
● Drinking tea instead of wine·····	23
● A well-known story about Buddhism: go and drink some tea·····	23
● Huizong and <i>Treatise on Tea</i> ·····	25
Growing conditions of tea·····	27
Four major areas producing tea·····	29
Tea producing process·····	31
● Picking·····	31
● Airing and withering·····	31
● Fixation·····	31
● Rolling·····	33
● Fermentation·····	33
● Pile-fermentation and long-term storage·····	33

● 干燥	34	● Drying	35
● 紧压	34	● Pressing	35
茶叶的分类方法	36	Classification of tea	37
● 六大茶类和再加工茶	38	● Six basic teas and re-processing tea	39
茶叶的选购	40	Selection of tea	41
茶叶的保存方法	42	Tea storage methods	43
专题 烹茶方法的演变	46	TOPIC Evolution of tea cooking methods	46
专题 陆羽和《茶经》	50	TOPIC Lu Yu and his <i>Tea Sutra</i>	50
专题 茶叶的保健功效	52	TOPIC Health benefits of tea	52

## 第2章

### 水如茶之母，器如茶之父

泉从石出更清冽	56
● 古人寻泉评水	56
● 好水四标准	58
● 宜茶美水	60
● 科学煮茗	62
专题 各地名泉汇集	64
茶具大观	66
● 茶盘	66
● 茶叶罐	68
● 随手泡	70
● 茶壶	71
● 盖碗	74
● 品茗杯	76
● 闻香杯	78
● 公道杯	80
● 过滤网和过滤架	82
● 茶巾	84
● 杯垫	86
● 盖置	88
● 茶荷	90
● 水盂	92
● 养壶笔	94
● 普洱茶针	96

## Chapter 2

### WATER AND TEA SETS ARE ESSENTIAL TO TEA

More chilly spring out from the stone	57
● Find the spring and assess	57
● Four standards for good water	59
● Nice water	61
● Brew tea	63
TOPIC Springs around the country	64
Tea sets	67
● Tea tray	67
● Tea caddy	69
● Electric teapot	70
● Teapot	72
● Tureen	75
● Tea cup	77
● Smelling cup	79
● Fair cup	81
● Filter and filter holder	83
● Tea towel	85
● Coaster	87
● Lid set	89
● Tea holder	91
● Tea basin	93
● Pot kept pen	95
● Pu'er tea needle	97

● 茶道六用 .....	98	● Tea props .....	99
● 茶宠 .....	100	● Tea pet .....	101
专题 宜兴紫砂壶为壶中翘楚 .....	102	TOPIC Yixing purple sand teapot is outstanding .....	102
专题 饮茶器具如何选购 .....	110	TOPIC How to buy tea sets .....	110

### 第3章

## 赏茶知味，轻松泡茶分外香

泡茶的正确礼仪 .....	114
● 泡茶的礼仪 .....	114
● 奉茶的礼仪 .....	114
● 品茶的礼仪 .....	116
泡茶的方法 .....	118
绿茶的冲泡 .....	122
乌龙茶的冲泡 .....	130
红茶的冲泡 .....	137
黑茶的冲泡 .....	142
白茶的冲泡 .....	145
黄茶的冲泡 .....	148
花茶的冲泡 .....	150
专题 花草茶和造型花茶赏析 .....	154
专题 不同场合的泡茶法 .....	156
专题 残茶物尽其用 .....	160
专题 茶与点心的完美结合 .....	162
专题 一天乐饮 .....	164

### Chapter 3

## ART OF TEA-MAKING

Tea-making etiquette .....	115
● Tea-making etiquette .....	115
● Tea-serving etiquette .....	115
● Tea-tasting etiquette .....	117
Tea-making method .....	118
Infusion of green tea .....	123
Infusion of Oolong tea .....	131
Infusion of black tea .....	137
Infusion of dark tea .....	142
Infusion of white tea .....	145
Infusion of yellow tea .....	148
Infusion of scented tea .....	150
TOPIC Appreciation of herbal tea and modeling scented tea .....	154
TOPIC Different brewing methods on different occasions .....	156
TOPIC Make the best use of tea residual .....	160
TOPIC Tea served with snacks .....	162
TOPIC Time of drinking tea .....	164





