

# Kültürel Farklılık

## Bölüm

# 2

## Türk Çayı farklıdır\*

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*Kültürlere göre içeceklerin belirli anlamı vardır. Çay Ülkemizde 1930 yıllarında yayımlanması ile, içme boyutu ile çay bardağı dahil, birçok farklı kültürel yapılanma olduğu görülmektedir. Aynı zamanda çay sohbet için, kahve ise bir dertleşme olarak irdelenmektedir.*

*Gel çay içelim denildiğinde, sohbet yapalım, kahve içelim denildiğinde kahve falı dahil, gelecek ve boyutların bir öteye çıkması, fikir ve düşünce olması istenir. Kahvehaneler eşli adı ile kiraat, okuma evleridir.*

**S** izin çay alınızı bilemem ama Türkiye’de çay içmiş, ay sohbetine katılmış, akşam manzaraya karşı, tavşan kanı demli bir çay içmiş iseniz, aynı kültürel algı içindeyiz demektir.

Her çaycının, her ailenin farklı bir çay demlemesi vardır ve bunun en ideal olan olduğunu belirtir. Bu açıdan çay içerken sakın tenkit etmeyin, sadece çayı yorumlayın. Biyokimya ve Patoloji çay suyu olarak distile su kullanırlar ve balon cam şişede demlerler ama ikisinin çayı da farklı olmaktadır. Aldıkları çay da aynı olmasına karşın.

Serviste basit olarak en pahalı çaylardan oluşan ve 30 dakika içinde tüketilecek şekilde çay yaparsanız, birden sizin servisimize gelenler olacaktır.

### Özet

#### Türk Çayı farklıdır

**Amaç:** Çayın bir bitki ve içilen bir sıvı ötesinde, kültürel yapı, ülkeler ötesi, ailelerin de kendilerine göre özellikleri olduğu vurgularının sunulması amaçlanmıştır.

**Dayanaklar/Kaynaklar:** Wikipedia kaynaklı bilgi ötesi, yazarın kendi tecrübesi de sunulmaktadır.

**Genel Yaklaşım:** Çay, çayın suyu, kabı, tabağı ve çayın özellikleri gibi farklılıkların özellikleri incelenmektedir.

**Yaklaşım:** Her çay hazırlığının özellikleri sunulması amaçlanmakta, bu açıdan da farklı olanların sunulması ile boyut geniş ve uzun olmaktadır.

**Sonuç:** Çay bir kültürel boyut olarak, iletişim ve ilişki oluşturan sosyal bir öğedir.

**Yorum:** Çay, insanlar arasında, sevgi ve saygı boyutu ile en önemli iletişimdir, iletişim yöntemidir. Türkiye'de çay sohbet için içilmektedir.

**Anahtar Kelimeler:** Çay özellikleri, çay kültürü

## Outline

### Turkish Tea is quite different

**AIM:** Tea is more than a drinkable plant, it is more than this concept, some personal, family and national cultural characteristics, thus, is evaluated at this Report.

**Grounding Aspects:** Wikipedia originated knowledge is considered, with personal experiences.

**Notions:** The specification of tea drink, from cup, serving and even water is considered as some cultural parameters.

**Conclusion:** The properties of tea is widely measured, special preparations, traditions, way for performing so indicated. Because of the diversity, the Unit is long enough.

Tea is a cultural parameter, for cooperation and correlation for same frequency attitudes. In Turkey mainly it is for small group commination concept as a glue of the persons.

**Key Words:** The culture of tea and the properties of tea

## Giriş

Çayın Ülkemize girişinin üzerinden yıllar sonra 1912 tarihinde masalarda yer etmeye başladığı söylenebilir. Burada çay hakkında bilgiden söz edilecek olsa da genel olarak çayın bir kültürel boyut şeklinde gelmesinden söz edilecektir. Birçok belirtilenlerin yazarın şahsi düşüncesi olarak irdelenmesi uygun nitelikte olacaktır.

## Bilgiler

### 1) TÜRKİYE'DE ÇAY TARIMI (19 Ekim 2014, İHA, Milliyet)

... Doğu Karadeniz Bölgesi'nde 1017 yılından bu yana üretimi yapılan yaş çay, bölge ekonomisinin lokomotiflerinden bir tanesini oluşturuyor. ... RİZE ÜRETİMDE LİDER: Doğu Karadeniz Bölgesi'nde, Artvin, Trabzon, Giresun, Rize ve Ordu illerinde çay üretimi yapılırken, Rize yüzde 65.6'lık oran ile lider konumunda. Artvin'de 85 bin 740 dekar alanda 19 bin 222 üretici tarafından çay tarımı yapılırken, Rize'de 497 bin 657 dekar alanda 123 bin 553 üretici, Trabzon'da 155 bin 67 dekar alanda 47 bin 424 üretici, Giresun'da 19 bin 679 dekar alanda 8 bin 968 üretici ve Ordu'da 114 dekar alanda 45 üretici yaş çay üretimi yapıyor. Bölgede Çaykur'a ait 47 ve özel sektöre ait 228 çay fabrikası bulunuyor. Bu fabrikaların yüzde 85'lik bölümü ise Rize sınırları içerisinde yer alıyor.... 1917 YILINDA BAŞLADI: Rize'de tarihsel verilere göre çay üretimi 1917'li yıllarda başladı. Rize Ticaret Borsası verilerine göre 1940 yılında çıkartılan 3788 Sayılı Çay Kanunu ile çay üretimi yaygınlaşmaya başladı. 1960-1965 yılları arasında çaylık alan 214 bin dekar ve üretici sayısı ise 100 bin'e ulaştı. İlk çay fabrikası ile 1947 yılında Rize'de Merkez Çay Fabrikası adında kuruldu. 1971 yılında bir kamu iktisadi teşebbüsü olan Çay İşletmeleri Genel Müdürlüğü kuruldu. 1973 yılında kurulan yeni fabrikalar ile çay fabrikası sayısı 32'ye yükseltildi. 1999'da Çaykur'un yaş çay işleme fabrikası 46'ya ulaştı. 1984 yılında çay sektöründe monopolün kaldırılmasıyla birlikte özel sektörün de tedarik, işleme ve pazarlama faaliyetlerinde bulunması serbest bırakıldı

### Yorum

Burada çayın yetiştirilmesi ve tüm Ülkeler arasında Türkiye'de kendine özgü çay olması, içilmesi belirgin olduğuna göre, bunun en az 300-500 yıllık bir geçmişi olmalıdır. Daha önce sadece belirli kesim içerken, bunun yaygınlaşması olarak irdelenmelidir.

Osmanlı adetleri içinde, tüm İmparatorluk içinde kısaca Padişah'ın yediği ile konaklarda yenilenler aynı olmalıdır. Nitekim Osmanlı arazisi içinde halkın hepsi aynı yemek kültürüne sahip olmaktadır.

## 2) Çay İkinci Abdülhamid zamanında Türkiye'ye gelmişti (<http://www.haber7.com/yazarlar/erhan-afyoncu/749520-cay-ikinci-abdulhamid-zamaninda-turkiye-ye-gelmisti>, 1,06,2011)

... Doç. Dr. Kemalettin Kuzucu çayın Türkiye'ye girişi üzerine arşivlere dayalı yaptığı araştırmalarıyla bu konuyu aydınlatmış ve Türkiye'de çayın tarihiyle ilgili bilinenleri değiştirmiştir. Kuzucu'nun araştırmalarından çayın Türkiye'ye geliş hikâyesini naklediyoruz. **İlk çayımız Artvin'de yetiştirildi.** Osmanlı döneminde 16. yüzyıldan itibaren çay yaprağına rastlanıyor. Ancak çay bu dönemlerde çok az kişi tarafından ve itriyat olarak kullanılmıştı. 1839'da Tanzimat'ın ilanından sonra başlayan dönemde çay yavaş yavaş kahvaltılarda boy gösterdi. Çay tarımı ise Sultan İkinci Abdülhamid döneminde başladı. Türkiye'de çay ilk defa çiftçiler tarafından 1870'lerin sonlarında Artvin bölgesinde yetiştirildi. Kemalettin Kuzucu'nun araştırmalarına göre 1878'de, Hopa'da ve Arhavi'de çay ekimi başarılı olmuştur. Çalışmak için Rusya'ya giden yöre erkekleri, oradan getirdikleri çay fidanlarını evlerinin bahçelerine ekmeleri sonucu çay Türkiye'ye girmişti. ... Osmanlı topraklarında bulunmayan ürünler yetiştirilmeye çalışıldı. Çay da bu ürünlerden biriydi. Uzakdoğu'dan ithal edilen çay tohum ve fidanları İstanbul, Bursa ve Selanik gibi yerlerde tarlalara ekilerek yetiştirilmeye çalışıldı. ... 1880'li yılların sonunda Bursa Valisi İsmail Hakkı Paşa zamanında Japonya'dan getirilen çay fidanları Bursa'da dikildi. Ancak Bursa ikliminin çay ziraatına elverişli olmaması yüzünden netice alınmadı.

### Yorum

Çay ithal iken, bunun ülkemizde üretilmesi çalışması uzun süre boyunca ciddiye alınmıştır. İngiliz hakimiyetinden kurtulabilmek için benzer çabalar halen de sürdürülmektedir.

## 3) Çay Kültürü (<http://biriz.biz/cay/caykulturu.htm>)

...**İmparatorun fincanı:** Çayın bulunuşunun ilginç bir hikâyesi vardır. Milattan Önce 2737'de Çin İmparatoru Shen Nung, sarayının bahçesinde su içerken, iki yeşil yaprak imparatorun fincanının içine düştü. Suyun tadının değişmesi üzerine bu durum araştırıldı ve çay vazgeçemediğimiz bir içecek oldu. **Çinliler'den sonra Japonlar:** Çinliler'den sonra 9. yüzyılda Japonlar çay yetiştirdi. 1800'lü yıllarda Hollandalılar'ın sömürgeleştirdiği Cava adası ile İngilizler'in sömürgesi Kuzey Hindistan'da çay ekimine başlandı. Seylan'da 1870'de Batum'da ise 1897'de çay yetiştirildi.

## Çin Çay Kültürü

Çin'de çay kültürünün dönme ve ekollerine olmuştur. **Kaynatma, Çırpma ve Demleme** olmak üzere başlıca üç dönemden söz edilebilir. Çağımızda Çin'in bu son ekolü ağırlığını hissettirmektedir.

Çayın kaynatıldığı toprak kap ve demlenen çay yaprağı Tang, Song ve Ming Çin hanedanlık dönemlerine tanıklık etmektedir. T'u, tsö, çong, k'a ve ming gibi isimlerle çaydan söz eden eski kitaplar, bu bitkinin yorgunluğu almak, sakinleşirmek, şevklendirmek ve gözü kuvvetlendirmek gibi şifaları olduğunu yazmışlardır. Çoğunlukla dahilen kullanılmakla beraber romatizma tedavisinde merhem şeklinde haricen de kullanılmıştır.

Taocular çayın, ölümsüzlük iksirinin ana maddesi olduğunu söylerlerdi. Budistlerse uzun meditasyon seansları boyunca uyumamak için çok miktarda çay içerlerdi. Güney Hanedanlarının şairleri "yeşim renkli suyunun köpüğü" ne duydukları derin hayranlığa dair pek çok eser bırakmıştır. Dönemin imparatorları, yararlı hizmetler karşılığında bu değerli yapraklarla hazırlanmış nadir içecekleri sunmayı adet edinmişti.

### Kaynama Çay

İlk dönemde, yapraklar buhardan geçiriliyor, havanda eziliyor, bir kaba konuluyor ve pirinç, zencefil, tuz, portakal kabuğu, baharat, süt ve hatta bazen soğanla kaynatılıyordu. Günümüzde bu adet, farklı içerikte özel şuruplar hazırlayan Tibetliler ve bazı Moğol kabilelerinde görülmektedir. Çayı Çin kervansaraylarında tanıyan Rusların çaya limon dilimleri koymaları da bu eski adetin bir devamı olmalı.

8. yüzyılda Lu Yü, Ça-King adlı eserinde en iyi çay yapraklarını: "Tatar atlılarının çizmeleri gibi kara, güçlü bir öküzün boynuzları gibi kıvrımlı, vadiden yükselen sis gibii tatlı bir meltemin dokunduğu göl kadar parlak ve yağmur kadar nemli ve yumuşacık" olarak tanımlıyordu.

Çay Çin seramik sanatı üzerindedeki etkili olmuştur. Lu Yü çaya kötü bir pembe renk veren beyaz personeldense çayın yeşilini ortaya çıkaran mavi fincanları tercih etmiştir. Daha sonraki dönemlerde de Song Hanedanının ustaları mavimsi siyah, ya da koyu kahverengi ağır porselen kapları yeğlediler. Minglerse beyaz ince porselen fincanlarda içmeyi seçtiler.

Su ve suyun kaynama süresi çok tartışmalıdır. Lu Yü bu konuda kaynak suyunu önemmiştir. Kaynama sırasında üç aşamadan bahseder: Balık gözü gibi kabarcıkların su yüzünde görüldüğü ilk aşama, kristal boncukların bir kaynaktan yuvarlanmasına benzer kabarcıkların görüldüğü ikinci aşama, kızgın dalgaların çaydanlıkta kümelendiği üçüncü aşama. İlk aşamada tuz, ikincide çay, üçüncü kaynamada da soğuk su ilave edilir. Sonra fincanlar doldurulur ve çaylar içilirdi.

Tang dönemi şairlerinden Lo T'ong, "İlk fincan dudaklarımı ve ağzımı ıslatır, ikincisi yalnızlığımı siler, üçüncüsü içimdekileri açığa çıkarır, dördüncüsü beni terletir ve bütün dertlerim gözeneklerimden uçar gider. Beşinci fincanda arınırım, altıncı beni ölümsüzlüklerin krallığına götürür, yedincisi ... ah daha fazla içemeyeceğim! Sadece serin bir rüzgarın kollarımı şişirdiğini hissediyorum. P'eng-le Şan nerede? Bırakın da şu tatlı rüzgara binip buralardan uzaklaşayım".

### Çırpma çay

İkinci çay ekolünün doğuşu Song Hanedanlığı dönemine rastlar. Yapraklar küçük bir taş değirmende toz haline getirildikten sonra bambudan yapılmış bir fırça ile sıcak suda çırpılıyordu. Bu dönemde tuzdan tamamen vazgeçildi. Çay sunumları ön plana çıktı. İmparator Hueitsong ender çaylar elde etmek için hazinesini tüketti. Yirmi çeşit çayı anlattığı bir deneme yazdı. Kendisi en nadir bulunan "[Beyaz Çay](#)" tercih ediyordu

### Demleme Çay

17.yüzyılda Çin Mançuların boyunduruğuna girdi. Gelenek görenlerde kökten değişimler oldu. Çay artık sıcak su dolu bir kâse ya da fincanda yapraklar demlendikten sonra içiliyordu.

### Yorum

Bu yöntemler Türk Çay içimi konusunda bahsedilirken daha geniş olarak incelenecektir.

## Fransız Çay Kültürü

Fransız entelektüellerinin özel bir çay sevgisi vardır.

Yaygın çay salonlarının yanısıra, romantik isimlerin takıldıkları çeşitli çayların satıldığı küçük çay dükkanı zincirleri vardır.

Fransız kültüründe çay, uzun süre demlenmeden, ince porselen bir fincanda ikram edilir. Hafif içimli bir çayın yanında küçük bir çikolata, krokan veya pralin ikram edilir

### Yorum

Bu usul ile, çay çikolata veya benzeri kek yanında içimlidir. Kakao Afrika kaynaklı, sömürgelerden gelen ve şeker, süt ile yoğurularak hazırlanan yapıya, bir bardak su gibi çayın eklenmesi ile olmaktadır. Bu dönemde porselenler sıcak suda çatladığı için çay sıcak olmamalıdır.

## İngiliz Çay Kültürü

Çayla 17.yüzyılın sonunda sömürgesi Hindistan vasıtasıyla tanışan İngilizler zamanla çayı yaşamlarının ayrılmaz bir parçası haline getirdiler. Çayın ilk başlarda pahalı olması, yaygın bir içecek olmasını engelledi. Bu da çayı üst düzey toplantılara özgü bir şölen, prenslere ve asillere ayrılmış bir hediye haline getirdi.

İngilizler, Eraly Grey çayını tercih ederler. Bu yoğun kokulu çay, bergamut esansı ile harmanlanarak hazırlanmaktadır. Bugün İngiltere de çat kapı gelen birine konukseverliğin işareti olarak bir fincan çay sunulur. İkinci vakti olan 'Beş Çayı' olarak adlandırılıp, Dünya'ya da armağan edilen küçük çay daveti, dostların bir araya gelmesi için düşünülmüş olup, Kral Edward döneminden beri devam etmektedir.

Bu arada İngiltere Kraliçesi'nin çayının suyunu bütün gezilerinde yanında taşıdığını biliyormuydunuz?

### Yorum

Bir İngiliz çayı, kaynama usulü olup, porselen çatlamasını diye, daha önce soğuk su veya süt konulur, mutlaka kaşık içinde iken çay konur. Yemek genellikle sabah çorba şeklinde hafif iken, öğleye doğru saat 10:00 civarında sabah yenilirken, aynı zamanda saat 5:00 civarında da ikinci yemek yenilir. Burada hafif değil, doyurucu olmalı ve gece hafif atıştırma yapılması uygundur, elbette ziyafetler hariç olmak üzere. Otorite temsil ettiği için, evin hanımı tarafından her bireye değil, layık gördüklerine çay ikramı yapılırdı.

## Japon Çay Kültürü

Çay, birçok diğer şey gibi Çin'den Japonya'ya taşınmış ama Japonlar çay tarihini daha iyi belgelemiş, törenselliği derinleştirmiş ve onu da törensel yemek kültürlerine uygun olarak kendilerine has bir çay içme töresi haline getirmişlerdir.

Taoculuk, Budizm ve Zen'in felsefi, dini dünya anlayışıyla sıkı bir ilişki içinde olan Japon çay töresinin başka bir eşi yoktur. Haz almaya değil, iç dünyaya ilişkin bir ritüel olan Japon çay töresinde, Katolik ayinlerinde İsa'nın kanını simgeleyen şaraptan daha önemli bir yeri vardır. Özel çay evlerinde gerçekleştirilen bu törenin öncelikli görevi, konukları en uygun ve en zarif bir biçimde ağırlamaktır.

Mükemmel bir çay hazırlamak için tek bir yol yoktur. Bir sanat eseri olarak çay, en ince niteliklerini ustasının elinde gösterir. İyi ya da kötü resim olduğu gibi iyi ya da kötü çay da vardır. Dünya da en kötü üç şeyden biri kötü hazırlanarak mahvolan mükemmel bir çaydır.

Japonlar çaya bir sanat olarak bakarlar. Diğer sanatlarda olduğu gibi çay sanatının da dönemleri ve ekolleri olmuştur. Kaynatma, Çırpma ve Demleme olmak üzere başlıca üç dönemden söz edilebilir. Günümüzde son ekolün ağırlığı hissedilmektedir.

Günlük kullanımda demli çay kullanılmakla beraber, çırpma metodu ile hazırlanan toz çay her zaman çayların efendisi olarak kabul edilir

### Yorum

Çay bir tören şeklinde sunulan bir ikramdır.

## Moğol Çay Kültürü

Moğolların çay içme biçimleri ise inanılır gibi değil. Çaya biraz yağ, bir tutam tuz, biraz un ya da darı ekliyorlar. Hadi bu neyse, ama ya kuzu etli çaya ne dersiniz? Dilim dilim edilip bir hafta açık havada kurutulmuş kuzu etini çayın içine atıp içerek, soğuk iklim koşullarına ve göçebe hayata karşı güç ve enerji kazanıyorlar

### Yorum

Bu çay, oral Rehidrasyon sıvısı, dehidratasyon iyi gelen bir tıbbi içecek olarak uygulandığı anlaşılmaktadır.

## Rus Çay Kültürü

Rusya'da her öğün çay içilmesi bir gelenektir.

Ruslar çaylarını semaverde demlerler, beyazlatılmamış şeker ve limon suyu ilave ederek içerler.

Gerçek bir çay tiryakisi Rus çayına şeker atmaz, şekerini ağzına alarak çayını içer.

Eski kültürü yaşatanlar arasında, çaya şeker yerine bir çay kaşığı kaymak koyanların yanısıra, Anadolu'nun kimi yörelerinde olduğu gibi ve çayı bazen bardak altlığına dökerek içenlerde bulunmaktadır.

Çay, konuklara yanında marmelat ile sunulur.

Konuk, daha fazla çay gelmesini önlemek için bardağın altlığı bardağın üstüne konulur.

## Yorum

Bu çay bizim de aldığımız kültüre benzer yapıda, Kırım Bölgesinde semaver modeli vardır. Şeker, pancar ekstresi olduğu için, çayın tadını bozar kabul edilir.

## Türk Çay Kültürü

5000 yıllık tarihe sahip çay her ne kadar Türklerin yaşamına geç girmişse de temiz girmiş. Gün boyunca çay içmemizin yanı sıra, kendimize özgü demleme usulü, ince belli cam bardaklar, kıtlama çay gibi katkılarımızla çayın kültür tarihine eklediklerimiz gözardı edilemez. Bunlardan ilki, iyi bir çay demlemenin olmazsa olmaz kurallarından biri olan demliğin sıcak olması şartını, demliği çaydanlığın üstüne oturtularak, ustaca ve güzelce çözümlenmiştir.

Buna karşın; çayın acıyıp tadının bozulmasını önlemek için; demledikten sonra, çayı süzdürüp başka bir demliğe boşaltmıyoruz o da işin ayrı bir yanı.

Peki Türk çay kültüründe olmayan; Amerikan icadı poşet çay, çay topları ve ağları, fazla aromalı çaylar, çaya çok süt ve limon koymak, çayı metal demlikte demlemek yani çaya karşı özensiz davranmak.



Türkler, Anadolu'ya gelmeden öncede çayı bilmelerine karşın; çayın Türkiye'ye gelmesi ancak birkaç yüz yıl önceye dayanmaktadır. Çay içiminin Anadolu'da yaygınlaşması 19. yüzyıldan itibaren olmuştur. Türklerde çayın yaygınlaşmasına ilişkin şöyle bir hikaye anlatılır:

Hoca Ahmet Yesevi bir gün Hitay sınırında Türkistan karyelerinden birine misafir olur. O gün hava çok sıcak olduğu için çok yorulmuştur. Evine misafir olduğu Türkmenin komşusunun zevcesi doğum yapmak üzere. Türkmen, Hoca Ahmet Yesevi'den dua ister, Ahmet Yesevi de dua eder. Allah'ın izniyle Türkmenin isteği hemen olur. Türkmen bu duruma çok memnun olur. O yörenin önemli bir ikramı olan çay kaynatıp getirir. Hoca Ahmet Yesevi çayı sıcak sıcak içince terler ve yorgunluğu gider. Sonra, "Bu şifalı bir şey imiş, hastalarınıza bundan içirin ki şifa bulsunlar. Allah kıyamete kadar buna revaç versin" diye dua etmiştir. İşte çay bundan sonra bütün Türkler arasında kullanılmaya başlamış ve şifa verici bir içecek olmuştur.

Halk kültürü ve etnografyasında çay önemli bir yer tutar. Çay bugün sosyal hayatımızda yerini dolduramayacak derecede sağlamlaştırılmış, onun etrafında oluşan kültürüyle birlikte yaşamaktadır.

Sabah kahvaltısından gecenin geç saatlerine kadar hayatımızın içinde bulunan çay, değişik kültürel değerlerin ortaya çıkmasına sebep olmuştur.

Çayla ilgili; tekerlemeler, bilmeceler, mani ve türküler, ilahiler, efsaneler, fıkralar, gelenek ve görenekler başlı başına kültürel değerlerdir. Hatta, çay kelimesi Çince olduğu halde, sözlüklerde ve deyimlerde yerini bulmuş geniş bir kelime ve deyim sayısına ulaşmıştır. Çay, Çay Bahçesi, Çay Bardağı, Çay Demlemek, Çay Fincanı, Çay Fidani, Çay Fidesi, Çay Kaşığı, Çay Takımı, Çay Vermek, Çay Molası, Çaycı, Çaycılık, Çaydanlık, Çay Parası, Çayevi, Çaygiller, Çayhane, Çay Kazanı gibi kelimelerin yanında; Tavşan Kanı Çay, Çay İçmek, Kıtlama Çay, Çayı Höpürdetmek, Çay İkram Etmek, Paşa Çayı gibi deyimlerin ortaya çıkmasına sebep olmuştur.

Yetiştirilmesinden, hazırlanıp tüketilmesine varana kadar olan çay kültürü, bir çay etnografyasını da ortaya çıkarmıştır. Çay kesilmesine yarayan makaslar, sepetler, kutular, demlikler, semaverler, çay kazanları, bardaklar, fincanlar, kaşıklar, tepsiler vb. hepsi çay kültürünün etrafında oluşan etnografik maddelerdir.

Bunlardan en önemlisi, çayın kendisinden ayırd edemeyeceğimiz semaver kültürüdür. Semaver 19. yüzyıldan itibaren Ortaasya'da yaygın olarak kullanılmaya başlanmıştır. Ahmet Yesevi'den gelen mirasla çayın şifalı olduğuna inanıldığı gibi, semaverin de şifa dağıtıcısı olduğuna inanılır hale gelmiştir. İnsanlara bir hayat, muhabbet verici, derlere deva olarak görülür. Semaverin şifa dağıttığına o kadar inanılırdı ki hamam çıkışında ve mevlitlerde insanları rahatlatmak için semaver kaynatılır ve çay içilirdi. Semaver edebiyatımızda da başlı başına bir yer tutmaktadır. Semaver şifahaneye benzetilmiştir.

Daha düne kadar yurdumun kahve ve çay bahçeleri "cafe"lere özenerek cam bardağı ortadan kaldırmış, porselen ya da cam fincanlarda servis yapmaya başlamıştı. Bir de tabii poşet çay girdi ki yaşamımıza, "cafe"lerin dışında kimi evlerde de yüz yıllık çay demleme usullerimiz hemen rafa kaldırıp demlik poşeti çaylar fincanda sunulmaya başlandı. Allah'tan şimdilerde, turistlere porselen/seramik fincanda poşet çay sunmanın pek de zekice bir şey olmadığı kavranmaya başlandı. Bunda "Yunanlılar ince belli cam bardakta çay veriyormuş" haberinin etkisi oldu mu bilmiyorum ama son zamanlarda, "cafe"lerden başlayarak, çay bahçelerinde de çay severlerin ısrarı üzerine ideal boyutta olmasa da cam bardaklar kullanılmaya başlandı. Hani şu nedense "Ajda Pekkan bardağı" denen iri bardaklar. Ama gerçek çay severlerin gönlünde yatan küçük, ince belli bardaklar tabii ki. Gün boyunca çay içmemizin yanı sıra, kendimize özgü demleme usulü, ince belli cam bardaklar, kıtlama çay gibi katkılarımızla çayın kültür tarihine eklediklerimiz yadsınamaz, hele destanlarımıza, türkülerimize, ilahilerimize ve manilerimize de girdiği hatırlanırsa...

Çay'dan bahsedilirse Erzurumlu'dan bahsedilmez mi? Çayı Rizeliler yetiştirir. Ama çayı da Erzurumlular içer. Erzurum'da çay bir başka içilir. Herkes çay içer ama Erzurumlu bir başka çay içer. İçer içer de... neler der neler

İlk çay biraz keyif, biraz da tıbbi nedenlerle içilmiş, çay içerek zihni uyanık tutmak, binbir derde deva özelliklerinden yararlanmak hep söz konusu edile gelmiş. İşin güzel ve şaşırtıcı yanı ise, çayın sıcak bir içecek olmanın ötesine geçmesiyle başlıyor.

Önce Çinliler, daha sonra çayı onlardan altıncı yüzyılın sonuna doğru aldıkları söylenen Japonlar, kendi dini ritüellerine ve eskiden beri törensel olan yemek adabına uygun düşen bir çay içme töresini geliştirmişler. Dünya üzerinde milyonlarca kişi gün boyu çay içerken bunu sıradan bir iş gibi yaparken, Japonlar ve Çinliler, buna derin bir anlam yüklüyor

Avrupa'da 17. yüzyıldan beri bir keyif maddesi olarak bilinen çay, 19.yüzyılda tüm Kuzey Denizi civarında, bir halk içeceği haline gelmiştir. Tüm dünyada, toplumsal yaşamda oldukça önemli bir yer tutan çayı, hintliler süt ve şekerle, Kuzey Afrikalılar yeşil çayı taze nane ile lezzetlendirirler. Çay kültürü her ülkede farklı yorumlanmaktadır.

## Yorum

Burada semaverin sunulması ile eski yaz filim izleme hatıralarım canlanmıştır.

## 4) Başlı Başına Bir Gelenek: Çayın Tarihçesi ve Türkiye'ye Gelişi (<http://yemek.com/cayin-tarihcesi/>

14 Nisan 2015)

İçtiğimiz her yudumda ülkemize gelmiş olmasına minnet duyduğumuz, saygıdan önümüzü iliklediğimiz bir içecek çay. Aslında genel olarak ona gerektiği değeri vermeme gibi bir alışkanlığımız vardır. Hele bir de çalışıyorsanız kendinize iyi bir çay yapacak vaktiniz kalmaz hiç.

Önünüze gelen çaylar gerçek çayın hissettirmesi gereken bütünlüğü hissettiremez. Daha çok kaynatılmış su içinde esans varmış gibi gelir. Madem bu kadar üzgünüz bu konuda, gelin birlikte öğrenelim çay aslında nedir, hangi dönemde tanışmışızdır, hayatımızı nasıl etkilemiştir.

**Editörün notu:** Herkesin söyleyecek bir şeyi vardır çay hakkında. Onları da yorum bölümüne yazarak bizi beslemeyi lütfen unutmayın. Yazdığınız her yorum bizim için çok değerli.

### Çay nerede ve nasıl kullanılmaya başlanmıştır?

Çay ilk olarak milattan önce 2737 yılında, Çin'de medikal amaçlarla kullanılmaya başlanmıştır. Zaman ilerledikçe çayı suyla bir araya getirip bir içeceğe dönüştürmüşler. İlk içilebilir halde kullanılması milattan önce 10. yüzyıla denk geliyor.

Etimolojik yani kelime kökeni olarak bugün kullandığımız çay kelimesi, bize Çin'in bir lehçesi olan Mandarin'den gelmiştir. Okunuş olarak "ça", Latin harfleriyle yazılımı "cha" olan bu kelime, zamanla Orta Asya, Orta Doğu ve Kuzey ülkelerine kadar ilerlemiştir. Bu nedenle bu coğrafya içinde yer alan neredeyse tüm ülkeler çay kelimesini "çay" olarak okumaya devam eder.

Çin'de içilmeye başlanan ve artık diğer ülkelere yayılım gösteren çayın yolculuğu ilk dönemde: Kore, Japonya ve Vietnam üzerine olmuştur. İnsanlar bu ülkelerde çay içiyorken, çayın neredeyse bir diğer piri olan Hindistan'da çay hala medikal amaçlarla kullanılıyordu.

### Çay ve İngiltere bağlantısı nasıl olmuştur? [wikipedia](#)

Günümüze yavaş yavaş yaklaşıldığında, 18. yüzyılda çay eksperleri Çin'den çıkıp Portekiz'e gitmişler ve burada çay ekmeğe başlamışlar. Çay endüstrisi böylece yavaşça kurulmuş. İngiltere'nin Portekiz'e gitmesi ve buradan çaya dair bilgilerin yanı sıra tohumları da almasıyla çay artık Avrupa'ya da aktarılmış.

Ancak basit görünen bu süreçte, yani 18.yüzyıla kadar çayın bir içecek olarak tüketimi hala yaygınlaşmamış, aksine pahalı bir içecek olarak festival ya da özel durumlarda tüketilmiş.

1785'den sonra İngiltere ve İrlanda, çayı günlük kullanıma entegre etmişler. Her şey burada da bitmemiş, İngiltere çayın nasıl içildiğini Hindistan'a tanıtmış ve burada büyük çay yetiştirmeleri yapılmış.

### Çayın Osmanlı'ya gelişi öyküsü nedir? [dailymotion - sultan ii. abdulhamid han](#)

Hükmettiği topraklardan kahveyi getiren ve tüm toprakları genelinde yeni bir kültüre ön ayak olan Osmanlı'nın çayla tanışma hikayesi, İstanbul'daki birkaç dükkanın çay ithalatı yapmasıyla başlamış. Çayın değerli ve güzel bir içecek olduğunun farkına varan Osmanlı, Sultan II. Abdulhamid döneminde Çin'den getirilen fidanları Bursa'ya ektirmiş ancak ekolojik nedenlerle burada çay yetiştirmek mümkün olmamış.

Yapılan araştırmalara göre Türkler'in çayla tanışıklığı aslında çok daha öncelere Orta Asya'ya dayanıyordu. Hatta 12. yüzyıl bile diyebiliriz. Bir Kazan Kırım Türk'ü ve dil islahatçısı olan Abdül'l-Kayyum Nasırı'nin kitabı Fevkihü'l-Cüles'a da ilk çay içen Türk'ün Hoca Ahmet Yesevi olduğu vurgulanmış.

### [twitter - osmanlı kahvehaneleri](#)

Çay konusunda bilineni aksine çok büyük bir varlık gösteremeyen Osmanlı, bu sırada I. Dünya Savaşı'nı yaşamış. Kaybettiği topraklar ve ticari anlaşmalar nedeniyle bir kültür haline gelen kahveyi oldukça pahalıya ithal etmeye başlamış. Yemen'den gelen kahveler çok pahalı bir hal almış.

Bu konuda önlem alınması gerektiğini düşünen Mustafa Kemal Atatürk, Türkiye topraklarında yetiştirilebilecek bir bitki olan çayın yaygınlaşması için çalışmalarına başlamış. Kahvenin pahalı yüzüne karşılık çay, daha ucuza imal edilebilen ve kolay ulaştırılabilen bir içecek olmuş.

20. yüzyıla kadar çayla çok haşır neşir olmayan Türkler, 1900'lü yıllarda Karadeniz'in özellikle Rize ilinde çayda önüne geçilemez bir büyüme gözlemlemiş. 1924 yılında devlet tarafından Rize'de çay yetiştirilmesi konusunda bir yasa çıkarılmış. 1930'lara gelindiğinde Gürcistan'dan alınan 70 ton siyah çay tohumu ekilmiş ve Rize'nin bir çay yıldızı olması sağlanmış.

Dönem dönem yapılan tüm regülasyonlara rağmen, dünyada en yüklü miktarda çay üretimi gerçekleştiren ilk 6 ülke arasındaki yerimizi almışız.

### Günümüzde çay kültürü nasıldır? [destination360](#)

Atatürk'ün teşvikleri ve bölgesel kalkınmanın sağlanmasıyla birlikte Türkiye artık çay konusunda dünyada hatırı sayılır bir noktada yer alıyor. Bunun nedeni yalnızca üretim bazı değil aynı zamanda çay içme oranının da oldukça yüksek olması.

Kişi başına ortalama yıllık 6.87 kg çay tüketimiyle Türkiye, dünya üzerinde en çok çay tüketen ülke. Bir düşünün, çayın gelişmesine öncülük eden İngiltere'nin arkada kaldığı bir listeden bahsediyoruz.

Günümüzde çay, Türkiye'de günün her öğünü içilen ve özellikle içine asiditesini değiştirebilecek herhangi bir ek gıda olmadan tüketilen biçimdedir. Demlilik oranlarına göre farklı isimler alır. Bunun yanı sıra toz şeker ya da kıtlama şeker türleriyle tüketilir.

Günümüzde çay kültürü bambaşka bir yazı konusu diyebiliriz. Ayrıca içine sadece çayla henüz yeni tanışmış sayılan Türkiye'yi almak olmaz. Çin'den başlayıp gelebiliriz günümüze.

Tam kıvamında demli çaylı günlere!

## Yorum

Bu makalede geniş çay hakkında bilgi verilmektedir. Diğer çay konusundaki kaynaklarda izlenmektedir.

## 5) Türklerde çay geleneği ([https://tr.sputniknews.com/turkish.ruvr.ru/2014\\_03\\_03/Turklerde-cay-geleneqi/](https://tr.sputniknews.com/turkish.ruvr.ru/2014_03_03/Turklerde-cay-geleneqi/))

Bugünkü konumuz çayın Türk kültüründeki yeridir.

Çay, yüzyıllardır süregelen bir gelenektir. Her türlü gizeme tanıklık eden Doğu'nun dünyaya bir armağanıdır... Çay, dünyada sudan sonra, en fazla içilen ve içme alışkanlığı gittikçe artan bir bitki olarak 5000 yıllık bir geçmişe sahiptir. Yaygın bir efsaneye göre, büyük Çin İmparatoru Shen Nung'in hizmetlilerinden biri bahçede su kaynatırken bir yaprak kaynayan suyun içine düşer. Yayıdığı koku imparatoru etkiler. Kokusunu beğenen imparator, tadını da denemek ister ve çay o gün bugündür insanoğlunun vazgeçilmez dostu haline gelir. Çay konusunda ilk geniş çaplı araştırma M.S. 733-804 yılları arasında yaşayan Lu Yu'ya aittir. "Çay Kitabı" adlı eserinde, çay hakkında; üretiminden tüketimine, sistemli ve kapsamlı bilgi vermektedir. Böylece çay üretimi ve tüketimi daha da yaygınlaşma imkânı bulmuştur. Avrupa'nın bu gizemli tat ile buluşması 17. yüzyılda gerçekleşir. İngilizler, sağlık ve zindeliğin sunulduğu bu sıcak içeceği o kadar çok benimseler ki, bunu bir yaşam tarzı haline getirirler adeta. 18. yüzyılda da bugün dünyanın en büyük çay yetiştirilen bölgesi sayılan Assam ve Seylan Adası'nda çay bahçeleri oluştururlar. Üretilen bu çayları Avrupa'ya hızlı olarak taşımak için de, süratli yelkenliler yaparlar. Türkiye'nin çayla tanışması 1787 tarihinde, Japonya'dan getirilen çay tohumlarının ekilmesiyle başlar. Bursa civarında gerçekleşen ilk ekim çalışmaları iklim şartlarının olumsuzluğu nedeniyle başarısızlıkla sonuçlanır. Ancak 1917 yılında, zamanın Halkalı Ziraat Mektebi Alisi müdür vekili ve botanikçi olan Ali Rıza Erten yapmış olduğu teknik çalışmalar sonucunda 16.02.1924 tarihinde Rize'de çay yetiştirilmesi için meclisten onay alır ve günümüz çay üretiminin temelleri bu şekilde atılmış olur. 1947' de kurulan ilk fabrika ile üretim hızlandı. Türk insanı, çok sevdi çayı ve günün her saatine, her mekanına taşıdı bu sıcacık içeceği.

Bu arada, Tarih kitaplarında Türklerin, Anadolu'ya gelmeden önce Orta Asya'da çayla tanıştıkları yazıyor. Kazan Tatar Türklerinden dil islahatçısı, Abdül'l-Kayyûm Nâsîrî, "Fevakihü'l-Cülesâ" adlı eserinde, 12. yy'da Kazakistan'da yaşayan Türk şair Hoca Ahmet Yesevi'nin çayı içen ilk Türk olduğunu anlatıyor. Nâsîrî, Hoca Ahmet Yesevi'nin misafir olduğu Türkmen komşunun evinde içtiği sıcak çayın yorgunluğunu giderdiğini ve "Hastalarınıza bundan içirin ki şifa bulsunlar" diye dua ettiğini yazıyor. Tatar çayı, Nogay Çayı ve de Ayakşay olarak da bilinen, çayın sütte pişirilmiş haline denir. Nogay çayını hazırlamak gayet kolay. Önce tencerede çayı kaynatıyoruz. Bildiğimiz siyah kuru çay olabilir bu. Birkaç dakika çayı bu tencerede demliyoruz. Ardından miktara göre süt ilave ediyoruz (bir tencere için iki su bardağı süt) ve çayı kaynatmaya devam ediyoruz. Çay hafif fokurtular verdiği vakit tencereye karabiber ve tuz ekliyoruz. Çay iyice kaynadığında ise çayımızı başka bir tencereye süzerek döküyoruz. Aynı bir yere aldığımız çayı bir bardak ya da kasede servis edebilirsiniz. Servis ederken çayın üzerine çok az tereyağı ya da kaymak koyabilirsiniz. Tarife baktığınızda Nogay çayının çaydan öte bir yemek olduğunu görebilirsiniz. Bu çayın yanına açma, börek, ekme gibi unlu mamuller eşlik eder.

## Yorum

Türklerde çay geleneği o kültürel yapıya göre değişim göstermektedir. Zamanımızda ise farklı bir boyut oluşmakta ve çay konusunda farklı değişim ve yapı görülmektedir. Gelecekte çay çok farklı olarak sunulması, hazırlanması bekleniyor. Hazır kahve gibi hazır çay tozu, eriyebilir çay olmaktadır.