绿茶——自古佳茗似佳人·····	168
● 西湖龙井·····	172
● 碧螺春·····	174
● 黄山毛峰·····	176
● 太平猴魁·····	178
● 六安瓜片·····	180
● 信阳毛尖·····	182
● 蒙顶甘露·····	184
● 金奖惠明·····	186
● 安吉白茶·····	188
乌龙茶——紫砂七泡有余香·····	190
● 安溪铁观音·····	194
● 冻顶乌龙·····	196
● 武夷大红袍·····	198
● 武夷肉桂·····	200
● 武夷水仙·····	202
● 黄金桂·····	204
● 凤凰单枞·····	206
● 阿里山乌龙·····	208
● 永春佛手·····	210
红茶——香高味浓独树一帜·····	212
● 祁门红茶·····	216
● 正山小种·····	218
● 滇红茶·····	220
● 红碎茶·····	222
● 金骏眉·····	224
黑茶——品味能入口的古董·····	226
● 普洱生茶·····	230

Green tea good tea as pretty lady .....	169
● West Lake Longjing .....	173
● Biluochun .....	175
● Huangshan Maofeng .....	177
● Taiping Houkui .....	179
● Liu' an Guapian .....	181
● Xinyang Maojian .....	183
● Mengding Ganlu .....	185
● Gold Medal Huiming .....	187
● Anji White tea .....	189
Oolong tea lingering fragrance in the purple sand teapot after seven infusions .....	191
● Anxi Tie Kwan-yin .....	195
● Dongding Oolong .....	197
● Wuyi Dahongpao .....	199
● Wuyi Rougui .....	201
● Wuyi Narcissus .....	203
● Huangjin Gui .....	205
● Phoenix Dancong .....	207
● Alishan Oolong .....	209
● Yongchun Bergamot .....	211
Black tea with fragrant aroma and thick taste .....	213
● Keemun black tea .....	217
● Lapsang Souchong .....	219
● Yunnan black tea .....	221
● Broken black tea .....	223
● Jin Junmei .....	225
Dark tea the longer, the mellow .....	227
● Unfermented Pu'er tea .....	231
● Fermented Pu'er tea .....	233
● Liupu tea .....	235



● 普洱熟茶 .....	232	● Fuzhuan tea .....	237
● 六堡茶 .....	234	● Anhua Dark tea .....	239
● 茯砖茶 .....	236	● Tuo tea .....	241
● 安化黑茶 .....	238	● Ya' an Tibetan tea .....	243
● 沱茶 .....	240	White tea <i>Ingenious tea on the earth</i> .....	245
● 雅安藏茶 .....	242	● White Pekoe Silver Needle .....	249
白茶——北苑灵芽天下精 .....	244	● White Peony .....	251
● 白毫银针 .....	248	● Gongmei .....	253
● 白牡丹 .....	250	● New craft white tea .....	255
● 贡眉 .....	252	Yellow tea <i>gold-laid in jade attracts heart</i> .....	257
● 新工艺白茶 .....	254	● Junshan Silver Needle .....	261
黄茶——金镶玉色尘心去 .....	256	● Huoshan Yellow bud tea .....	263
● 君山银针 .....	260	● Guangdong Dayeqing .....	265
● 霍山黄芽 .....	262	● Mengding Yellow bud tea .....	267
● 广东大叶青 .....	264	Scented tea <i>combining flower scent and tea essence</i> .....	269
● 蒙顶黄芽 .....	266	● Jasmine tea .....	273
花茶——闻花香，品茶韵 .....	268	● Rose tea .....	275
● 茉莉花茶 .....	272	● Huangshan Tribute Chrysanthemum .....	277
● 玫瑰花茶 .....	274		
● 黄山贡菊 .....	276		

## 第5章

### 清心悠然悟茶道

“茶”颜观色闻香品味 .....	280
● 三看三闻三品三回味 .....	280
在清幽中慢慢品味 .....	282
● 茶宜静品 .....	282
● 将茶香寄情于山水间 .....	285
● 自古药食同源生 .....	286
中国的茶道 .....	290
● 佛、儒、道对茶道的影晌 .....	290
● 四字真谛 .....	292
● 品茶之“三乐”“四妙” .....	294

## Chapter 5

### THE REALIZATION OF SADO

The standard of tasting tea .....	281
● Observe, smell, taste, and savor .....	281
Taste in the quiet moment .....	283
● Tea needs to be drunk quietly .....	283
● Feel tea aroma as heaven essence .....	285
● Let tea be your medicine .....	286
Chinese sado .....	291
● The impacts of Buddhism, Confucianism and Taoism on sado .....	291
● True meanings .....	293
● “Three pleasures” and “four charms” of tea tasting .....	295
Tea customs in various parts of China .....	297
● Han: pure drinking .....	297
● Uyghur: milk tea and scented tea .....	297