## 6) Tea (meal)- Wikipedia

**Tea** (in reference to food, rather than [the drink](#)) has long been used as an [umbrella term](#) for several different meals. [Isabella Beeton](#), whose books on [Home economics](#) were widely read in the 19th century, describes afternoon teas of various kinds, and provides menus for the old-fashioned tea, the at-home tea, the family tea and the high tea.<sup>[1]</sup> *Teatime* is the time at which the tea meal is usually eaten, which is late afternoon to early evening, being the equivalent of [merienda](#).<sup>[2]</sup> Tea as a meal is associated with Britain, Ireland, and some [Commonwealth countries](#).

## Yorum

Burada çay yemeği, bizde de kahve-altı, kahvaltı yerine İngilizcede çay yemeği denilmektedir.

Çay sadece çay olarak değil, işlevine göre de adlandırılmaktadır.

Başlıca algılananlar: 3 grupta toplanabilir.

<a href="#">Breakfast</a>	<a href="#">Full course dinner</a>	<a href="#">À la carte</a>
<a href="#">Second breakfast</a>	<a href="#">Amuse-bouche</a>	<a href="#">Banquet</a>
<a href="#">Elevenses</a>	<a href="#">Hors d'oeuvre</a>	<a href="#">Boodle fight</a>
<a href="#">Brunch</a>	<a href="#">Soup</a>	<a href="#">Buffet</a>
<a href="#">Lunch</a>	<a href="#">Entrée</a>	<a href="#">Cuisine</a>
<a href="#">Plate lunch</a>	<a href="#">Roast</a>	<a href="#">list</a>
Tea	<a href="#">Main course</a>	<a href="#">Drink</a>
<a href="#">Tea</a>	<a href="#">Salad</a>	<a href="#">Eating</a>
<a href="#">Supper</a>	<a href="#">Side dish</a>	<a href="#">Food</a>
<a href="#">Combination meal</a>	<a href="#">Entremet</a>	<a href="#">History of breakfast</a>
<a href="#">Kids' meal</a>	<a href="#">Dessert</a>	<a href="#">Snacking</a>
<a href="#">Snack</a>	<a href="#">Meal preparation</a>	<a href="#">Table d'hôte</a>
<a href="#">Value meal</a>		<a href="#">Table manners</a>

## Afternoon tea

Afternoon tea with bread and butter, jam and little cakes at the [Rittenhouse Hotel, Philadelphia](#).

**Afternoon tea** is a light meal typically eaten between 3.30 pm and 5 pm. Observance of the custom originated amongst the wealthy [social classes](#) in [England in the 1840s](#).<sup>[3]</sup> [Anna Maria Russell, Duchess of Bedford](#), is widely credited as transforming afternoon tea in England into a late-afternoon meal whilst visiting [Belvoir Castle](#). By the end of the nineteenth century, afternoon tea developed to its current form and was observed by both the upper and [middle classes](#). It had become ubiquitous, even in the isolated village in the fictionalised memoir [Lark Rise to Candleford](#), where a cottager lays out what she calls a "visitor's tea" for

their landlady: "the table was laid... there were the best [tea things](#) with a fat pink rose on the side of each cup; hearts of lettuce, thin bread and butter, and the crisp little cakes that had been baked in readiness that morning."<sup>[4]</sup>

For the more privileged, afternoon tea was accompanied by delicate savouries (customarily [cucumber sandwiches](#) or egg and [cress](#) sandwiches), bread and butter, possibly [scones](#) (with [clotted cream](#) and jam, as for [cream tea](#)), and usually cakes and pastries (such as [Battenberg cake](#) or [Victoria sponge](#)). The sandwiches usually have the crusts removed, and are cut into small segments, either as triangles or fingers (also known as [tea sandwiches](#)). Biscuits are not usually served.

Nowadays, a formal afternoon tea is more of a special occasion, taken as a treat in a hotel.<sup>[5]</sup> The food is often served on a tiered stand; there may be no sandwiches, but bread or scones with butter or margarine and optional jam or other spread, or toast, muffins or [crumpets](#).<sup>[6][7][8]</sup> Afternoon tea as a treat may be supplemented with a glass of [Champagne](#) or a similar alcoholic drink. A less formal establishment is known as a [tearoom](#), similar to a [coffee shop](#). These used to be common in the UK, but these establishments have declined in popularity since [World War II](#). [A.B.C. tea shops](#) and [Lyons Corner Houses](#) were successful chains of such establishments, and played a role in opening up possibilities for Victorian women. [A list of significant tea houses in Britain](#) gives more examples.

The custom of taking afternoon tea with bread or pastry was also common in some continental European areas long before the emergence of the practice in England, though such customs are not widely known in English-speaking countries. For example, [Alexandre-Balthazar-Laurent Grimod de La Reynière](#) wrote in 1804 of afternoon tea in Switzerland.

Vers les cinq heures du soir, la maîtresse de la maison fait elle-même, au milieu du salon, du thé très-fort, qu'adoucisent à peine quelques gouttes d'une crème onctueuse ; de larges tartines de pain beurré l'accompagnent. Tel est le Thé suisse dans toute sa simplicité. Mais, dans la plupart des maisons opulentes, on y ajoute du café, des pâtisseries légères de toute espèce, et dont plusieurs sont même inconnues à Paris, des fruits confits ou glacés, des macarons, des biscuits, du nougat, et même jusqu'à des glaces.<sup>[9]:54</sup>

Towards five o'clock in the evening, the mistress of the house, in the midst of the sitting-room, makes tea herself, very strong and barely sweetened with a few drops of rich cream; generous slices of buttered bread accompany it. Such is the Swiss Tea in all its simplicity. In most opulent houses, however, coffee and light pastries of all kinds are added, many of which are unknown in Paris, preserved or candied fruits, macarons, biscuits, nougat, and even ices.

A [tea party](#) is a social gathering around this meal – not to be confused with the [Boston Tea Party](#), a mid-December 1773 incident at the beginning of the [American Revolution](#), or the [21st century political movement](#) named after it.

## Yorum

Burada her aile ve geleneklere göre farklıdır. Çay ile birlikte yenilen kurabiyeler o evin temel özelliği ve örf boyutunda olabilir.

Bazı ailelerde ekmek üstüne, peynir ve yumurta ile birlikte biraz maydanoz gibi tat verenler ile özel ikramlar yapılabilmektedirler.

## Cream tea

This snack is associated with the [West Country](#), i.e. [Cornwall](#), [Devon](#), [Dorset](#) and [Somerset](#). It usually consists of [scones](#), [clotted cream](#), [strawberry jam](#), plus of course, tea to drink. Some venues will provide butter instead of clotted cream. In Australia, this is commonly referred to as Devonshire Tea.

## Yorum

Burada ekmek üstüne veya etimek gibi buğday unu ile yapılan ile mısır ekmeği ile yapılan atıştırmalar ile farklı olmaktadır. Birçok yerde, Karadeniz'de mısır üstüne bir krema ile servis yapıldığı görülmektedir. Bunlar doyumak değil, atıştırmalık, iştahı kesmek için yapılır.

## Tea as the evening meal

Tea (also known as high tea or meat tea) is one name for the evening meal. It is associated with the [working class](#) and is typically eaten between 5 pm and 7 pm. In the North of England, North and South Wales, the [English Midlands](#), Scotland and in rural and working class areas of [Northern Ireland](#) and the [Republic of Ireland](#), people traditionally call their midday meal *dinner* and their evening meal *tea* (served around 6 pm), whereas the upper social classes would call the midday meal *lunch* or *luncheon* and the evening meal (served after 7 pm) *dinner* (if formal) or *supper* (if informal).<sup>[10]</sup> This differentiation in usage is one of the classic social markers of [English](#) (see [U and non-U English](#)). However, in most of the south of England, the midday meal is almost universally called "lunch", with "dinner" being the evening meal, regardless of social class.

High tea typically consists of a hot dish, followed by cakes and bread, butter and jam. Occasionally there will be cold cuts of meat, such as ham salad. The term was first used around 1825, and "high" tea is taken on a high (dining) table; by contrast, low tea, which was more of a light snack, was served on a low table – what would be called a coffee table in North America.<sup>[11][12][13]</sup>

A stereotypical expression "You'll have had your tea" is used to parody people from Edinburgh as being rather shortcoming with hospitality.<sup>[14]</sup> A [BBC Radio 4](#) comedy series [of this name](#) was made by [Graeme Garden](#) and [Barry Cryer](#).

## Yorum

Burada akşam yemeği olarak çay sunulmaktadır. Akşam yemeği olarak özellikle hazır yiyecek olmaktadır. Hamburger veya fastfood boyutunda olan ve geleneksel yapıdadırlar.

## Tea break

Not a meal as such, but a chance to "down tools" (or get away from the computer) and relax from work for 10-15 minutes. This may occur mid-morning (see [elevenses](#)) or mid-afternoon. It may equally involve coffee, and almost inevitably, biscuits. Once upon a time, the drinks were served by the workplace's [tea lady](#), a position that is now almost defunct. The British [habit of dunking biscuits in tea](#) has been exported around the globe.<sup>[15]</sup>



## Yorum

Bu farklı bir kavramdır. Yoğun iş temposu içinde olanlar, çalışmalarına bir ara vermekte, aminofilin türü uyaranlar ile dinçleşmektedirler. Bir ara ama karşılıklı sohbet ve hizmet içi eğitim, iş birliği ve eşgüdüm konusunda bir bütünleşme sağlamaktadır.

### Australian and New Zealand usages of the term

In Australia any short break for tea in the afternoon is referred to as "afternoon tea". As a result, the term "high tea" is used to describe the more formal affair that the English would call "afternoon tea".<sup>[16]</sup> In Australia, the evening meal is still often called *tea* whereas the midday meal is now commonly called *lunch*. In rural areas, *dinner* is still used quite often for the midday meal, *tea* is at around 6 pm, and *supper* is either a very late meal at night, or food served at night at a social function, such as the town's annual Christmas dance and supper.

## Yorum

Burada her ülkenin kendine göre bir boyutu vardır.

Türkiye’de akşam güneş batarken, tavşan kanı bir çay ile arkadaşlarla sohbet etmek, günün yorgunluğunu gideren en önemli boyut olmaktadır. Yiyecek olarak ise insanlar kendilerine göre tercih yaparlar. Bir sandviç, bir kırık kraker, kuru fındık ve fıstık yemek önemli bir boyut olmaktadır. Alkol gibi içeceklerin yeri olamaz.

## 7) Tea (Wikipedia)

Tea plant (*Camellia sinensis*) from [Köhler's Medicinal Plants](#), 1897

Tea plant

**Tea** is an aromatic beverage commonly prepared by pouring hot or boiling water over [cured leaves](#) of the *Camellia sinensis*, an [evergreen shrub](#) (bush) native to Asia.<sup>[3]</sup> After water, it is the most widely consumed drink in the world.<sup>[4]</sup> There are many different types of tea; some, like [Darjeeling](#) and [Chinese greens](#), have a cooling, slightly bitter, and [astringent](#) flavour,<sup>[5]</sup> while others have vastly different profiles that include sweet, nutty, floral or grassy notes.

Tea originated in [Southwest China](#), where it was used as a [medicinal drink](#).<sup>[6]</sup> It was popularized as a recreational drink during the Chinese [Tang dynasty](#), and tea drinking spread to other East Asian countries. [Portuguese priests](#) and merchants introduced it to Europe during the 16th century.<sup>[7]</sup> During the 17th century, drinking tea became fashionable among Britons, who started large-scale production and commercialization of the plant in India to bypass the Chinese monopoly.

The term [herbal tea](#) refers to drinks not made from *Camellia sinensis*: [infusions](#) of fruit, leaves, or [other parts of the plant](#), such as [steeps](#) of [rosehip](#), [chamomile](#), or [rooibos](#). These are sometimes<sup>[8]</sup> called *tisanes* or *herbal infusions* to prevent confusion with tea made from the tea plant.

## Yorum

Kamelya güzel kokulu bir bitkidir. Sıklıkla evlerde yetiştirilmektedir. Ancak çay olarak içilmemektedir.

### Etymology

The [Chinese character](#) for tea is 茶, originally written with an extra stroke as 荼 (pronounced *tú*, used as a word for a bitter herb), and acquired its current form during the [Tang Dynasty](#).<sup>[9][10][11]</sup> The word is pronounced differently in the different [varieties of Chinese](#), such as *chá* in [Mandarin](#), *zo* and *dzo* in [Wu Chinese](#), and *ta* and *te* in [Min Chinese](#).<sup>[12]</sup> One suggestion is that the different pronunciations may have arisen from the different words for tea in ancient China, for example *tú* (荼) may have given rise to *té*;<sup>[13]</sup> historical phonologists however argued that the *cha*, *te* and *dzo* all arose from the same root with a reconstructed pronunciation *dra*, which changed due to sound shift through the centuries.<sup>[14]</sup> There were other ancient words for tea, though *ming* (茗) is the only other one still in common use.<sup>[14][15]</sup> It has been proposed that the Chinese words for tea, *tu*, *cha* and *ming*, may have been borrowed from the [Austro-Asiatic languages](#) of people who inhabited southwest China; *cha* for example may have been derived from an archaic Austro-Asiatic root *\*la*, meaning "leaf".<sup>[16]</sup> Most Chinese languages, such as Mandarin and Cantonese, pronounce it along the lines of *cha*, but [Hokkien](#) and [Teochew](#) Chinese varieties along the Southern coast of China pronounce it like *teh*. These two pronunciations have made their separate ways into other languages around the world.<sup>[17]</sup>

Starting in the early 17th century, the Dutch played a dominant role in the early European tea trade via the [Dutch East India Company](#).<sup>[18]</sup> The Dutch borrowed the word for "tea" (*thee*) from [Min Chinese](#), either through trade directly from Hokkien speakers in [Formosa](#) where they had established a port, or from Malay traders in [Bantam](#), [Java](#).<sup>[19]</sup> The Dutch then introduced to other European languages this Min pronunciation for tea, including English *tea*, French *thé*, Spanish *té*, and German *Tee*.<sup>[20]</sup> This pronunciation is also the most common form worldwide.<sup>[21]</sup> The *Cha* pronunciation came from the [Cantonese \*châh\*](#) of [Guangzhou](#) (Canton) and the ports of [Hong Kong](#) and [Macau](#), which were also major points of contact, especially with the Portuguese traders who settled [Macau](#) in the 16th century. The Portuguese adopted the Cantonese pronunciation "chá", and spread it to India.<sup>[19]</sup> However, the Korean and Japanese pronunciations of *cha* were not from Cantonese, but were borrowed into Korean and Japanese during earlier periods of Chinese history.

A third form, the increasingly widespread *chai*, came from [Persian](#) چای [tʃɑːi] *chay*. Both the *chá* and *chây* forms are found in Persian dictionaries.<sup>[22]</sup> They are derived from the Northern Chinese pronunciation of *chá*,<sup>[23]</sup> which passed [overland](#) to Central Asia and Persia, where it picked up the Persian grammatical suffix *-yi* before passing on to Russian as чай [tɕæj], *chay*, Arabic as شاي (pronounced *shay* [ʃæiː] due to the lack of a [tʃ] sound in Arabic), Urdu as چائے *chay*, Hindi as चाय *chāy*, Turkish as çay, etc.<sup>[24]</sup> The few exceptions of words for tea that do not fall into the three broad groups of *te*, *cha* and *chai* are mostly from the minor languages from the botanical homeland of the tea plant from which the Chinese words for tea might have been borrowed originally.<sup>[14]</sup> English has all three forms: *cha* or *char* (both pronounced [tʃɑː/]), attested from the 16th century; *tea*, from the 17th;

and *chai*, from the 20th. However, the form *chai* refers specifically to a black tea mixed with honey, spices and milk in contemporary English.<sup>[25]</sup>

### Origin and history

A 19th-century Japanese painting depicting [Shennong](#): Chinese legends credit Shennong with the invention of tea.<sup>[26]</sup>

Tea plants are native to East Asia, and probably originated in the borderlands of north Burma and southwest China.<sup>[27]</sup> Statistical [cluster analysis](#), [chromosome number](#), easy [hybridization](#), and various types of intermediate hybrids and spontaneous [polyploids](#) indicate that likely a single place of origin exists for *Camellia sinensis*, an area including the northern part of [Burma](#), and [Yunnan](#) and [Sichuan](#) provinces of China.<sup>[27]</sup> Tea drinking may have begun in the Yunnan region during the [Shang Dynasty](#) in China, when it was used for medicinal purposes. It is also believed that in Sichuan, "people began to boil tea leaves for consumption into a concentrated liquid without the addition of other leaves or herbs, thereby using tea as a bitter yet stimulating drink, rather than as a medicinal concoction."<sup>[6]</sup>

Chinese legends attribute the invention of tea to [Shennong](#) in 2737 BC,<sup>[26]</sup> although evidence suggests that tea drinking may have been introduced from the southwest of China (Sichuan/Yunnan area). The earliest written records of tea come from China. The word *tú* 荼 appears in the [Shijing](#) and other ancient texts to signify a kind of "bitter vegetable" (苦菜), and it is possible that it referred to a number of different plants such as [sowthistle](#), [chicory](#), or [smartweed](#),<sup>[28]</sup> as well as tea.<sup>[14]</sup> In the [Chronicles of Huayang](#), it was recorded that the [Ba](#) people in [Sichuan](#) presented *tu* to the [Zhou](#) king. The state of [Ba](#) and its neighbour [Shu](#) were later conquered by the [Qin](#), and according to the 17th century scholar [Gu Yanwu](#) who wrote in *Ri Zhi Lu* (日知錄): "It was after the Qin had taken Shu that they learned how to drink tea."<sup>[2]</sup> Another possible early reference to tea is found in a letter written by the Qin Dynasty general Liu Kun who requested that some "real tea" to be sent to him.<sup>[29]</sup>

The earliest known physical evidence<sup>[30]</sup> of tea was discovered in 2016 in the mausoleum of [Emperor Jing of Han](#) in [Xi'an](#), indicating that tea from the genus *Camellia* was drunk by [Han Dynasty](#) emperors as early as the 2nd century BC.<sup>[31]</sup> The Han dynasty work "The Contract for a Youth", written by [Wang Bao](#) in 59 BC,<sup>[32]</sup> contains the first known reference to boiling tea. Among the tasks listed to be undertaken by the youth, the contract states that "he shall boil tea and fill the utensils" and "he shall buy tea at Wuyang".<sup>[2]</sup> The first record of tea cultivation is also dated to this period (the reign of [Emperor Xuan of Han](#)), during which tea was cultivated on Meng Mountain (蒙山) near [Chengdu](#).<sup>[33]</sup> Another early credible record of tea drinking dates to the third century AD, in a medical text by [Hua Tuo](#), who stated, "to drink bitter t'u constantly makes one think better."<sup>[34]</sup> However, before the mid-8th century Tang dynasty, tea-drinking was primarily a southern Chinese practice.<sup>[35]</sup> It became widely popular during the [Tang Dynasty](#), when it was spread to Korea, Japan, and Vietnam. In India, tea has been drunk for medicinal purposes for a long but uncertain period, but apart from the Himalayan region it seems not to have been used as a beverage until the British introduced tea-drinking there much later.

Through the centuries, a variety of techniques for processing tea, and a number of different forms of tea, were developed. During the Tang dynasty, tea was steamed, then pounded and shaped into cake form,<sup>[36]</sup> while in the [Song dynasty](#), loose-leaf tea was developed and became popular. During the [Yuan](#) and [Ming](#) dynasties, unoxidized tea leaves were first pan-fried, then rolled and dried, a process that stops the [oxidation](#) process that turns the leaves dark, thereby allowing tea to remain green. In the 15th century, [oolong](#) tea, in which the leaves were allowed to partially oxidize before pan-frying, was developed.<sup>[35]</sup> Western tastes, however, favoured the fully oxidized [black tea](#), and the leaves were allowed to oxidize further. [Yellow tea](#) was an accidental discovery in the production of green tea during the Ming dynasty, when apparently sloppy practices allowed the leaves to turn yellow, but yielded a different flavour as a result.<sup>[37]</sup>

Tea was first introduced to Portuguese priests and merchants in China during the 16th century, at which time it was termed *chá*.<sup>[7]</sup> The earliest European reference to tea, written as *Chiai*, came from *Delle navigationi e viaggi* written by a Venetian, [Giambattista Ramusio](#), in 1545.<sup>[38]</sup> The first recorded shipment of tea by a European nation was in 1607 when the [Dutch East India Company](#) moved a cargo of tea from [Macao](#) to Java, then two years later, the Dutch bought the first assignment of tea which was from [Hirado](#) in Japan to be shipped to Europe.<sup>[39]</sup> Tea became a fashionable drink in [The Hague](#) in the Netherlands, and the Dutch introduced the drink to Germany, France and across the Atlantic to [New Amsterdam](#) (New York).<sup>[40]</sup>

The first record of tea in English came from a letter written by Richard Wickham, who ran an [East India Company](#) office in Japan, writing to a merchant in [Macao](#) requesting "the best sort of chaw" in 1615. [Peter Mundy](#), a traveller and merchant who came across tea in Fujian in 1637, wrote, "*cha* — only water with a kind of herb boyled in it".<sup>[41][42]</sup> Tea was sold in a coffee house in London in 1657, [Samuel Pepys](#) tasted tea in 1660, and [Catherine of Braganza](#) took the tea-drinking habit to the British court when she married [Charles II](#) in 1662. Tea, however, was not widely consumed in Britain until the 18th century, and remained expensive until the latter part of that period. British drinkers preferred to add sugar and milk to black tea, and black tea overtook [green tea](#) in popularity in the 1720s.<sup>[43]</sup> Tea smuggling during the 18th century led to the general public being able to afford and consume tea. The British government removed the tax on tea, thereby eliminating the smuggling trade by 1785.<sup>[44]</sup> In Britain and Ireland, tea was initially consumed as a luxury item on special occasions, such as religious festivals, wakes, and domestic work gatherings. The price of tea in Europe fell steadily during the 19th century, especially after Indian tea began to arrive in large quantities; by the late 19th century tea had become an everyday beverage for all levels of society.<sup>[45]</sup> The popularity of tea also informed a number of historical events – the [Tea Act of 1773](#) provoked the [Boston Tea Party](#) that escalated into the [American Revolution](#), and the need to address the issue of British trade deficit caused by the demand for Chinese tea led to a [trade in opium](#) that resulted in the [Opium Wars](#).<sup>[46]</sup>

Tea was introduced into India by the British in an attempt to break the Chinese monopoly on tea.<sup>[47]</sup> In 1841, [Archibald Campbell](#) brought seeds of Chinese tea from the [Kumaun](#) region and experimented with planting tea in [Darjeeling](#). The Alubari tea garden was opened in 1856 and [Darjeeling tea](#) began to be produced.<sup>[48]</sup> In 1848, [Robert Fortune](#) was sent by the East India Company on a mission to China to bring the tea plant back to Great Britain. He began his journey in high secrecy as his mission occurred in the lull between the Anglo-Chinese [First Opium War](#) (1839–1842) and [Second Opium War](#) (1856–1860).<sup>[49]</sup> The Chinese tea plants he brought back were introduced to the Himalayas, though most did not survive. The British had discovered that a different variety of tea was endemic to [Assam](#) and the northeast region of India and that it was used by the local [Singpho people](#), and these were then grown instead of the Chinese tea plant. Using the Chinese planting and cultivation techniques, the British launched a tea industry by offering land in Assam to any European who agreed to cultivate it for export.<sup>[47]</sup> Tea was originally consumed only by anglicized Indians; however, it became widely popular in India in the 1950s because of a successful advertising campaign by the India Tea Board.<sup>[47]</sup>

### Yorum

Amerika bağımsızlığını çayı çuvallarını denize dökmek ile İngiltere'den ayrılma boyutu olarak kabul edilmektedir. Çay bir kültür, bir aile ve bir ülke boyutu olarak ele alındığı gözlenmektedir.

## Cultivation and harvesting

*Camellia sinensis* is an [evergreen](#) plant that grows mainly in [tropical](#) and [subtropical](#) climates.<sup>[50]</sup> Some varieties can also tolerate [marine climates](#) and are cultivated as far north as [Cornwall](#) in England,<sup>[51]</sup> [Perthshire](#) in Scotland,<sup>[52]</sup> [Washington](#) state in the United States,<sup>[53]</sup> and [Vancouver Island](#) in Canada.<sup>[54]</sup> In the Southern Hemisphere, tea is grown as far south as [Hobart](#) on the Australian island of Tasmania<sup>[55][56]</sup> and [Waikato](#) in New Zealand.<sup>[57]</sup>

Tea plants are propagated from seed and cuttings; about 4 to 12 years are needed for a plant to bear seed and about three years before a new plant is ready for harvesting.<sup>[50]</sup> In addition to a [zone 8](#) climate or warmer, tea plants require at least 127 cm (50 in) of rainfall a year and prefer [acidic soils](#).<sup>[58]</sup> Many high-quality tea plants are cultivated at elevations of up to 1,500 m (4,900 ft) above sea level. Though at these heights the plants grow more slowly, they acquire a better flavour.<sup>[59]</sup>

Two principal varieties are used: *Camellia sinensis* var. *sinensis*, which is used for most Chinese, Formosan and Japanese teas, and *C. s.* var. *assamica*, used in [Pu-erh](#) and most Indian teas (but not [Darjeeling](#)). Within these botanical varieties, many [strains](#) and modern clonal varieties are known. Leaf size is the chief criterion for the classification of tea plants, with three primary classifications being,<sup>[60]</sup> [Assam](#) type, characterised by the largest leaves; China type, characterised by the smallest leaves; and Cambodian type, characterised by leaves of intermediate size.

A tea plant will grow into a tree of up to 16 m (52 ft) if left undisturbed,<sup>[50]</sup> but cultivated plants are generally pruned to waist height for ease of plucking. Also, the short plants bear more new shoots which provide new and tender leaves and increase the quality of the tea.<sup>[61]</sup>

Only the top 1–2 inches of the mature plant are picked. These buds and leaves are called 'flushes'.<sup>[62]</sup> A plant will grow a new flush every seven to 15 days during the growing season. Leaves that are slow in development tend to produce better-flavoured teas.<sup>[60]</sup>

Pests of tea include mosquito bugs of the genus *Helopeltis* (which are [true bugs](#) that must not be confused with [the dipteran](#)) that can tatter leaves, so they may be sprayed with [insecticides](#). In addition, there may be [Lepidopteran](#) leaf feeders and various [tea diseases](#).

## Chemical composition

[Caffeine](#) constitutes about 3% of tea's dry weight, translating to between 30 mg and 90 mg per 8-oz (250-ml) cup depending on type, brand,<sup>[63]</sup> and brewing method.<sup>[64]</sup> A study found that the caffeine content of 1 g of black tea ranged from 22 to 28 mg, while the caffeine content of 1 g of green tea ranged from 11 to 20 mg, reflecting a significant difference.<sup>[65]</sup>

The astringency in tea can be attributed to the presence of polyphenols. These are the most abundant compounds in tea leaves, making up 30–40% of their composition.<sup>[66]</sup>

Tea also contains small amounts of [theobromine](#) and [theophylline](#), which are [stimulants](#), and [xanthines](#) similar to caffeine.<sup>[67]</sup>

Because of modern environmental pollution, [fluoride](#) and [aluminium](#) also sometimes occur in tea. Certain types of [brick tea](#) made from old leaves and stems have the highest levels.<sup>[68]</sup>

Black and [green teas](#) contain no [essential nutrients](#) in significant content, with the exception of the [dietary mineral, manganese](#) at 0.5 mg per cup or 26% of the [Daily Value](#).<sup>[69]</sup> Tea leaves contain diverse [polyphenols](#), including [flavonoids](#), [epigallocatechin gallate](#) (commonly noted as EGCG) and other [catechins](#).<sup>[70][71]</sup>

It has been suggested that green and black tea may protect against cancer<sup>[72]</sup> or other diseases such as [obesity](#)<sup>[73]</sup> or [Alzheimer's disease](#).<sup>[74]</sup> but the compounds found in green tea have not been conclusively demonstrated to have any effect on human diseases.<sup>[75][76]</sup> One human study demonstrated that regular consumption of black tea over four weeks had no beneficial effect in lowering [blood cholesterol](#) levels.<sup>[77]</sup>

Physically speaking, tea has properties of both a solution and a suspension. It is a solution of all the water-soluble compounds that have been extracted from the tea leaves, such as the polyphenols and amino acids, but is a suspension when all of the insoluble components are considered, such as the cellulose in the tea leaves.<sup>[78]</sup>

## Yorum

Yeşil çay, antioksidan özelliği çoktur denilerken, aynı şey siyah çay için belirtilir. Burada kanımca çayın hazırlanışı önemlidir. Ancak kafein oranı 1 gram çay ağırlığı dikkate alınınca siyah çayda iki misli yüksektir (22-28/11-20).

Çayın yetiştiği toprakların kapsamı, gübreleme ile gelenler ve işlem sırasında bulaşanlar etkilemektedir. Ancak yüksek yağış alan yerler olduğu için, fazla birikim beklenilmemelidir.

İçerdiği maddelerin biyolojik etkileşimi vardır, bunlar yan etki veya zarar değil, beklenen etkidir. Aminofilin gibi maddelerin doza bağlı ve bireye bağlı farklı etkileşimi olması doğaldır ve bunlar dikkate alınmalı, kısaca kişiye sorulmalıdır.

## Processing and classification

Tea is generally divided into categories based on how it is processed.<sup>[79]</sup> At least six different types are produced:

- [White](#): wilted and unoxidized;
- [Yellow](#): unwilted and unoxidized but allowed to yellow;
- [Green](#): unwilted and unoxidized;
- [Oolong](#): wilted, bruised, and partially oxidized;
- [Black](#): wilted, sometimes crushed, and fully oxidized; called (called 紅茶 [*hóngchá*], "red tea" in Chinese tea culture);
- [Post-fermented](#): green tea that has been allowed to ferment/compost (called 黑茶 [*hēichá*] "black tea" in Chinese tea culture).

The most common are white, green, oolong, and black.

After picking, the leaves of *C. sinensis* soon begin to [wilt](#) and [oxidize](#) unless immediately dried. An [enzymatic oxidation](#) process triggered by the plant's intracellular [enzymes](#) causes the leaves to turn progressively darker as their [chlorophyll](#) breaks down and [tannins](#) are released. This darkening is stopped at a predetermined stage by heating, which deactivates the enzymes responsible. In the production of black teas, halting by heating is carried out simultaneously with drying. Without careful moisture and temperature control during manufacture and packaging, growth of undesired molds and bacteria may make tea unfit for consumption.

Although single-estate teas are available, almost all tea in bags and most loose tea sold in the West is blended. Such teas may combine others from the same cultivation area or several different ones. The aim is to obtain consistency, better taste, higher price, or some combination of the three.

Tea easily retains odors, which can cause problems in processing, transportation, and storage. This same sensitivity also allows for special processing (such as tea infused with smoke during drying) and a wide range of scented and flavoured variants, such as [bergamot](#) (found in [Earl Grey](#)), [vanilla](#), and [spearmint](#).

## Yorum

Burada tecrübe sahibi olunmadığı için, sarı ve fermente sonrası çay gibi bazı çaylardan söz edilmemiştir.

### Additions

Tea is often consumed with additions to the basic tea leaf and water. These can be grouped into flavourings added to the tea in processing before sale and those added during preparation or drinking. The former are often floral, herbal or spice flavourings and the latter include milk, sugar, lemon, among other things.

#### Milk

The addition of milk to tea in Europe was first mentioned in 1680 by the epistolist [Madame de Sévigné](#).<sup>[80]</sup> Many teas are traditionally drunk with milk in cultures where dairy products are consumed. These include Indian [masala chai](#) and British tea blends. These teas tend to be very hearty varieties of black tea which can be tasted through the milk, such as Assams, or the East Friesian blend. Milk is thought to neutralise remaining tannins and reduce acidity.<sup>[81][82]</sup> The [Han Chinese](#) do not usually drink milk with tea but the [Manchus](#) do, and the elite of the [Qing Dynasty](#) of the Chinese Empire continued to do so. [Hong Kong-style milk tea](#) is based on British colonial habits. [Tibetans](#) and other Himalayan peoples traditionally drink tea with milk or [yak butter](#) and salt. In Eastern European countries (Russia, Poland and Hungary) and in Italy, tea is commonly served with lemon juice. In Poland, tea with milk is called a *bawarka* ("Bavarian style"), and is often drunk by pregnant and nursing women. In Australia, tea with milk is *white tea*.

The order of steps in preparing a cup of tea is a much-debated topic, and can vary widely between cultures or even individuals. Some say it is preferable to add the milk before the tea, as the high temperature of freshly brewed tea can denature the proteins found in fresh milk, similar to the change in taste of [UHT milk](#), resulting in an inferior-tasting beverage.<sup>[83]</sup> Others insist it is better to add the milk after brewing the tea, as black tea is often brewed as close to boiling as possible. The addition of milk chills the beverage during the crucial brewing phase, if brewing in a cup rather than using a pot, meaning the delicate flavour of a good tea cannot be fully appreciated. By adding the milk afterwards, it is easier to dissolve sugar in the tea and also to ensure the desired amount of milk is added, as the colour of the tea can be observed.<sup>[citation needed]</sup> Historically, the order of steps was taken as an indication of class: only those wealthy enough to afford good-quality porcelain would be confident of its being able to cope with being exposed to boiling water unadulterated with milk.<sup>[84]</sup> Higher temperature difference means faster [heat transfer](#) so the earlier milk is added the slower the drink cools. A 2007 study published in the *European Heart Journal* found certain [beneficial effects of tea](#) may be lost through the addition of milk.<sup>[85]</sup>

## Yorum

Çaya süt koymak sütün değerini tartışmaya getirebilir ama zaten az miktarda konulmaktadır. Tercihan süt kreması veya koyulaştırılmış süt olmalıdır.

Ülkemizde laktöz intoleransı olduğu için, bu sorunu olanlara laktözsüz süt olmalıdır.

### Others

Many flavourings are added to varieties of tea during processing. Among the best known are Chinese [jasmine tea](#), with jasmine oil or flowers, the spices in Indian masala chai, and [Earl Grey tea](#), which contains oil of [bergamot](#). A great range of modern flavours have been added to these traditional ones. In eastern India, people also drink lemon tea or lemon masala tea. Lemon tea simply contains hot tea with lemon juice and sugar. Masala lemon tea contains hot tea with roasted cumin seed powder, lemon juice, black salt and sugar, which gives it a tangy, spicy taste. Adding a piece of [ginger](#) when brewing tea is a popular habit of Sri Lankans, who also use other types of spices such as cinnamon to sweeten the aroma.

Other popular additives to tea by the tea-brewer or drinker include sugar, liquid honey or a solid Honey Drop, [agave nectar](#), fruit jams, and [mint](#). In China, sweetening tea was traditionally regarded as a feminine practice. In colder regions, such as [Mongolia](#), [Tibet](#) and [Nepal](#), butter is added to provide necessary calories. Tibetan butter tea contains rock salt and *dre*, a butter made from [yak](#) milk, which is churned vigorously in a cylindrical vessel closely resembling a butter churn. The same may be said for salt tea, which is popular in the [Hindu Kush](#) region of northern [Pakistan](#).

## Yorum

Çay içine tuz atılması ötesinde, tereyağı konulması da bilinmektedir. Yağlı çay kavramıdır. Süt gibi tatlanması da söz konusu olabilmektedir.

### Pouring from height

The flavour of the tea can also be altered by pouring it from different heights<sup>[citation needed]</sup>, resulting in varying degrees of aeration. The art of elevated pouring is used principally by people in Northern Africa (e.g. [Morocco](#), [Algeria](#), [Mauritania](#), [Libya](#) and [Western Sahara](#)), but also in West Africa (e.g. [Guinea](#), [Mali](#), [Senegal](#)) and can positively alter the flavour of the tea, but it is more likely a technique to cool the beverage<sup>[citation needed]</sup> destined to be consumed immediately. In certain cultures, the tea is given different names depending on the height from which it is poured.<sup>[citation needed]</sup>

In Southeast Asia, particularly in Singapore and Malaysia, the practice of pouring tea from a height has been refined further using black tea to which condensed milk is added, poured from a height from one cup to another several times in alternating fashion and in quick succession, to create a tea with entrapped air bubbles creating a frothy "head" in the cup. This beverage, [teh tarik](#), literally, "pulled tea" (which has its origin as a hot Indian tea beverage), has a creamier taste than flat milk tea and is extremely popular in the region. Tea pouring in Malaysia has been further developed into an art form. Pouring from height in China is mainly done to entertain guests at the tea room or restaurant.

## Preparation

### Çayların özelliğine göre çay renkleri



**Figure/Şekil 1:** Yeşil çaydan sarı, siyah çaya doğru yer almaktadır / Teas of different levels of oxidation (L to R): green, yellow, oolong, and black

## Yorum

Oolong çayı “Çin’in Fujian bölgesine özgü olan oolong çayı” tam Ülkemizde az olan çaylardandır ve farklı yapısı vardır. Bu çay hakkında belirtilenler sıklıkla tüm çaylar için söz konusudur. Dolayısıyla bu çaya ait olarak yorumlanmamalıdır.

Faydaları olarak belirtilenler; (<http://www.milliyet.com.tr/oolong-cayi-nedir-faydaları-pembenar-detay-sagliklibeslenme-2495739/>)

### Oolong çayının faydaları nelerdir?

- Kalp hastalıklarına karşı koruma sağlar.
- Kolesterolü düşürür.
- Antioksidan bakımından zengindir.
- Kan şekerini dengeler.
- Kilo vermeye yardımcı olur.
- Toksinlerin atılmasını sağlar.
- Cildin görünümünü geliştirir.

## Black tea

Popular varieties of [black tea](#) include [Assam](#), [Nepal](#), [Darjeeling](#), [Nilgiri](#), [Rize](#), [Keemun](#), and [Ceylon](#) teas.

Many of the active substances in black tea do not develop at temperatures lower than 90 °C (194 °F).<sup>[6]</sup> As a result, black tea in the West is usually steeped in water near its boiling point, at around 99 °C (210 °F).. Since boiling point drops with increasing altitude, it is difficult to brew black tea properly in mountainous areas.

Western black teas are usually brewed for about four minutes. In many regions of the world, however, actively boiling water is used and the tea is often stewed. In India, black tea is often boiled for fifteen minutes or longer to make [Masala chai](#), as a strong brew is preferred. Tea is often strained while serving.

A food safety management group of the [International Organization for Standardization](#) (ISO) has published a standard for preparing a cup of tea ([ISO 3103: Tea — Preparation of liquor for use in sensory tests](#)), primarily intended for standardizing preparation for comparison and rating purposes.

## Green tea

In regions of the world that prefer mild beverages, such as the Far East, [green tea](#) is steeped in water around 80 to 85 °C (176 to 185 °F). Regions such as North Africa or Central Asia prefer a bitter tea, and hotter water is used. In [Morocco](#), green tea is steeped in boiling water for 15 minutes.

The container in which green tea is steeped is often warmed beforehand to prevent premature cooling. High-quality green and white teas can have new water added as many as five or more times, depending on variety, at increasingly higher temperatures.

## Flowering tea

[Flowering tea](#) or blooming tea is brewed at 100 °C (212 °F) in clear glass tea wares for up to three minutes.

## Oolong tea

[Oolong](#) tea is brewed around 82 to 96 °C (185 to 205 °F), with the brewing vessel warmed before pouring the water. [Yixing purple clay](#) teapots are the traditional brewing-vessel for oolong tea which can be brewed multiple times from the same leaves, unlike green tea, seeming to improve with reuse. In the Chinese and Taiwanese [Gongfu tea ceremony](#), the first brew is discarded, as it is considered a rinse of leaves rather than a proper brew.

## Premium or delicate tea

Some teas, especially green teas and delicate oolong teas, are steeped for shorter periods, sometimes less than 30 seconds. Using a [tea strainer](#) separates the leaves from the water at the end of the brewing time if a tea bag is not being used. However, the black Darjeeling tea, a premium Indian tea, needs a longer than average steeping time. Elevation and time of harvest offer varying taste profiles; proper storage and water quality also have a large impact on taste.

### Pu-erh tea

[Pu-erh](#) teas require boiling water for infusion. Some prefer to quickly rinse pu-erh for several seconds with boiling water to remove tea dust which accumulates from the ageing process, then infuse it at the boiling point (100 °C or 212 °F), and allow it to steep from 30 seconds to five minutes.

### Cold brew and sun tea

While most tea is prepared using hot water, it is also possible to brew a beverage from tea using room temperature or cooled water. This requires longer steeping time to extract the key components, and produces a different flavor profile. Cold brews use about 1.5 times the tea leaves that would be used for hot steeping, and are refrigerated for 4–10 hours. The process of making cold brew tea is much simpler than that for [cold brew coffee](#).

Cold brewing has some disadvantages compared to hot steeping. Firstly, if the leaves or source water contain unwanted bacteria, they may flourish, whereas using hot water has the benefit of killing most bacteria. This is less of a concern in modern times and developed regions. Secondly, cold brewing may allow for less caffeine to be extracted.

Sun tea is made by steeping the tea leaves in a jar of unheated tap water left in the sun. It does not get hot enough to kill bacteria present on the tea leaves or in the water, such as [Alcaligenes viscolactis](#).<sup>[87]</sup>

## Yorum

Bu konuda değerlendirme daha sonra toplu olarak yapılmaktadır.

### Serving

To preserve the pretannin tea without requiring it all to be poured into cups, a second teapot may be used. The steeping pot is best unglazed earthenware; Yixing pots are the best known of these, famed for the high-quality clay from which they are made. The serving pot is generally porcelain, which retains the heat better. Larger teapots are a post-19th century invention, as tea before this time was very rare and very expensive.