我国各地茶俗.....	296	● Tibet: ghee tea .....	297
● 汉族清饮法 .....	296	● Mongolia: salt milk tea .....	297
● 维吾尔族的奶茶与香茶 .....	296	● Naxi: white spirt tea .....	299
● 藏族酥油茶 .....	296	● Dai and Lahu: scented tea in bamboo tube .....	299
● 蒙古族咸奶茶 .....	296	● Bai: three course tea .....	299
● 纳西族的龙虎斗 .....	298	● Tujia: mashed tea .....	299
● 傣族、拉祜族的竹筒香茶 .....	298	● Hui: pot tea .....	299
● 白族三道茶 .....	298	Tea customs around the world .....	301
● 土家族擂茶 .....	298	● Japanese sado .....	301
● 回族罐罐茶 .....	298	Tea and culture .....	311
世界各地的茶俗.....	300	● Tea and poetry .....	311
● 日本的茶道 .....	300	● Tea and dance .....	311
茶入文化.....	310	● Tea and painting .....	311
● 茶与诗词 .....	310	● Tea and Chinese Opera .....	311
● 茶与歌舞 .....	310	APPENDIX .....	312
● 茶与书画 .....	310	● Characteristics of high-quality green tea and mark sheet of elements for evaluation .....	312
● 茶与戏曲 .....	310	● Characteristics of Oolong tea and mark sheet of elements for evaluation .....	313
附录.....	312	● Characteristics of Gongfu tea and mark sheet of elements for evaluation .....	314
● 名优绿茶品质特征与品评要素评分表 .....	312	● Characteristics of dark tea and mark sheet of elements for evaluation .....	315
● 乌龙茶品质特征与品评要素评分表 .....	313	● Characteristics of white tea and mark sheet of elements for evaluation .....	316
● 工夫红茶品质特征与品评要素评分表 .....	314	● Characteristics of yellow tea and mark sheet of elements for evaluation .....	317
● 黑茶品质特征与品评要素评分表 .....	315	● Characteristics of scented tea and mark sheet of elements for evaluation .....	318
● 白茶品质特征与品评要素评分表 .....	316		
● 黄茶品质特征与品评要素评分表 .....	317		
● 花茶品质特征与品评要素评分表 .....	318		



# 茶

茶者，南方之嘉木也。

——著名茶学家 陆羽《茶经》

神农尝百草，日遇七十二毒，得茶而解之。

——《神农百草经》

Tea grows in the south part of China.

——famous tea scholar Lu Yu *Tea Sutra*

Shennong tasted hundreds of herbals, and he suffered from 72 poisons one day. Fortunately, he was cured after he took tea.

——*Shennong's Herbal*



As time goes by, tea becomes known in China. Drinking tea has already been a part of Chinese civilization for thousands of years. Now, let's take tea as a part of our lives.



# 走进茶的前世今生

WALK INTO THE LONG HISTORY  
AND CURRENT SITUATION OF TEA

光阴荏苒，自中国最早与茶邂逅，饮茶作为一种饮

食文化，已经融入了中华民族的古老文明中，悠悠

几千年。从这一刻起，让我们开始与茶为伴。

# 神农遇茶的传说



## ◆ 神农遇毒，得茶乃解

茶，源于中国，至今已有数千年的历史。中国是茶的故乡，是世界上最早发现与利用茶的国家。

茶圣陆羽在《茶经》中有“茶之为饮，发乎神农氏，闻于鲁周公”的记载。因此，神农一直被奉为历史上第一个品尝到茶水的人，也是第一个发现茶树的人。

关于茶的发现，我国第一部药理学专著《神农本草》中有这样的记载：“神农尝百草，日遇七十二毒，得茶（即茶）而解之。”



据说有一次，神农在品尝百草的时候中了毒，口干舌麻、全身乏力，晕倒在山脚下。不知过了多久，神农醒来时，发现身边有一棵小树，树叶翠绿并带有淡淡的清香，神农信手采下一片放入口中咀嚼起来。虽然味道有些苦涩，但顿觉舌根生津，神清气爽，他连吃了几片，几个小时后，身上的剧毒竟然解了。

神农采摘了很多绿叶带回去。通过多次煎服，神农发现了汤汁有生津、解渴、利尿等很多功效。因为神农第一次品尝茶汤时，看到汁液在肚内到处流动，好像在“查来查去”，把肠胃洗得十分干净，于是将其命名为“茶”。

从此，茶正式登上了人类社会的舞台。

栽时不畏云和雾，长时不怕风雨来。

茶树本是神农栽，朵朵白花叶间开。

嫩叶做茶解百毒，每家每户都喜爱。

——对神农崇敬和思念的歌谣

# The past and present of tea

## The legend of Shennong

Tea, dating from China, has experienced several thousand years. Tea Sage, Lu Yu wrote in his *Tea Sutra*, tea as a drink, starts from Shennong and becomes well-known by King Luzhou. So Shennong was honored the first person to drink tea and discover tea tree.