### Tea culture



[Turkish tea](#) served in typical small glass and corresponding plate

Tea may be consumed early in the day to heighten calm alertness; it contains [L-theanine](#), [theophylline](#), and bound caffeine<sup>[9]</sup> (sometimes called [theine](#)). [Decaffeinated](#) brands are also sold. While herbal teas are also referred to as tea, most of them do not contain leaves from the tea plant. While tea is the second most consumed beverage on Earth after water, in many cultures it is also consumed at elevated social events, such as the [tea party](#).

[Tea ceremonies](#) have arisen in different cultures, such as the [Chinese](#) and [Japanese](#) traditions, each of which employs certain techniques and ritualised protocol of brewing and serving tea for enjoyment in a refined setting. One form of Chinese tea ceremony is the [Gongfu tea ceremony](#), which typically uses small [Yixing clay teapots](#) and [oolong tea](#).

[In the United Kingdom](#), tea is consumed daily and often by a majority of people, and indeed is perceived as one of Britain's cultural beverages. It is customary for a host to offer tea to guests soon after their arrival. Tea is consumed both at home and outside the home, often in cafés or [tea rooms](#). [Afternoon tea](#) with cakes on fine porcelain is a cultural stereotype. In southwest England, many cafés serve a [cream tea](#), consisting of scones, [clotted cream](#), and jam alongside a pot of tea. In some parts of Britain, ['tea' may also refer to the evening meal](#).

Ireland has long been one of the biggest per-capita consumers of tea in the world. The national average is four cups per person per day, with many people drinking six cups or more. Tea in Ireland is usually taken with milk or sugar and is slightly spicier and stronger than the traditional English blend. The two main brands of tea sold in Ireland are [Lyons](#) and [Barry's](#). [Irish breakfast tea](#) is blended for sale in the United States.

Tea is prevalent in most cultures in the Middle East. In [Arab culture](#), tea is a focal point for social gatherings.

[Turkish tea](#) is an important part of [that country's cuisine](#), and is the most commonly consumed hot drink, despite the country's long history of coffee consumption. In 2004 Turkey produced 205,500 tonnes of tea (6.4% of the world's total tea production), which made it one of the largest tea markets in the world,<sup>[88]</sup> with 120,000 tons being consumed in Turkey, and the rest being exported.<sup>[89]</sup> In 2010 Turkey had the highest per capita consumption in the world at 2.7 kg.<sup>[90]</sup> As of 2013, the per-capita consumption of [Turkish tea](#) exceeds 10 cups per day and 13.8 kg per year.<sup>[91]</sup> Tea is grown mostly in [Rize Province](#) on the Black Sea coast.<sup>[92]</sup>

In [Iranian culture](#), tea is so widely consumed, it is generally the first thing offered to a household guest.<sup>[93]</sup>

[Russia has a long, rich tea history](#) dating to 1638 when tea was introduced to [Tsar Michael](#). Social gatherings were considered incomplete without tea, which was traditionally brewed in a [samovar](#), and today 82% of Russians consume tea daily.

In Pakistan, both black and green teas are popular and are known locally as [sabz chai](#) and [kahwah](#), respectively. The popular green tea called [kahwah](#) is often served after every meal in the [Pashtun](#) belt of [Balochistan](#) and in [Khyber Pakhtunkhwa](#), which is

where the [Khyber Pass](#) of the [Silk Road](#) is found. In central and southern Punjab and the metropolitan Sindh region of Pakistan, tea with milk and sugar (sometimes with pistachios, cardamom, etc.), commonly referred to as *chai*, is widely consumed. It is the most common beverage of households in the region. In the northern Pakistani regions of [Chitral](#) and [Gilgit-Baltistan](#), a salty, buttered [Tibetan-style tea](#) is consumed.

In the transnational [Kashmir](#) region, which straddles the border between India and Pakistan, Kashmiri chai or *noon chai*, a pink, creamy tea with pistachios, almonds, [cardamom](#), and sometimes cinnamon, is consumed primarily at special occasions, weddings, and during the winter months when it is sold in many kiosks.

### Indian tea

[Indian tea culture](#) is strong – the drink is the most popular hot beverage in the country. It is consumed daily in almost all houses, offered to guests, consumed in high amounts in domestic and official surroundings, and is made with the addition of milk with or without spices, and usually sweetened. At homes it is sometimes served with biscuits to be dipped in the tea and eaten before consuming the tea. More often than not, it is drunk in "doses" of small cups (referred to as "Cutting" chai if sold at street tea vendors) rather than one large cup. On 21 April 2012, the Deputy Chairman of [Planning Commission \(India\)](#), [Montek Singh Ahluwalia](#), said tea would be declared as national drink by April 2013.<sup>[94][95]</sup> The move is expected to boost the tea industry in the country. Speaking on the occasion, [Assam](#) Chief Minister [Taruin Gogoi](#) said a special package for the tea industry would be announced in the future to ensure its development.<sup>[96]</sup> The [history of tea in India](#) is especially rich.

In [Burma](#) (Myanmar), tea is consumed not only as hot drinks, but also as sweet tea and green tea known locally as *laphet-yay* and *laphet-yay-gyan*, respectively. Pickled tea leaves, known locally as *laphet*, are also a national delicacy. Pickled tea is usually eaten with roasted sesame seeds, crispy fried beans, roasted peanuts and fried garlic chips.

In Mali, [gunpowder tea](#) is served in series of three, starting with the highest oxidation or strongest, unsweetened tea, locally referred to as "strong like death", followed by a second serving, where the same tea leaves are boiled again with some sugar added ("pleasant as life"), and a third one, where the same tea leaves are boiled for the third time with yet more sugar added ("sweet as love"). Green tea is the central ingredient of a distinctly Malian custom, the "Grin", an informal social gathering that cuts across social and economic lines, starting in front of family compound gates in the afternoons and extending late into the night, and is widely popular in [Bamako](#) and other large urban areas.

In the United States, 80% of tea is consumed as [iced tea](#).<sup>[97]</sup> [Sweet tea](#) is native to the [southeastern US](#), and is iconic in its cuisine.

### Economics

Tea is the most popular manufactured drink consumed in the world, equaling all others – including coffee, chocolate, soft drinks, and alcohol – combined.<sup>[4]</sup> Most tea consumed outside East Asia is produced on large plantations in the hilly regions of India and Sri Lanka, and is destined to be sold to large businesses. Opposite this large-scale industrial production are many small "gardens," sometimes minuscule plantations, that produce highly sought-after teas prized by gourmets. These teas are both rare and expensive, and can be compared to some of the most expensive wines in this respect.











India is the world's largest tea-drinking nation,<sup>[98]</sup> although the per capita consumption of tea remains a modest 750 grams per person every year. [Turkey](#), with 2.5 kg of tea consumed per person per year, is the world's greatest per capita consumer.<sup>[99]</sup>

### Production

In 2003, world tea production was 3.21 million tonnes annually.<sup>[100]</sup> In 2010, world tea production reached over 4.52 million tonnes after having increased by 5.7% between 2009 and 2010.<sup>[101]</sup> Production rose by 3.1% between 2010. In 2013, world tea production reached over 5.34 million tonnes after having increased by 6.17% between 2012 and 2013. The largest producers of tea are the People's Republic of China, India, [Kenya](#) and [Sri Lanka](#).

Percentage of total global tea production by country in 2013

The following table shows the amount of tea production (in tonnes) by leading countries in recent years. Data are generated by the Food and Agriculture Organization of the United Nations as of February 2014.<sup>[100]</sup>

Rank	Country <sup>[100]</sup>	2008	2009	2010	2011	2012	2013
1	 <a href="#">China</a>	1,257,600	1,359,000	1,450,000	1,623,000	1,804,655	1,939,457
2	 <a href="#">India</a>	987,000	972,700	991,180	1,063,500	1,135,070	1,208,780
3	 <a href="#">Kenya</a>	345,800	314,100	399,000	377,912	369,400	432,400
4	 <a href="#">Sri Lanka</a>	318,700	290,000	282,300	327,500	330,000	340,230
5	 <a href="#">Vietnam</a>	173,500	185,700	198,466	206,600	216,900	214,300
6	 <a href="#">Turkey</a>	198,046	198,601	235,000	221,600	225,000	212,400
7	 <a href="#">Iran</a>	165,717	165,717	165,717	162,517	158,000	160,000
8	 <a href="#">Indonesia</a>	150,851	146,440	150,000	142,400	143,400	148,100
9	 <a href="#">Argentina</a>	80,142	71,715	88,574	96,572	82,813	105,000
10	 <a href="#">Japan</a>	96,500	86,000	85,000	82,100	85,900	84,800
<b>Total World</b>		<b>4,211,397</b>	<b>4,242,280</b>	<b>4,518,060</b>	<b>4,321,011</b>	<b>5,034,968</b>	<b>5,345,523</b>

The tea fields in the foothills of Gorreana, [Azores Islands](#), Portugal: the only European region other than [Georgia](#) to support green tea production.

The only tea plantation in the European Union is located in the Portuguese island of [São Miguel, Azores](#). Since 1883 the company [Gorreana](#) produces black and green tea there. The green and black tea was introduced in the island in 1750, brought by ships returning from the [East](#).

### Labor and consumer safety problems

Multiple recent reports have found that most Chinese and Indian teas contain residues of banned toxic pesticides.<sup>[102][103][104][105]</sup>

Tea production in [Kenya](#), [Malawi](#), [Rwanda](#), [Tanzania](#), and [Uganda](#) has been reported to make use of [child labor](#) according to the [U.S. Department of Labor's List of Goods Produced by Child Labor or Forced Labor](#)<sup>[106]</sup> (a report on the worst forms of child labor).

### Certification

Workers who pick and pack tea on plantations in developing countries can face harsh working conditions and may earn below the [living wage](#).<sup>[107]</sup>

A number of bodies independently certify the production of tea. Tea from certified estates can be sold with a certification label on the pack. The most important certification schemes are [Rainforest Alliance](#), [Fairtrade](#), [UTZ Certified](#), and [Organic](#),<sup>[citation needed]</sup> which also certify other crops such as coffee, cocoa and fruit. Rainforest Alliance certified tea is sold by Unilever brands [Lipton](#) and [PG Tips](#) in Western Europe, Australia and the US. Fairtrade certified tea is sold by a large number of suppliers around the world. UTZ Certified announced a partnership in 2008 with Sara Lee brand [Pickwick tea](#).

Production of organic tea has risen since its introduction in 1990 at Rembeng, Kondoli Tea Estate, Assam.<sup>[108]</sup> 6,000 tons of organic tea were sold in 1999.<sup>[109]</sup> About 75% of organic tea production is sold in France, Germany, Japan, the United Kingdom, and the United States.<sup>[citation needed]</sup>

#### Trade

According to the FAO in 2007, the largest importer of tea, by weight, was the [Russian Federation](#), followed by the United Kingdom, [Pakistan](#), and the United States.<sup>[110]</sup> Kenya, China, [India](#) and Sri Lanka were the largest exporters of tea in 2007 (with exports of: 374229, 292199, 193459 and 190203 tonnes respectively).<sup>[110][111]</sup> The largest exporter of black tea is Kenya, with the largest producer (and consumer) being India.<sup>[111][112]</sup>

#### Packaging

##### Tea bags

In 1907, American tea merchant Thomas Sullivan began distributing samples of his tea in small bags of [Chinese silk](#) with a drawstring. Consumers noticed they could simply leave the tea in the bag and reuse it with fresh tea. However, the potential of this distribution and packaging method would not be fully realised until later on. During [World War II](#), tea was rationed in the United Kingdom. In 1953 (after [rationing in the UK](#) ended), [Tetley](#) launched the tea bag to the UK and it was an immediate success.

The "pyramid tea bag" (or sachet) introduced by [Lipton](#)<sup>[113]</sup> and [PG Tips](#)/Scottish Blend in 1996,<sup>[114]</sup> attempts to address one of the connoisseurs' arguments against paper tea bags by way of its three-dimensional [tetrahedron](#) shape, which allows more room for tea leaves to expand while steeping.<sup>[citation needed]</sup> However, some types of pyramid tea bags have been criticised as being environmentally unfriendly, since their synthetic material is not as biodegradable as loose tea leaves and paper tea bags.<sup>[115]</sup>

##### Loose tea

The tea leaves are packaged loosely in a canister, paper bag, or other container such as a [tea chest](#). Some whole teas, such as rolled [gunpowder tea](#) leaves, which resist crumbling, are sometimes vacuum packed for freshness in [aluminised packaging](#) for storage and retail. The loose tea must be individually measured for use, allowing for flexibility and flavor control at the expense of convenience. Strainers, [tea balls](#), tea presses, filtered teapots, and infusion bags prevent loose leaves from floating in the tea and over-brewing. A traditional method uses a three-piece lidded teacup called a [gaiwan](#), the lid of which is tilted to decant the tea into a different cup for consumption.

##### Compressed tea

[Compressed tea](#) (such as [Pu-erh](#)) is produced for convenience in transport, storage, and ageing. It can usually be stored longer without spoilage than loose leaf tea.

Compressed tea is prepared by loosening leaves from the cake using a small knife, and steeping the extracted pieces in water. During the Tang dynasty, as described by Lu Yu, compressed tea was ground into a powder, combined with hot water, and ladled into bowls, resulting in a "frothy" mixture.<sup>[116]</sup> In the [Song dynasty](#), the tea powder would instead be whisked with hot water in the bowl. Although no longer practiced in China today, the whisking method of preparing powdered tea was transmitted to Japan by [Zen Buddhist](#) monks, and is still used to prepare [matcha](#) in the [Japanese tea ceremony](#).<sup>[117]</sup>

Compressed tea was the most popular form of tea in China during the Tang dynasty.<sup>[118]</sup> By the beginning of the Ming dynasty, it had been displaced by loose leaf tea.<sup>[119]</sup> It remains popular, however, in the Himalayan countries and Mongolian steppes. In Mongolia, tea bricks were ubiquitous enough to be used as a form of currency. Among Himalayan peoples, compressed tea is consumed by combining it with [yak butter](#) and salt to produce [butter tea](#).<sup>[120]</sup>

##### Instant tea

"Instant tea", similar to [freeze-dried instant coffee](#) and an alternative to brewed tea, can be consumed either hot or cold. Instant tea was developed in the 1930s, with [Nestlé](#) introducing the first commercial product in 1946, while Redi-Tea debuted instant [iced tea](#) in 1953.

Delicacy of flavour is sacrificed for convenience. Additives such as [chai](#), vanilla, honey or fruit, are popular, as is [powdered milk](#). During the Second World War British and Canadian soldiers were issued an instant tea known as 'Compo' in their Composite Ration Packs. These blocks of instant tea, powdered milk, and sugar were not always well received. As Royal Canadian Artillery Gunner, George C Blackburn observed:

But, unquestionably, the feature of Compo rations destined to be remembered beyond all others is Compo tea...Directions say to "sprinkle powder on heated water and bring to the boil, stirring well, three heaped teaspoons to one pint of water."

Every possible variation in the preparation of this tea was tried, but...it always ended up the same way. While still too hot to drink, it is a good-looking cup of strong tea. Even when it becomes just cool enough to be sipped gingerly, it is still a good-tasting cup of tea, if you like your tea strong and sweet. But let it cool enough to be quaffed and enjoyed, and your lips will be coated with a sticky scum that forms across the surface, which if left undisturbed will become a leathery membrane that can be wound around your finger and flipped away...<sup>[121]</sup>

##### Bottled and canned tea

Canned tea is sold prepared and ready to drink. It was [introduced](#) in 1981 in Japan.

The first bottled tea introduced by Indonesian tea company PT. Sinar Sosro in 1969 with brand name Teh Botol Sosro (or Sosro bottled tea).<sup>[122]</sup>

In 1983, Swiss-based Bischofszell Food Ltd., was the first company to bottle ice tea on an industrial scale.<sup>[123]</sup>

##### Storage

Storage conditions and type determine the [shelf life](#) of tea. Black tea's is greater than green's. Some, such as flower teas, may last only a month or so. Others, such as pu-erh, improve with age.

To remain fresh and prevent mold, tea needs to be stored away from heat, light, air, and moisture. Tea must be kept at room temperature in an air-tight container. Black tea in a bag within a sealed opaque canister may keep for two years. Green tea deteriorates more rapidly, usually in less than a year. Tightly rolled gunpowder tea leaves keep longer than the more open-leafed [Chun Mee tea](#).



Storage life for all teas can be extended by using [desiccant](#) or oxygen-absorbing packets, vacuum sealing, or refrigeration in air-tight containers (except green tea, where discrete use of refrigeration or freezing is recommended and temperature variation kept to a minimum).<sup>[124]</sup>

## Yorum

Siyah çayın raf ömrü yeşil çaydan fazladır. Kaplarda özelliğini korumak için oluşturulmaktadır. Yeni türlerde saklanması gözlenmektedir.

## 8) Green tea

**Green tea** is a type of [tea](#) that is made from [Camellia sinensis](#) leaves that have not undergone the same [withering and oxidation process](#) used to make [oolong teas](#) and [black teas](#).<sup>[1]</sup> Green tea originated in [China](#), but its production and manufacture has spread to many other countries in [Asia](#).

Several varieties of green tea exist, which differ substantially based on the variety of *C. sinensis* used, growing conditions, horticultural methods, production processing, and time of harvest.

### History

The tea fields in the foothills of Gorreana, [Azores Islands](#), Portugal: the only European region other than [Georgia](#) to support green tea production.

Tea consumption has its legendary origins in China during the reign of Emperor [Shennong](#).<sup>[2]</sup>

A book written by [Lu Yu](#) in 600-900 AD ([Tang Dynasty](#)), "[Tea Classic](#)" ([simplified Chinese](#): 茶经; [traditional Chinese](#): 茶經; [pinyin](#): *chá jīng*), is considered important in green tea history. The *Kissa Yojoki* (喫茶養生記 *Book of Tea*), written by [Zen](#) priest [Eisai](#) in 1191, describes how drinking green tea may affect five vital [organs](#), the shapes of tea plants, flowers and leaves, and how to grow and process tea leaves.

### Steeping, brewing and serving

[Steeping](#), or brewing, is the process of making tea from leaves and hot water, generally using 2 grams (0.071 oz) of tea per 100 millilitres (3.5 imp fl oz; 3.4 US fl oz) of water (H<sub>2</sub>O) or about 1 teaspoon of green tea per 150 ml cup. Steeping temperatures range from 61 °C (142 °F) to 87 °C (189 °F) and steeping times from 30 seconds to three minutes.

Generally, lower-quality green teas are steeped hotter and longer while higher-quality teas are steeped cooler and shorter, but usually multiple times (2-3 typically). Higher-quality teas like [gyokuro](#) use more tea leaves and are steeped multiple times for short durations. Steeping too hot or too long results in the release of excessive amounts of [tannins](#), leading to a bitter, [astringent](#) brew, regardless of initial quality. The brew's taste is also affected by the steeping technique; two important ones are to warm the steeping container beforehand to prevent the tea from immediately cooling down, and to leave the tea leaf in the pot and gradually add more hot water during consumption.<sup>[citation needed]</sup>

### Extracts

Green tea extracts have been used in traditional [Chinese](#) and Indian medicine for a variety of uses.<sup>[3]</sup>

Green tea leaves are initially processed by soaking in an alcohol solution, which may be further concentrated to various levels; byproducts of the process are also packaged and used. Extracts may be sold in liquid, powder, capsule, or tablet form.<sup>[4]</sup> Decaffeinated versions are also available.<sup>[5]</sup>

Green tea extract supplements are accessible over the counter in various forms. Standardized green tea extract is 90 percent total polyphenols, and 1 capsule equals 5 cups of tea.<sup>[6][7]</sup>

### Health effects

Regular green tea is 99.9% water, provides 1 [Calorie](#) per 100 mL serving, is devoid of significant [nutrient](#) content (table) and contains [phytochemicals](#), such as [polyphenols](#) and caffeine. Polyphenols found in green tea include [epigallocatechin gallate \(EGCG\)](#), [epicatechin gallate](#), [epicatechins](#) and [flavanols](#),<sup>[1]</sup> which have [antioxidant](#), [anticarcinogen](#), [anti-inflammatory](#), and anti-oxidation biochemical effects [in vitro](#).<sup>[4]</sup> Other components include three kinds of [flavonoids](#), known as [kaempferol](#), [quercetin](#), and [myricetin](#).<sup>[8]</sup> A remarkably higher content of myricetin is detected in tea and its extracts than in many other plants, and this high concentration of myricetin may have some implications for the experimentally-observed [bioactivity](#) of tea and its extracts in vitro.<sup>[4]</sup> Although numerous claims have been made for the health benefits of green tea, human [clinical research](#) has not provided conclusive evidence of any effects.<sup>[1][9][10]</sup> In 2011, a panel of scientists published a report on the claims for health effects at the request of the [European Commission](#): in general they found that the claims made for green tea were not supported by sufficient scientific evidence.<sup>[9]</sup> Although the mean content of [flavonoids](#) and [catechins](#) in a cup of green tea is higher than that in the same volume of other food and drink items that are traditionally considered to promote health,<sup>[11]</sup> flavonoids and catechins have no proven biological effect in humans.<sup>[9][12]</sup>

## Yorum

Çayın içindeki maddeler:

<b>Nutritional value per 100 g (3.5 oz)</b>  <b>Energy:</b> 4 kJ (0.96 kcal) <b>Carbohydrates:</b> 0 <b>Fat:</b> 0 <b>Protein:</b> 0.2g Caffeine: 12 mg	<b>Vitamin</b> <b>Thiamine (B1):</b> (1%) 0.007 mg <b>Riboflavin (B2):</b> 5% 0.06 mg <b>Niacin (B3):</b> (0%) 0.03 mg <b>Vitamin B6:</b> (0%) 0.005 mg <b>Vitamin C:</b> (0%) 0.3 mg	<b>Minareller</b> <b>Calcium:</b> (0%) 0 mg <b>Iron:</b> (0%) 0.02 mg <b>Magnesium:</b> (0%) 1 mg <b>Manganese:</b> (9%) 0.18 mg <b>Potassium:</b> (0%) 8 mg <b>Sodium:</b> (0%) 1 mg
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Burada belirtilenler ile faydalanma farklıdır. Demir gibi bazı maddeleri bağlamaktadır. Ayrıca toprağa bağlı olmak üzere flüorür kaynağı da olabilmektedir. Ayrıca içiminde katılan şeker ve süt ile de kapsamı değişmektedir

## Cancer

There is no conclusive evidence that green tea helps to prevent or treat cancer in people.<sup>[10][13]</sup> A review of existing studies concluded that while suggestive evidence existed, it did not amount to a clear indication of benefit.<sup>[13]</sup>

Daily consumption of black tea (but not green tea) has been associated with a significant reduction in death from all cancers.<sup>[14]</sup> There is limited evidence to suggest that green tea consumption may be associated with a slightly lower risk of [esophageal cancer](#) in the Chinese population, a lower risk of [lung cancer](#) in women, and a lower risk of [oral cancer](#) in Asian people.<sup>[15][16][17]</sup> A 2015 meta-analysis of nine prospective cohort studies concluded that a high amount of green tea consumption may be associated with a lower risk of [liver cancer](#) in Asian women.<sup>[18]</sup> This association was not seen in Asian men or when one cup of green tea was consumed daily.<sup>[18]</sup> Similarly, another analysis of observational data conducted in 2012 suggested that green tea consumption may have a favorable effect on lung cancer risk. The observed effect was strongest in those who consumed more than seven cups of green tea daily.<sup>[19]</sup> A 2011 meta-analysis of epidemiological studies found limited evidence that green tea consumption may be associated with a moderately reduced risk of [liver cancer](#) in Chinese and Japanese people.<sup>[20]</sup> Limited evidence suggests that green tea consumption is not associated with the risk of developing [pancreatic cancer](#) or [prostate cancer](#).<sup>[21][22]</sup> The link between green tea consumption and [stomach cancer](#) risk is unclear due to inconsistent evidence.<sup>[23]</sup> Green tea interferes with the [chemotherapy](#) drug [bortezomib](#) (Velcade) and other boronic acid-based [proteasome inhibitors](#), and should be avoided by people taking these medications.<sup>[24]</sup>

## Cardiovascular disease

Observational studies have shown a [correlation](#) between daily consumption of green tea and a lower risk of death from cardiovascular disease. In a 2015 meta-analysis of such observational studies, an increase in one cup of green tea per day was correlated with a 5% lower risk of death from cardiovascular causes.<sup>[14]</sup> Green tea consumption may be correlated with a reduced risk of [stroke](#).<sup>[25][26][27]</sup> Meta-analyses of [randomized controlled trials](#) have found that green tea consumption for 3–6 months appears to lower [systolic and diastolic blood pressures](#) a small amount (about 3 mm Hg each).<sup>[27][28][29][30][31]</sup>

## Glycemic control

Green tea consumption lowers [fasting blood sugar](#) but in clinical studies the beverage's effect on [hemoglobin A1c](#) and [fasting insulin](#) levels was inconsistent.<sup>[27][32][33]</sup>

## Hyperlipidemia

Drinking green tea or taking green tea supplements decreases the blood concentration of [total cholesterol](#) (about 7 mg/dL), [LDL cholesterol](#) (about 2 mg/dL), and does not affect the concentration of [HDL cholesterol](#).<sup>[27][34]</sup> A 2013 Cochrane review performed a meta-analysis of longer-term randomized controlled trials (>3 months duration) and concluded that green tea consumption lowers total and LDL cholesterol concentrations in the blood.<sup>[27][28]</sup>

## Inflammation

A 2015 systematic review and meta-analysis of 11 randomized controlled trials found that green tea consumption was not significantly associated with lower [plasma levels](#) of [C-reactive protein](#) levels (a marker of [inflammation](#)).<sup>[35]</sup>

## Mortality risk

Daily consumption of green tea is significantly correlated with a lower risk of death from any cause; an increase of one cup of green tea per day is linked with a 4% lower risk of death from any cause.<sup>[14]</sup> A separate analysis found that an increase of three cups of tea or green tea per day was associated with a lower risk of total mortality in Asians and women.<sup>[25]</sup>

## Weight loss

There is no conclusive evidence that green tea aids in weight loss.<sup>[36]</sup>

## Toxicity

Moderate, regular, and habitual consumption of green tea is safe;<sup>[10]</sup> however, there are reports of [liver toxicity](#) in humans after consuming high doses (10–29 mg/kg/day) of [green tea extract dietary supplements](#).<sup>[37]</sup> and high doses may act as a pro-oxidant to damage [DNA](#).<sup>[41]</sup>

## Yorum

Etkileşimler genellikle çok abartılı olmaktadır. Bir kişinin algısı önemlidir. Kanseri bir bireyin hücrelerinin dejenerasyonu ile malign otonomi kazanmasıdır ki çay ile oluşması için toksik dozlar olmalıdır. Sigara bile günde 5 adet içilmesi ile kanser oranı arttırdığı verisi kesin olmada da zararlı olduğu için önerilemez. Bu açıdan da antioksidan olması ile kanseri hemen önlediği belirtilemez. Ancak sizin algıladığınız önemlidir.

Kafeinin etkisi olması ile etkili olduğu belirgindir. Bu çaydaki kafeine bağlıdır.

## Production

In 2013, global production of green tea was approximately 1.7 million [tonnes](#), with a forecast to double in volume by 2023.<sup>[38]</sup> As of 2015, China provided 80% of the world's green tea market, leading to its green tea exports rising by 9% annually, while exporting 325,000 tonnes in 2015.<sup>[39]</sup> In 2015, the US was the largest importer of Chinese green tea (6,800 tonnes), an increase of 10% over 2014, and Britain imported 1,900 tonnes, 15% more than in 2014.<sup>[39]</sup> In 2015, [Kenya](#) was the largest exporter of green tea in the world (443,000 tonnes).<sup>[39]</sup>

## Growing, harvesting and processing

Green tea is processed and grown in a variety of ways, depending on the type of green tea desired. As a result of these methods, maximum amounts of [polyphenols](#) and [volatile organic compounds](#) are retained, affecting aroma and taste. The growing conditions can be broken down into two basic types – those grown in the sun and those grown under the shade. The green tea plants are grown in rows that are pruned to produce shoots in a regular manner, and in general are harvested three times per year. The first flush takes place in late April to early May. The second harvest usually takes place from June through July, and the third picking takes place in late July to early August. Sometimes, there will also be a fourth harvest. It is the first flush in the spring that brings the best-quality leaves, with higher prices to match.

Green tea is processed using either artisanal or modern methods. Sun-drying, basket or charcoal firing, or pan-firing are common artisanal methods. Oven-drying, tumbling, or steaming are common modern methods.<sup>[40]</sup> Processed green teas, known as [aracha](#), are stored under low humidity refrigeration in 30- or 60-kg paper bags at 0–5 °C (32–41 °F). This aracha has yet to be refined at this stage, with a final firing taking place before [blending](#), selection and packaging take place. The leaves in this state will be re-fired throughout the year as they are needed, giving the green teas a longer shelf-life and better flavor. The first flush tea of May

will readily store in this fashion until the next year's harvest. After this re-drying process, each crude tea will be sifted and graded according to size. Finally, each lot will be blended according to the blending order by the tasters and packed for sale.<sup>[41]</sup>

#### Import of radioactive Japanese tea

On 17 June 2011, at [Charles de Gaulle airport](#) in Paris, France, [radioactive cesium](#) of 1,038 [becquerels](#) per kilogram was measured in tea leaves imported from [Shizuoka Prefecture](#), Japan as a result of the [Fukushima Daiichi nuclear disaster](#) on 11 March, which was more than twice the restricted amount in the [European Union](#) of 500 becquerels per kilogram. The government of France announced that they rejected the leaves, which totaled 162 kilograms (357 lb).<sup>[42]</sup>

In response, the governor of Shizuoka Prefecture, [Heita Kawakatsu](#), stated: "there is absolutely no problem when they [people] drink them because it will be diluted to about 10 becquerels per kilogram when they steep them even if the leaves have 1,000 becquerels per kilogram;" a statement backed by tests done in Shizuoka.<sup>[43]</sup> Japanese Minister for Consumer Affairs and Food Safety [Renhō](#) stated on 3 June 2011 that "there are cases in which [aracha](#) [whole leaves of Japanese green tea] are sold as [furikake](#) [condiments sprinkled on rice] and so on and they are eaten as they are, therefore we think that it is important to inspect tea leaves including aracha from the viewpoint of consumers' safety."<sup>[44]</sup>

#### Green tea by country

##### China

Loose leaf green tea has been the most popular form of tea in China since at least the [Southern Song dynasty](#).<sup>[45][46]</sup> While Chinese green tea was originally steamed, as it still is in Japan, after the early [Ming dynasty](#) it has typically been processed by being pan-fired in a dry wok.<sup>[47]</sup> Other processes employed in China today include oven-firing, basket-firing, tumble-drying and sun-drying.<sup>[48]</sup> Green tea is the most widely produced form of tea in China, with 1.42 million tons grown in 2014.<sup>[49]</sup>

Popular green teas produced in China today include:

- [Biluochun](#): Produced in [Jiangsu](#), this tea is named after the shape of the leaves, which are curled like snails.<sup>[50]</sup>
- [Chun Mee](#): Known in English by its Cantonese name, and popular outside China. It has a plum-like flavor.<sup>[51]</sup>
- [Gunpowder tea](#): A tea which is tumble-dried so that each leaf is rolled into a small pellet that resembles [gunpowder](#).<sup>[52]</sup>
- [Huangshan Maofeng](#): A type of *maofeng* tea grown in the [microclimate](#) of the [Huangshan](#) mountain range in [Anhui](#) province. *Maofeng* teas are harvested by plucking intact two equal-sized leaves and a bud together.<sup>[53]</sup>
- [Longjing](#): Also known as "Dragon Well" tea, the English translation of its name. Grown near [Hangzhou](#) in [Zhejiang](#) province, Longjing is the most well-known pan-fired Chinese green tea. Its flavor derives partly from the [terroir](#) of the region in which it is produced.<sup>[50]</sup>
- [Lu'an Melon Seed](#): Grown in [Anhui](#) province. Unlike typical Chinese teas, two leaves are plucked separately from each branch, with no bud and no stems. Harvested later in the season, it has a grassier flavor than typical Chinese green teas.<sup>[54]</sup>
- [Taiping Houkui](#): Grown in [Anhui](#) province. Uses a [cultivar](#) with an unusually large leaf. The production process flattens the tea leaves, creating the so-called "two knives and a pole" shape from the leaves and stem.<sup>[55]</sup>
- [Xinyang Maojian](#): A type of *maojian* tea grown in [Xinyang](#), [Henan](#) province.<sup>[56]</sup> *Maojian* teas are harvested by plucking a bud and one leaf together.<sup>[53]</sup>

##### Japan

Tea seeds were first brought to Japan in the early 9th century by the Buddhist monks [Saicho](#) and [Kukai](#). During the [Heian period](#) (794–1185), [Emperor Saga](#) introduced the practice of drinking tea to the imperial family. The [Zen](#) Buddhist priest [Eisai](#) (1141–1215), founder of the [Rinzai school](#) of Buddhism, brought tea seeds from China to plant in various places in Japan. Eisai advocated that all people, not just Buddhist monks and the elite, drink tea for its health benefits.<sup>[57]</sup>

The oldest tea producing region in Japan is [Uji](#), located near the former capital of [Kyoto](#).<sup>[57]</sup> It is thought that seeds sent by Eisai were planted in Uji, becoming the basis of the tea industry there.<sup>[58]</sup> Today, Japan's most expensive premium teas are still grown in Uji.<sup>[59]</sup> The largest tea producing area today is [Shizuoka Prefecture](#), which accounts for 40% of total Japanese [sencha](#) production.<sup>[60][59]</sup> Other major tea producing regions include the island of [Kyushu](#) and the prefectures of [Shiga](#), [Gifu](#), and [Saitama](#) in central [Honshu](#).<sup>[59]</sup>

All commercial tea produced in Japan today is green tea,<sup>[61]</sup> though for a brief period black tea was also produced in the late 19th and early 20th centuries. Japanese tea production is heavily mechanized, and is characterized by the use of modern technology and processes to improve yields and reduce labor. Because of the high cost of labor in Japan, only the highest quality teas are plucked and processed by hand in the traditional fashion.<sup>[62]</sup>

Japanese green teas have a thin, needle-like shape and a rich, dark green color. Unlike Chinese teas, most Japanese teas are produced by steaming rather than pan firing. This produces their characteristic color, and creates a sweeter, more grassy flavor. A mechanical rolling/drying process then dries the tea leaves into their final shape.<sup>[61]</sup> The liquor of steamed Japanese tea tends to be cloudy due to the higher quantity of dissolved solids.<sup>[63]</sup>

Most Japanese teas are blended from leaves grown in different regions, with less emphasis on terroir than in the Chinese market. Because of the limited quantity of tea that can be produced in Japan, the majority of production is dedicated to the premium tea market. Bottled tea and tea-flavored food products usually use lower-grade Japanese-style tea produced in China.<sup>[64]</sup>

Although a variety of commercial tea cultivars exist in Japan, the vast majority of Japanese tea is produced using the *Yabukita* cultivar developed in the 1950s.<sup>[65]</sup>

Popular Japanese green teas include:

- [Bancha](#): A lower-grade tea plucked from the same bushes used to produce *sencha*. It has a somewhat bolder flavor, and is plucked each season after *sencha* production is finished.<sup>[66]</sup>
- [Genmaicha](#): Made by combining *sencha* tea leaves with toasted puffs of rice.
- [Gyokuro](#): Grown under shade for three weeks prior to plucking, *gyokuro* is one of the most exclusive varieties of tea produced in Japan.<sup>[67]</sup> The shading technique imparts a sweeter flavor, and produces a particularly rich color thanks to the higher amounts of [chlorophyll](#) in the shaded leaf. *Gyokuro* tea is associated with the Uji region, the first tea-growing region in Japan. It is often made using smaller-leaf cultivars of the tea plant.<sup>[68]</sup>
- [Hojicha](#): This type of tea is made by roasting *sencha* or *bancha* leaves with *kukicha* twigs.<sup>[69]</sup>
- [Kabusecha](#): Similar to *gyokuro*, *kabusecha* is shaded for only a week prior to plucking. Its flavor is somewhat between that of *gyokuro* and normal *sencha*.<sup>[67][68]</sup>

- ***Kukicha***: A blended tea made of *sencha* leaves and stems.<sup>[70]</sup>
- ***Matcha***: Like *gyokuro*, *matcha* is shaded before plucking. The plucked and processed leaf is called *tencha*. This product is then ground into a fine powder, which is *matcha*. Because the tea powder is very perishable, *matcha* is usually sold in small quantities. It is typically rather expensive.<sup>[69]</sup> *Matcha* is the type of tea used in the [Japanese tea ceremony](#). It is prepared by whisking the tea with hot water in a bowl, until the surface is frothy. If the water is too hot, the tea may become overly bitter.<sup>[71]</sup>
- ***Sencha***: This type of tea is produced throughout the tea season, and is the standard style today, representing 80% of all tea produced in Japan.<sup>[72]</sup> 90% of *sencha* is grown from the *Yabukita* cultivar.<sup>[65]</sup>
- ***Shincha***: The first early harvest of tea, plucked before the first flush, is called *shincha*. *Shincha* is made from the youngest new growth leaves, and is plucked from early April to early May. *Shincha* typically refers to the early harvest of *sencha*, but can refer to any type of tea plucked early in the season, before the main harvest. Because of the limited quantities in which it is produced, *shincha* is highly prized and expensive to obtain.<sup>[73]</sup>

## Korea

According to [Record of Gaya](#) cited in [Memorabilia of the Three Kingdoms](#), the legendary queen [Heo Hwang-ok](#), a princess of the [Ayodhya](#) married to [King Suro of Gaya](#), brought the tea plant from [India](#) and planted it in [Baegwolsan](#), a mountain in current [Changwon](#).<sup>[74]:3</sup> However, it is a widely held view that systematic planting of tea bushes began with the introduction of Chinese tea culture by the Buddhist monks around the 4th century.<sup>[75]</sup> Amongst some of the earliest Buddhist temples in Korea, [Bulgapsa](#) (founded in 384, in [Yeonggwang](#)), [Bulhoesa](#) (founded in 384, in [Naju](#)) and [Hwaeomsa](#) (founded in [Gurye](#), in 544) claim to be the birthplace of Korean tea culture.<sup>[76]</sup> Green tea was commonly offered to Buddha, as well as to the spirits of deceased ancestors.<sup>[76]</sup> Tea culture continued to prosper during the [Goryeo Dynasty](#), with the tea offering being a part of the biggest national ceremonies and tea towns were formed around temples.<sup>[76]</sup> [Seon](#)-Buddhist manners of ceremony prevailed.<sup>[76]</sup> During the [Joseon Dynasty](#), however, Korean tea culture underwent secularization, along with the Korean culture itself.<sup>[76]</sup> Korean ancestral rite [jesa](#), also referred to as [charye](#) (차례; 茶禮, "tea rite"), has its origin in [darye](#) (다례; 茶禮, "tea rite"), the practice of offering tea as simple ancestral rites by the [royal family](#) and the aristocracy in Joseon.<sup>[76]</sup>

Tea culture of Korea was actively suppressed by the Japanese during the [Japanese forced occupation](#) period (1910–1945), and the subsequent [Korean War](#) (1950–1953) made it even harder for the Korean tea tradition to survive.<sup>[77]</sup> The restoration of the Korean way of tea began in the 1970s, around [Dasolsa](#).<sup>[77]</sup> Commercial production of green tea in South Korea only began in the 1970s.<sup>[78]</sup> By 2012 the industry was producing 20% as much tea as Taiwan and 3.5% as much as Japan.<sup>[79][80]</sup> Green tea is not as popular as coffee or other types of [Korean teas](#) in modern [South Korea](#). The annual consumption per capita of green tea in South Korea in 2016 was 0.16 kg (0.35 lb), compared to 3.9 kg (8.6 lb) coffee.<sup>[81]</sup> Recently however, as the coffee market reached saturation point, South Korean tea production doubled during 2010–2014,<sup>[82]</sup> as did tea imports during 2009–2015,<sup>[83]</sup> despite very high [tariff rate](#) (513.6% for green tea, compared to 40% for black tea, 8% for processed/roasted coffee, and 2% for raw [coffee beans](#)).

Korean green tea can be classified into various types based on several different factors. The most common is the flush, or the time of the year when the leaves are plucked (and thus also by leaf size).