Speaking of the discovery of tea, it was written in the first pharmacology book *Shennong's Herbal*: Shennong tasted various herbals, and suffered from 72 poisons one day. Fortunately, he was cured after he took tea. The story goes like this: "Once Shennong got poisoned while tasting a herbal, feeling dump, tired and collapsed at the foot of a mountain. Finally, he regained consciousness, found a small tree nearby with light green leaves smelling a faint fragrance, so Shennong picked several pieces, put them in the mouth, and began to chew. Though a little bitter, immediately he felt not thirsty and refreshed. He did that repeatedly, and several hours later, he was free of poisons.

Shennong picked a lot of green leaves and took them home. He got to know the soup was good for thirst-quenching and peeing. In the first time of tasting the soup, Shennong felt the soup flowing in the stomach, searching here and there, as if cleaning it up. So, he named it "cha". After that, tea is commonly known.

Here is the ballad to admire and memorize Shennong:

In planting and growing, tea is resistant to harsh environment.

Tea was discovered by Shennong, white flowers of tea blossoming among the leaves.

Tender leaves are poison-repellent and loved by all.



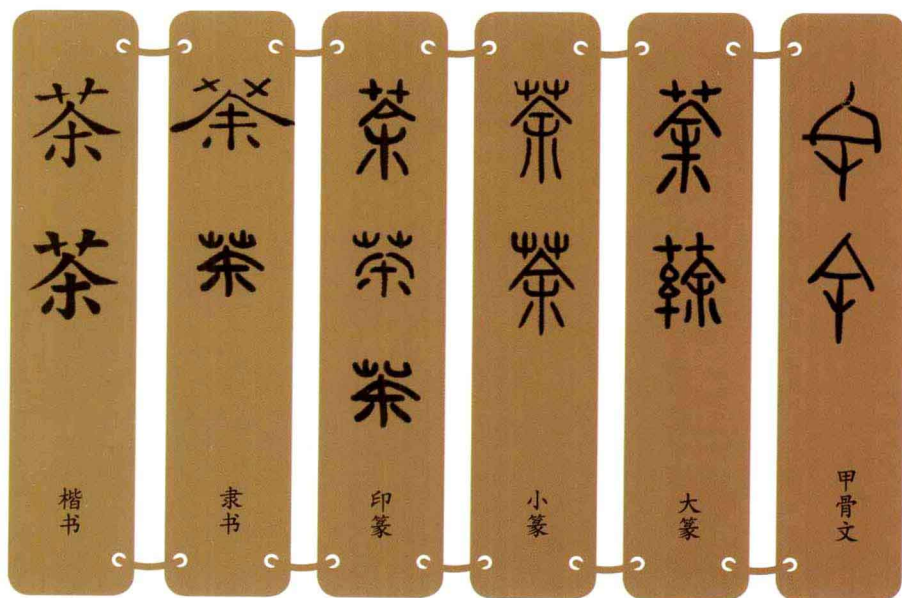
## “茶”字的由来和历史演变

### “茶”字的由来

“茶”字的读音，说来还有这样一个小故事。据说神农生来就有一个像水晶一样透明的肚子，任何东西吃进肚子中都能看得一清二楚。神农在咀嚼信手采来的树叶时，看到叶子的汁液在他的肚子中像巡逻兵一样上下游走，查来查去，将肠胃清洗得干干净净，因此神农形象地将其称之为“查”，后来慢慢演变为“茶”字。

### “茶”字的历史演变

甲骨文 → 大篆 → 小篆 → 印篆 → 隶书 → 楷书





# Name story and evolution of the character of tea

## The name story of tea

Shennong is said to be born with a stomach as transparent as crystal, therefore anything in his stomach can be seen. After drinking some tea soup, he could see the liquid flowing in his stomach, up and down, as if guards searching here and there to clean up the stomach. So he named it "cha". Later, the name gradually became "tea".

## Evolution of the character of tea

oracle → large seal script → the script → printed script → official script → regular script