- ***Ujeon***: *Ujeon* (우전; 雨前; lit. "pre-rain"), or *cheonmul-cha* (첫물차; lit. "first flush tea"), is made of hand-picked leaves plucked before [gogu](#) (20–21 April).<sup>[84][85][86]</sup> The ideal steeping temperature for *ujeon* tea is 50 °C (122 °F).<sup>[87]</sup>
- ***Sejak***: *Sejak* (세작; 細雀; lit. "thin sparrow"), or *dumul-cha* (두물차; lit. "second flush tea"), is made of hand-picked leaves plucked after [gogu](#) (20–21 April) but before [ipha](#) (5–6 May).<sup>[84][85][86]</sup> The tea is also called [jakseol](#) (작설; 雀舌; lit. "sparrow tongue") as the tea leaves are plucked when they are about the size of a [sparrow's](#) tongue.<sup>[85]</sup> The ideal steeping temperature for *sejak* tea is 60–70 °C (140–158 °F).<sup>[87]</sup>
- ***Jungjak***: *Jungjak* (중작; 中雀; lit. "medium sparrow"), or *semul-cha* (세물차; lit. "third flush tea"), is made of leaves plucked after [ipha](#) (5–6 May) until the mid May.<sup>[84][85]</sup> The ideal steeping temperature for *jungjak* tea is 70–80 °C (158–176 °F).<sup>[87]</sup>
- ***Daejak***: *Daejak* (대작; 大雀; lit. "big sparrow"), or *kkeunmul-cha* (끝물차; lit. "final flush tea"), is made of tea leaves plucked in late May and after.<sup>[85]</sup> It is usually made into [tea bags](#) or used in cooking.<sup>[85]</sup> The ideal steeping temperature for *daejak* tea is 80–90 °C (176–194 °F).<sup>[87]</sup>

The mode of preparation also differs:

- ***Ipcha*** (*yeopcha*): The synonyms *ipcha* (잎차; lit. "leaf tea") and *yeopcha* (엽차; 葉茶; lit. "leaf tea") refer to loose leaf tea, often in contrast to tea in [tea bags](#). As the words mean "leaf tea", they can also be used in contrast to [powdered tea](#).<sup>[88]</sup>
- ***Garucha*** (*malcha*): The synonyms *garucha* (가루차; lit. "powder tea") and *malcha* (말차; 末茶; lit. "powder tea") refer to powdered tea.<sup>[89][90]</sup>

Leaf teas are processed either by roasting or steaming.

- ***Deokkeum-cha*** (*bucho-cha*): Roasting is the most common and traditional way of tea processing in Korea. Also translated into "pan-fried tea", the *deokkeum-cha* (뒤음차; lit. "roasted tea") or *bucho-cha* (부초차; 麩炒茶; lit. "roasted tea") varieties are richer in flavour.<sup>[91][92][93]</sup>
- ***Jeungje-cha***: Steaming is less popular in Korean green tea processing, but the method is still used in [temple cuisine](#). Tea prepared with steamed tea leaves, called *jeungje-cha* (증제차; 蒸製茶; lit. "steamed tea"), are more vivid in colour.<sup>[94]</sup>

Southern, warmer regions such as [Boseong](#) in [South Jeolla Province](#), [Hadong](#) in [South Gyeongsang Province](#), and [Jeju Island](#) are famous for producing high quality tea leaves.<sup>[95]</sup>

- ***Banya-cha***: *Banya-cha* (반야차; 般若茶; lit. "prajñā tea") is one of the most renowned Korean green tea.<sup>[96]</sup> The steamed tea is developed by Buddhist monks in [Boseong](#).<sup>[citation needed]</sup> The tea is grown on sandy loam near mountains and sea.<sup>[citation needed]</sup> The word *banya* is a Korean transliteration of the Buddhist concept [prajñā](#).

- [Jungno-cha](#): *Jungno-cha* (죽로차; 竹露茶; lit. "bamboo dew tea") is one of the most renowned Korean green tea.<sup>[97]</sup> The roasted variety of tea is made of tea leaves grown among the bamboo in [Gimhae](#), [Hadong](#), and [Jinju](#) in [South Gyeongsang Province](#).<sup>[98]</sup>

Green tea can be blended with other ingredients.

- [Hyeonmi-nokcha](#): *Nokcha* (green tea) blended with [hyeonmi-cha](#) (brown rice tea) is called *hyeonmi-nokcha* (현미녹차; 玄米綠茶; lit. "brown rice green tea").
- [Remon-nokcha](#): *Nokcha* (green tea) blended with lemon is called *remon-nokcha* (레몬 녹차; lit. "lemon green tea").

#### Other countries

In Canada, green tea is defined as a dry-based [mixture](#) and the sale of it is regulated by the [Canadian Food Inspection Agency](#) (CFIA). It is one of the foods for which a standard of identity is specified according to the Food and Drug Regulations. It should contain not less than 33% water-soluble extractive (determined by official method FO-37 which is the determination of water-soluble extractive in tea) and the total ash should be between 4% to 7%.<sup>[99]</sup>

## Kombucha

**Kombucha** (also **tea mushroom**, **Manchurian mushroom**, formal name: *Medusomyces gisevii*<sup>[1]</sup>) is a variety of [fermented](#), lightly [effervescent](#) sweetened [black](#) or [green tea drinks](#) commonly intended as [functional beverages](#) for their supposed health benefits. Kombucha is produced by fermenting tea using a "symbiotic culture of bacteria and yeast" ([SCOBY](#)). Actual contributing microbial populations in SCOBY cultures vary, but the yeast component generally includes [Saccharomyces](#) and other species; and, the bacterial component almost always includes [Gluconacetobacter xylinus](#) to oxidize yeast-produced alcohols to [acetic](#) and other acids.<sup>[2][3]</sup>

Although numerous sources have linked drinking kombucha to health benefits, there is little or no [scientific evidence](#) backing those claims.<sup>[4]</sup> There are rare documented cases of serious [adverse effects](#), including fatalities, related to kombucha drinking, possibly arising from contamination during home preparation.<sup>[5][6]</sup> Since the mostly unclear benefits of kombucha drinking do not outweigh the known risks, it is not recommended for [therapeutic use](#).<sup>[4]</sup> Kombucha tea made with less sugar may be unappealing.<sup>[7]</sup> The exact origins of kombucha are not known.<sup>[8]</sup> It is said to have originated in what is now [Manchuria](#), and was traditionally used primarily in that region, Russia, and eastern Europe.<sup>[9]</sup> Kombucha is home-brewed globally and some companies sell it commercially.<sup>[1]</sup>

## Yorum

Her ülkenin kendine özgü tatları olmaktadır. Bizde Rize çayı olarak geçse de yetişen topraklara göre farklı çaylar olmaktadır. Çay tarlalarına girip, yeşil doğrudan koparıp, ağızda ezip tadına baktığım çayların birbirinden çok farklı olduğunu tespit etmiş olarak, çay bitki dışında yerel özelliklere göre adlandırılmalı, hazırlanma sürecine göre de sınıflandırılmalıdır.

#### Health claims

According to a 2000 review, "It has been claimed that Kombucha teas cure asthma, cataracts, diabetes, diarrhea, gout, herpes, insomnia and rheumatism. They are purported to shrink the prostate and expand the libido, reverse grey hair, remove wrinkles, relieve haemorrhoids, lower hypertension, prevent cancer, and promote general well-being. They are believed to stimulate the immune system, and have become popular among people who are HIV positive or have full-blown AIDS".<sup>[2]</sup> People drink it for its many putative beneficial effects, but most of the benefits were merely experimental studies and there is little [scientific evidence](#) based on human studies.<sup>[1]</sup> There have not been any human trials conducted to confirm any curative claims associated with the consumption of kombucha tea.<sup>[1]</sup> There is no high-quality [evidence](#) of beneficial effects from consuming kombucha.<sup>[4]</sup>

A 2003 [systematic review](#) characterized kombucha as an "extreme example" of an unconventional remedy because of the great disparity between implausible, wide-ranging health claims lacking evidentiary support, and the potential for harm kombucha has.<sup>[4]</sup> Ernst concluded that the number of proposed, unsubstantiated, therapeutic benefits did not outweigh the known risks, and that kombucha should not be recommended for [therapeutic use](#).<sup>[4]</sup> Kombucha only appears to benefit those who profit from them, according to a 2003 review.<sup>[4]</sup>

#### Adverse effects

Reports of [adverse effects](#) related to kombucha consumption are rare. It is unclear whether this is because adverse effects are rare, or just underreported.<sup>[4]</sup> The [American Cancer Society](#) says that "Serious side effects and occasional deaths have been associated with drinking Kombucha tea".<sup>[6]</sup>

Adverse effects associated with kombucha consumption include severe [hepatic](#) (liver) and [renal](#) (kidney) toxicity as well as [metabolic acidosis](#).<sup>[10][11][12]</sup> At least one person is known to have died after consuming kombucha, though the drink itself has never been conclusively proved a cause of death.<sup>[13][14]</sup>

Some adverse health effects may be due to the acidity of the tea, which can cause [acidosis](#), and brewers have been cautioned to avoid over-fermentation.<sup>[15][16][17]</sup> Other adverse health effects may be a result of bacterial or fungal contamination during the brewing process.<sup>[17]</sup> Some studies have found the [hepatotoxin usnic acid](#) in kombucha, although it is not known whether the cases of damage to the liver are due to the usnic acid contamination or to some other toxin.<sup>[11][18]</sup> Topical use of the tea has been associated with [anthrax](#) infection on the skin in one report, but kombucha contamination may have occurred during storage.<sup>[4]</sup>

Drinking Kombucha can be harmful for people with preexisting ailments.<sup>[19]</sup> Due to its microbial sourcing and possible non-sterile packaging, kombucha is not recommended for people with poor immune function,<sup>[15]</sup> women who are pregnant or nursing, or children under 4 years old.<sup>[17]</sup> Further, it may compromise immune responses or affect stomach acidity in susceptible people.<sup>[15]</sup>

#### Other uses

Kombucha culture, when dried, becomes a leather-like textile known as a [microbial cellulose](#) that can be molded onto forms to create seamless clothing.<sup>[20][21]</sup> Using different broth media such as coffee, black tea, and green tea to grow the kombucha culture results in different textile colors, although the textile can also be dyed using plant-based dyes.<sup>[22]</sup> Different growth media and dyes also change the textile's feel and texture.<sup>[22]</sup>

## Composition and properties

### Biological

A kombucha culture is a [symbiotic culture of bacteria and yeast](#) (SCOBY), similar to [mother of vinegar](#), containing one or more species each of bacteria and yeasts, which form a [zoogloeal mat](#)<sup>[23]</sup> known as a "mother."<sup>[1]</sup> The cultures may contain one or more of the yeasts [Saccharomyces cerevisiae](#), [Brettanomyces bruxellensis](#), [Candida stellata](#), [Schizosaccharomyces pombe](#), and [Zygosaccharomyces bailii](#).<sup>[24]</sup>

The *bacterial component* of kombucha comprises several species, almost always including [Gluconacetobacter xylinus](#) (*G. xylinus*, formerly *Acetobacter xylinum*), which ferments alcohols produced by the yeasts into [acetic](#) and other acids, increasing the acidity and limiting [ethanol](#) content.<sup>[citation needed]</sup> The population of bacteria and yeasts found to produce acetic acid has been reported to increase for the first 4 days of fermentation, decreasing thereafter.<sup>[citation needed]</sup> *G. xylinus* has been shown to produce microbial [cellulose](#), and is reportedly responsible for most or all of the physical structure of the "mother", which may have been selectively encouraged over time for firmer (denser) and more robust cultures by brewers.<sup>[25]<sup>[non-primary source needed]</sup></sup>

The mixed, presumably symbiotic culture has been further described as being lichenous, in accord with the reported presence of the known lichenous natural product [usnic acid](#), though as of 2015, no report appears indicating the standard cyanobacterial species of [lichens](#) in association with kombucha fungal components.<sup>[18]</sup>

### Chemical

It is made by putting the kombucha culture into a broth of sugared tea.<sup>[1]</sup> Kombucha tea made with less sugar may be unappealing.<sup>[7]</sup> Sucrose is converted, biochemically, into fructose and glucose, and these into [gluconic acid](#) and acetic acid, and these substances are present in the drink.<sup>[26]</sup> In addition, kombucha contains [enzymes](#) and [amino acids](#), [polyphenols](#), and various other [organic acids](#); the exact quantities of these items vary between preparations. Other specific components include [ethanol](#) (see below), [glucuronic acid](#), [glycerol](#), [lactic acid](#), [usnic acid](#) (a hepatotoxin, see above), and [B-vitamins](#).<sup>[27][28][29]</sup> Kombucha has also been found to contain [vitamin C](#).<sup>[30]</sup>

The alcohol content of the kombucha is usually less than 1%, but increases with fermentation time.<sup>[17]</sup> Over-fermentation generates high amounts of acids similar to vinegar.<sup>[1]</sup>

### History

The exact origins of kombucha are not known, although Manchuria is commonly cited as a likely place of origin.<sup>[6]</sup> It may have originated as recently as 200 years ago or as long as 2000 years ago.<sup>[31]</sup> The drink is reported to have been consumed in east Russia at least as early as 1900, and from there entered Europe.<sup>[26]</sup> In 1913, kombucha was first mentioned in German literature.<sup>[32]</sup> Its consumption increased in the United States during the early 21st century.<sup>[31][33]</sup> Having an alcohol content of about 0.5%, kombucha is a federally regulated beverage in the United States, a factor that affected its commercial development in 2015.<sup>[34]</sup>

### Etymology

The word *kombucha* is of uncertain [etymology](#), but may be a case of a misapplied [loanword](#) from Japanese.<sup>[35]</sup> In Japanese, the term *kombucha* (昆布茶, "[kelp tea](#)") refers to a completely different beverage, the [kelp tea](#), made from dried and powdered *kombu* (an edible [kelp](#) from the [Laminariaceae](#) family). The term for the fermented tea in Japanese, is *kōcha kinoko* (紅茶キノコ, "fungus tea").<sup>[36]</sup> The *American Heritage Dictionary* suggests that it is probably from the "Japanese *kombucha*, tea made from *kombu* (the Japanese word for [kelp](#) perhaps being used by English speakers to designate fermented tea due to confusion or because the thick gelatinous film produced by the *kombucha culture* was thought to resemble seaweed)."<sup>[37]</sup> Writings about the beverage in Japanese generally take the point of view that the Japanese word 'kombucha' was mistakenly applied in English to what Japanese call "kocha kinoko."

Kombucha has about 80 other names worldwide.<sup>[38]</sup> A 1965 mycological study called kombucha "tea fungus" and listed other names: "teeschwamm, Japanese or Indonesian tea fungus, kombucha, wunderpilz, hongo, cajnij, fungus japonicus, and teekwass".<sup>[39]</sup> Some further spellings and synonyms include combucha and tschambucco, haipao, kargasok tea, kwassan, Manchurian fungus or mushroom, spumonto, as well as the misnomers [champagne](#) of life, and [chai](#) from the sea.<sup>[15]</sup>

### Production

Kombucha drink is prepared at home globally and some companies sell it commercially.<sup>[1]</sup> Commercially bottled kombucha became available in the late 1990s.<sup>[40]</sup> In 2010, elevated alcohol levels were found in many bottled kombucha products, leading retailers including [Whole Foods](#) to temporarily pull the drinks from store shelves.<sup>[41]</sup> In response, kombucha suppliers reformulated their products to have lower alcohol levels.<sup>[42]</sup>

By 2014 US sales of bottled kombucha were \$400 million; \$350 million of that was earned by Millennium Products, Inc. which sells "GT's Kombucha".<sup>[43]</sup> In 2014, the market was projected to have 30% growth, and companies that make and sell kombucha formed a [trade organization](#), Kombucha Brewers International.<sup>[44]</sup> In 2016, [PepsiCo](#) purchased kombucha maker KeVita for approximately \$200 million.<sup>[45]</sup>

## Yorum

Kamboçya çayı bir probiyotik şeklidir. Süt değil, yoğurttan yapılan ayran olarak irdelenmelidir.

## 9) Black tea (Wikipedia)

**Black tea** is a type of [tea](#) that is more [oxidized](#) than [oolong](#), [green](#) and [white](#) teas. Black tea is generally stronger in flavour than the less oxidized teas. All four types are made from leaves of the [shrub](#) (or small tree) *Camellia sinensis*. Two principal varieties of the species are used – the small-leaved Chinese variety plant (*C. sinensis* subsp. *sinensis*), used for most other types of teas, and the large-leaved Assamese plant (*C. sinensis* subsp. *assamica*), which was traditionally mainly used for black tea, although in recent years some green and white have been produced.

In [Chinese](#) and the languages of neighbouring countries, black tea is known as "red tea" ([Chinese](#) 紅茶 *hóngchá*, pronounced [xõŋtʂʰä]; [Japanese](#) 紅茶 *kōcha*; [Korean](#) 홍차 *hongcha*, [Bengali](#) লাল চা *Lal cha*, [Assamese](#) বঙা চাহ *Ronga sah*), a description of the colour of the liquid; the Western term "black tea" refers to the colour of the oxidized leaves. In Chinese, "black tea" is a commonly used classification for [post-fermented teas](#), such as [Pu-erh tea](#); outside China and its neighbouring countries, "red tea" more commonly refers to [rooibos](#), a [South African herbal tea](#).

While green tea usually loses its flavor within a year, black tea retains its flavour for several years. For this reason, it has long been an article of trade, and [compressed bricks of black tea](#) even served as a form of *de facto* currency in [Mongolia](#), [Tibet](#) and [Siberia](#) into the 19th century.<sup>[1]</sup> Although green tea has recently seen a revival due to its purported health benefits, black tea still accounts for over ninety percent of all tea sold in the West.<sup>[2]</sup>

In [Canada](#), the definition of black tea is a blend of two or more black teas of the leaves and buds of the *Camellia Sinensis* plant<sup>[3]</sup> that contain at least 30 percent water-soluble extractive, with 4 to 7 percent ash. Unblended black tea contains at least 25 percent

water-soluble extractive, with 4 to 7 percent [ash](#). Packaging of black tea is based on the packaging guidelines from the country of origin.<sup>[4]</sup>

### Varieties [edit]

Generally, unblended black teas are named after the region in which they are produced.<sup>[5]</sup> Often, different regions are known for producing teas with characteristic flavors.

Region	Tea	Native name	Origin	Description
		<i>Tānyáng-gōngfū</i> (坦洋工夫)	Tanyang Village, <a href="#">Fu'an, Fujian Province</a>	The king of the Fujian Artisan Red Teas. One of the three Famous Fujian Reds.
<a href="#">Congou</a>		<i>Zhèngghé-gōngfū</i> (政和工夫)	<a href="#">Zhenghe County, Fujian Province</a>	One of the three Famous Fujian Reds, with a slight honey flavor.
		<i>Báilín-gōngfū</i> (白琳工夫)	Bailin Town, <a href="#">Fuding, Fujian Province</a>	One of the three Famous Fujian Reds.
<a href="#">China</a>	<a href="#">Lapsang souchong</a>	<i>Zhèngshān-xiǎozhǒng</i> (正山小种)	<a href="#">Wuyi Mountains, Fujian Province</a>	Dried over burning pine, thereby developing a strong smoky flavour.
		<i>yínjùnméi</i> (银骏眉)		A higher grade version of <a href="#">Zhengshan xiaozhong</a> (aka. Lapsang Souchong)
		<i>jīnjùnméi</i> (金骏眉)		One of the highest grade red teas in mainland China.
	<a href="#">Keemun</a>	<i>Qímén-hóngchá</i> (祁门红茶)	<a href="#">Qimen County, Anhui Province</a>	One of <a href="#">China's Famous Teas</a> . The aroma of tea is fruity, with hints of pine, dried plum and floweriness.
	<a href="#">Dianhong</a> (Yunnan)	<i>Yúnnán-hóngchá</i> (云南红茶) / <i>diānhóng</i> (滇红)	<a href="#">Yunnan Province</a>	Well known for dark malty teas and golden bud teas.
	<a href="#">Yingdehong</a>	<i>Yíngdé-hóngchá</i> (英德红茶)	<a href="#">Yingde, Guangdong Province</a>	The tea has a cocoa-like aroma and a sweet aftertaste, one can find a peppery note.
	Jiu Qu Hong Mei (Nine Winding Red Plum)	<i>jiǔ-qū-hóng-méi</i> (九曲红梅)	<a href="#">Hangzhou, Zhejiang Province</a>	This tea is characterised by tight fishhook-like leaves with a lustrous black color. The infusion is brightly reddish and has a long smooth aftertaste.
<a href="#">Taiwan</a>	Sun Moon Lake	<i>Rìyuè-tán-hóngchá</i> (日月潭紅茶)	<a href="#">Sun Moon Lake, Nantou City, Nantou County</a>	Honey rich tones, sweet osmanthus, cinnamon and peppermint.
	<a href="#">Assam</a>	<i>Óxóm cah</i> (অসম চা) (Assam tea)	<a href="#">Assam State</a>	Full bodied, strong and distinctively malty tea from the lowlands of <a href="#">Assam</a> . It is the highest produced tea in the world. <sup>[citation needed]</sup>
	<a href="#">Darjeeling</a>	<i>Darjilím cā</i> (দার্জিলিং চা)	<a href="#">West Bengal State</a>	Thin bodied, floral and fruity tea from <a href="#">Darjeeling</a> with defining <a href="#">muscatel</a> tones. Today often processed as a mixture of black, green and oolong elements, though still classed as black.
<a href="#">India</a>	<a href="#">Kanoga</a>	<i>Kāngadá cāy</i> (कांगड़ा चाय)	<a href="#">Kanoga District, Himachal Pradesh State</a>	It produces basil-cinnamon, <a href="#">java plum-blueberry</a> blends and Chinese hybrids that is varied with others as a pale liquor, it has a subtle pungency with a vegetal aroma. <sup>[7][8]</sup>
	Munnar	<i>Mūnnār cāya</i> (മൂന്നാർ ചായ)	<a href="#">Munnar Town, Idukki District, Kerala State</a>	This variety produces a strong bodied golden yellow liquor with refreshing briskness and a hint of fruit. It has a medium toned fragrance, that is akin to malted biscuits. <sup>[9]</sup>
	<a href="#">Nilgiri</a>	<i>Nilakiri</i> (நீலகிரி தேநீர்)	<a href="#">Nilgiris District, Tamil Nadu State</a>	Intensely aromatic, strong, and fragrant tea from the <a href="#">Nilgiri Hills</a> of <a href="#">Karnataka</a> , <a href="#">Kerala</a> and <a href="#">Tamil Nadu</a> .
<a href="#">Korea</a>	<a href="#">Jaekseol tongue</a>	(Bird's) <i>jaekseol-cha</i> (재철차)	<a href="#">Hadong County, South Gyeongsang Province</a>	Jaekseol tea is golden, light scarlet in color and has a sweet, clean taste. <sup>[10]</sup>
<a href="#">Nepal</a>	<a href="#">Nepali</a>	<i>Nēpālī ciyā</i> (नेपाली चिया)		Similar to Darjeeling tea in its appearance, aroma and fruity taste, with subtle variation.
<a href="#">Sri Lanka</a>	<a href="#">Ceylon</a>	<i>Silōn tē</i> (සිලෝන් ටී)		It is grown on numerous estates which vary in altitude and taste. High-grown tea is honey golden liquor and light and is considered to be among the best teas in terms of its distinct flavor, aroma, and strength. Low-grown teas are a burgundy brown liquor and stronger. Mid-grown teas are strong, rich and full-bodied.
<a href="#">Turkey</a>	<a href="#">Rize</a>	<i>Rize çayı</i>	<a href="#">Rize, Rize Province, Black Sea Region</a>	Characterised by its strong taste, when brewed it is mahogany in color. Traditionally served with beet sugar crystals.

### Blends

*Main article: [Tea blending and additives](#)*

Black tea is often blended and mixed with various other plants in order to obtain a beverage.

#### Blend Description

[Earl Grey tea](#) Black tea with [bergamot](#) oil.<sup>[11]</sup>

[English Breakfast tea](#) Full-bodied, robust, rich and blended to go well with milk and sugar.

[English afternoon tea](#) Medium bodied, bright and refreshing. Strong Assam and Kenyan teas are blended with Ceylon which adds a light, brisk quality to the blend.

[Irish breakfast tea](#) Blend of several black teas: most often Assam teas and, less often, other types of black tea.

[Masala chai](#) Combines black tea, spices, milk, and a sweetener such as sugar or honey; a beverage from India (introduced by the British East India company to encourage tea consumption among Indians and to compete with Chinese tea plantations). Masala chai has been adapted in the West with changes to the method of preparation.<sup>[12]</sup>

### Manufacture

- After the harvest, the leaves are first *withered* by blowing air on them.
- Then black teas are processed in either of two ways, *CTC* (*Crush, Tear, Curl*) or *orthodox*. The CTC method produces leaves of fannings or dust grades that are commonly used in [tea bags](#) but also produces higher (broken leaf) grades such as BOP CTC and GFBOP CTC (see gradings below for more details). This method is efficient and effective for producing a better quality product from medium and lower quality leaves of consistently dark color. Orthodox processing is done either by machines or by hand. Hand processing is used for high quality teas. While the methods employed in

orthodox processing differ by tea type, this style of processing results in the high quality loose tea sought by many connoisseurs. The tea leaves are allowed to completely oxidize.<sup>[13]</sup>

- *Orthodox*: The withered tea leaves are heavily rolled either by hand or mechanically through the use of a cylindrical rolling table or a rotovane. The rolling table consists of a ridged table-top moving in an eccentric manner to a large hopper of tea leaves, of which the leaves are pressed down onto the table-top. The process produces a mixture of whole and broken leaves and particles which are then sorted, oxidized and dried. The rotorvane (rotovane), created by Ian McTear in 1957 can be used to replicate the orthodox process.<sup>[13]</sup> The rotovane consisted of an [auger](#) pushing withered tea leaves through a vane cylinder which crushes and evenly cuts the leaves, however the process is more recently superseded by the boruah continuous roller, which consists of an oscillating conical roller around the inside of a ridged cylinder.<sup>[13]</sup> The rotorvane can consistently duplicate broken orthodox processed black tea of even sized broken leaves, however it cannot produce whole leaf black tea.<sup>[14]</sup> The broken leaves and particles from the orthodox method can feed into the CTC method for further processing into fanning or dust grade teas.
  - *CTC*: "Cut, tear, curl" or "Crush, tear, curl" black teas is a production method developed by William McKercher in 1930. It is considered by some as a significantly improved method of producing black tea through the mincing of withered tea leaves.<sup>[15]</sup> The use of a rotovane to precut the withered tea is a common preprocessing method prior to feeding into the CTC <sup>[13]</sup> CTC machines then further shred the leaves from the rotovane by passing them through several stages of contra-rotating rotors with surface patterns that cut and tear the leaves to very fine particles.<sup>[13]</sup>
3. Next, the leaves are [oxidized](#) under controlled [temperature](#) and [humidity](#). (This process is also called "fermentation", which is a misnomer since no actual [fermentation](#) takes place. [Polyphenol oxidase](#) is the enzyme active in the process.) The level of oxidation determines the type (or "colour") of the tea; with fully oxidised becoming black tea, low oxidised becoming green tea, and partially oxidised making up the various levels of oolong tea.<sup>[16][17]</sup> This can be done on the floor in batches or on a conveyor bed with air flow for proper oxidation and temperature control. Since oxidation begins at the rolling stage itself, the time between these stages is also a crucial factor in the quality of the tea; however, fast processing of the tea leaves through continuous methods can effectively make this a separate step. The oxidation has an important effect on the taste of the end product,<sup>[17]</sup> but the amount of oxidation is not an indication of quality. Tea producers match oxidation levels to the teas they produce to give the desired end characteristics.
  4. Then the leaves are *dried* to arrest the oxidation process.
  5. Finally, the leaves are [sorted into grades](#) according to their sizes (whole leaf, broken, fannings and dust), usually with the use of sieves. The tea could be further *sub-graded* according to other criteria.

The tea is then ready for packaging.

#### Tea grading



#### Black tea grading

Black tea is usually graded on one of four scales of quality. Whole-leaf teas are the highest quality, with the best whole-leaf teas graded as "orange pekoe." After the whole-leaf teas, the scale degrades to broken leaves, [fannings](#), then dusts. Whole-leaf teas are produced with little or no alteration to the tea leaf. This results in a finished product with a coarser texture than that of bagged teas. Whole-leaf teas are widely considered the most valuable, especially if they contain leaf tips. Broken leaves are commonly sold as medium-grade loose teas. Smaller broken varieties may be included in tea bags. Fannings are usually small particles of tea left over from the production of larger tea varieties, but are occasionally manufactured specifically for use in bagged teas. Dusts are the finest particles of tea left over from production of the above varieties, and are often used for tea bags with very fast and harsh brews. Fannings and dusts are useful in bagged teas because the greater surface area of the many particles allows for a fast, complete diffusion of the tea into the water. Fannings and dusts usually have a darker colour, lack of sweetness, and stronger flavor when brewed.

#### Brewing

Generally, 4 grams of tea per 200 ml of water.<sup>[18]</sup> Unlike green teas, which turn bitter when brewed at higher temperatures, black tea should be steeped in water brought up to 90–95 °C. The first brew should be 60 sec., the second brew 40 sec., and the third brew 60 sec. If your tea is of high quality, you can continue to brew by progressively adding 10 sec. to the brew time following the third infusion (note: when using a larger tea pot the ratio of tea to water will need to be adjusted to achieve similar results).

#### Standard black tea brewing

- Brew temperature 90-95 °C
- Standard 200 ml water
- 4 g of tea
- Brew times: 60-40-60-70-80-(+10) seconds

A cold vessel lowers the steep temperature; to avoid this, always rinse the vessel with +90 °C water before brewing.

The more delicate black teas, such as Darjeeling, should be steeped for 3 to 4 minutes. The same holds for broken leaf teas, which have more surface area and need less brewing time than whole leaves. Whole-leaf black teas, and black teas to be served with milk or lemon, should be steeped 4 to 5 minutes.<sup>[19]</sup> Longer steeping times makes the tea bitter (at this point, it is referred to as being "stewed" in the UK). When the tea has brewed long enough to suit the drinker's taste, it should be strained before serving.

The [ISO Standard 3103](#) defines how to brew tea for tasting.<sup>[18]</sup>

#### Major producers

The biggest producers of black tea in the world are:<sup>[20]</sup>



Company	Brand	Share
<a href="#">Unilever</a>	<a href="#">Lipton</a>	17.6%
	<a href="#">PG Tips</a>	
<a href="#">Associated British Foods</a>	<a href="#">Twinings</a>	4.4%
<a href="#">Tata Global Beverages</a>	<a href="#">Tetley</a>	4.0%

#### Research

Plain black tea without sweeteners or additives contains [caffeine](#) but negligible quantities of calories or nutrients.<sup>[21]</sup> Some flavored tea with different herbs added may have less than 1 gram of carbohydrates.<sup>[clarification needed]</sup> Black teas from the [Camellia sinensis](#) tea plant contain [polyphenols](#) known as [thearubigins](#) and [theaflavins](#).<sup>[22]</sup>

Meta-analyses of observational studies have concluded that black tea consumption does not affect the development of [oral cancers](#) in Asian or Caucasian populations, [esophageal cancer](#) or [prostate cancer](#) in Asian populations, or [lung cancer](#).<sup>[23][24][25]</sup> Black tea consumption may be associated with a reduced risk of stroke.<sup>[26][27]</sup> A 2013 [Cochrane review](#) of [randomized controlled trials](#) greater than 3 months duration concluded that long-term consumption of black tea only slightly lowers [systolic and diastolic blood pressures](#) (about 1-2 mmHg).<sup>[22][28]</sup> A 2013 Cochrane review concluded that long-term black tea consumption lowers the blood concentration of [LDL cholesterol](#) by 0.43 mmol/L (or 7.74 mg/dL),<sup>[22]</sup> but overall this research remains inconclusive.<sup>[21]</sup>

#### Yorum

Siyah çay içen toplumlarda, yeşil çaya göre fabrika, işleme ve paketlenme önemli iken, bu çaya alışmış olan toplumlarda siyah çay tercih edilmektedir. Renginden, aromasından, kokusundan vaz geçilememekte, yeşil çayın reklamına karşın toplumsal kabul değişmemektedir.

## 10) White tea (Wikipedia)

**White tea** may refer to one of several styles of tea which generally feature young or minimally processed leaves of the [Camellia sinensis](#) plant.

Currently there is no generally accepted definition of white tea and very little international agreement; some sources use the term to refer to tea that is merely dried with no additional processing,<sup>[1]</sup> some to tea made from the buds and immature tea leaves picked shortly before the buds have fully opened and allowed to wither and dry in natural sun,<sup>[citation needed]</sup> while others include tea buds and very young leaves which have been steamed or fired before drying.<sup>[2]</sup> Most definitions agree, however, that white tea is not rolled or oxidized, resulting in a flavour characterized as "lighter" than [green](#) or traditional [black teas](#).

In spite of its name, brewed white tea is pale yellow. Its name derives from the fine silvery-white hairs on the unopened buds of the tea plant, which give the plant a whitish appearance.<sup>[3]</sup> The unopened buds are used for some types of white tea.

It is harvested primarily in China, mostly in the [Fujian](#) province,<sup>[4]</sup> but more recently produced in Eastern Nepal, Taiwan, Northern Thailand, [Galle](#) (Southern Sri Lanka) and India.

#### History

What is today known as white tea may have come into creation in the last two centuries; scholars and tea merchants generally disagree as to when the first production of white tea (as it is understood in China today) began. White tea may have first appeared in English publication in 1876, where it was categorized as a [black tea](#) because it is not [initially](#)<sup>[clarification needed]</sup> steamed like a [green tea](#), to deactivate internal enzymes and external microbes.<sup>[5]</sup>

White tea is often being sold as *Silvery Tip Pekoe*, a form of its traditional name, and now also under the simple designations *China White* and *Fujian White*.<sup>[4]</sup>

Some tea from the related wild [Camellia taliensis](#) in [Yunnan](#) is made using white tea processing techniques.

#### Composition

White tea, like [black](#) and [green tea](#), is made from the [Camellia sinensis](#) plant and contains [polyphenols](#), a set of phytonutrients that are thought to be responsible for the [health effects of tea](#).<sup>[6][7]</sup> Different white teas have different amounts of [catechins](#), a category of polyphenols, and the overall range of concentrations overlaps with that of green tea, meaning that some white teas have the same concentration of polyphenols as some green teas. This may be due to the variety of the tea plant from which the tea was picked, the cultivation technique, and the way in which the tea was processed.<sup>[8]</sup>

#### Manufacturing

The base process for manufacturing white tea is as follows:

Fresh tea leaf → withering → drying (air drying, solar drying or mechanical drying) → white tea<sup>[9]</sup>

White tea belongs to the group of tea that does not require panning, rolling or shaking. However, the selection of raw material in white tea manufacture is extremely stringent; only the plucking of young tea leaves with much fine hair can produce good-quality white tea of a high [pekoe](#) (grading) value.<sup>[9]</sup>

#### Yorum

Beyaz çayın 200 gramı ile diğer çayların 1-2 kilogramı aynı fiyatta olması, içimine sınırlama getirmesi ötesi, siyah çayın doyuruculuğunu vermemektedir.

## 11) Tea culture (Wikipedia)

**Tea culture** is defined by the way [tea](#) is made and consumed, by the way the people interact with tea, and by the aesthetics surrounding tea drinking. It includes aspects of tea production, tea brewing, tea arts and ceremony, society, history, health, ethics, education, and communication and media issues.

Tea plays an important role in some countries. It is commonly consumed at social events, and many cultures have created intricate formal ceremonies for these events. [Afternoon tea](#) is a British custom with widespread appeal. [Tea ceremonies](#), with their roots in the [Chinese tea culture](#), differ among Asian countries, such as the [Japanese](#) or [Korean versions](#). Tea may differ widely in preparation, such as in Tibet, where the beverage is commonly brewed with salt and butter. Tea may be drunk in small private gatherings ([tea parties](#)) or in public ([tea houses](#) designed for social interaction).

The [British Empire](#) spread its own interpretation of tea to its dominions and colonies, including regions that today comprise the states of [Hong Kong](#), [India](#), and [Pakistan](#), which had pre-existing tea customs, as well as regions such as East Africa (modern

day Kenya, Tanzania, and Uganda) and the Pacific ([Australia](#) and [New Zealand](#)) which did not have tea customs. [The tea room](#) is found in the US and UK.

Different regions favor different varieties of tea—[black](#), [green](#), or [oolong](#)—and use different flavourings, such as herbs, milk, or sugar. The temperature and strength of the tea likewise vary widely.

#### [Bubble tea](#)

Bubble tea, pearl milk tea (Chinese: 珍珠奶茶; pinyin: zhēnzhū nǎichá), or boba milk tea (波霸奶茶; bōbà nǎichá) is a tea beverage mixture with milk which may include balls of tapioca. Originating in [Taiwan](#), it is especially popular in Asia (Taiwan, known as people's public of China, People's Republic of China, known as mainland China, Chinese Hong Kong, Thailand, Malaysia, South Korea, the Philippines, and Singapore) as well as [Europe](#), [Canada](#), and the [United States](#). It is also known as black pearl tea or tapioca tea.

#### [East Asia](#)

##### China



Chinese tea, gancha

Due to the importance of tea in Chinese society and culture, tea houses can be found in most Chinese neighbourhoods and business districts. Chinese-style tea houses offer dozens of varieties of hot and cold tea concoctions. They also serve a variety of tea-friendly or tea-related snacks. Beginning in the late afternoon, the typical Chinese tea house quickly becomes packed with students and business people, and later at night plays host to insomniacs and night owls simply looking for a place to relax.

There are formal tea houses. They provide a range of Chinese and Japanese tea leaves, as well as tea making accoutrements and a better class of snack food. Finally there are tea vendors, who specialize in the sale of tea leaves, pots, and other related paraphernalia. Tea is an important item in Chinese culture and is mentioned in the [Seven necessities](#) of (Chinese) daily life.

#### **Two periods**

In [China](#), at least as early as the [Tang Dynasty](#), tea was an object of connoisseurship; in the [Song Dynasty](#) formal tea-tasting parties were held, comparable to modern wine tastings. As much as in modern wine tastings, the proper vessel was important and much attention was paid to matching the tea to an aesthetically appealing serving vessel.

Historically there were two phases of tea drinking in China based on the form of tea that was produced and consumed, namely: *tea bricks* versus *loose leaf tea*.

##### Tea brick phase

Tea served before the [Ming Dynasty](#) was typically made from [tea bricks](#). Upon harvesting, the tea leaves were either partially dried or were thoroughly dried and ground before being pressed into bricks. The pressing of Pu-erh is likely a vestige of this process. Tea bricks were also sometimes used as currency.<sup>[1]</sup> Serving the tea from tea bricks required multiple steps:

- *Toasting*: Tea bricks are usually first toasted over a fire to destroy any mould or insects that may have burrowed into the tea bricks. Such infestation sometimes occurred since the bricks were stored openly in warehouses and storerooms. Toasting likely imparted a pleasant flavour to the resulting tea.
- *Grinding*: The tea brick was broken up and ground to a fine powder. This practice survives in Japanese powdered tea (*Matcha*).
- *Whisking*: The powdered tea was mixed into hot water and frothed with a whisk before serving. The colour and patterns formed by the powdered tea were enjoyed while the mixture was imbibed.

The ground and whisked teas used at that time called for dark and patterned bowls in which the texture of the tea powder suspension could be enjoyed. The best of these bowls, glazed in patterns with names like oil spot, partridge-feather, hare's fur, and tortoise shell, are highly valued today. The patterned holding bowl and tea mixture were often lauded in the period's poetry with phrases such as "partridge in swirling clouds" or "snow on hare's fur". Tea in this period was enjoyed more for its patterns and less for its flavour. The practice of using powdered tea can still be seen in the Japanese Tea ceremony or [Chado](#).

##### Loose-leaf tea phase

After 1391, the [Hongwu Emperor](#), the founder of the [Ming Dynasty](#), decreed that tributes of tea to the court were to be changed from brick to loose-leaf form. The imperial decree quickly transformed the tea drinking habits of the people, changing from whisked teas to steeped teas. The arrival of the new method for preparing tea also required the creation or use of new vessels.

- The [tea pot](#) was needed such that the tea leaves can be [steeped](#) separately from the drinking vessel for an [infusion](#) of proper concentration. The tea needs to be kept warm and the tea leaves must be separated from the resulting infusion when required.
- [Tea caddies](#) and containers also became necessary to keep the tea and conserve its flavour. This was because tea leaves do not preserve as well as tea bricks. Furthermore, the natural aroma of tea became the focus of the tea drinking due to the new preparation method.
- A change in Chinese tea *drinking vessels* was evident at this point. Smaller bowls with plain or simple designs on the interior surfaces were favoured over the larger patterned bowls used for enjoying the patterns created by powdered teas. Tea drinking in small bowls and cups was likely adopted since it gathers and directs the fragrant steam from the tea to the nose and allows for better appreciation of the tea's flavour.

[Teawares](#) made with a special kind of [purple clay](#) (Zisha) from [Yixing](#) went on to develop during this period ([Ming Dynasty](#)). The structure of purple clay made it advantageous material with tiny and high density, preferred for heat preservation and perviousness. Simplicity and rusticity dominated the idea of purple clay teaware decoration art. It became soon the most popular

method of performing [Chinese tea ceremony](#), which often combines literature, [calligraphy](#), [painting](#) and [seal cutting](#) in Chinese culture.

The loose-leaf tea and the purple clay teaware is still the preferred method of preparing tea in Chinese daily life.

### Hong Kong

The English-style tea has evolved into a new local style of drink, the [Hong Kong-style milk tea](#), more often simply "milk tea", in [Hong Kong](#) by using [evaporated milk](#) instead of ordinary milk. It is popular at [cha chaan tengs](#) and fast food shops such as [Café de Coral](#) and Maxims Express. [Traditional Chinese tea](#), including [green tea](#), [flower tea](#), [jasmine tea](#), and [Pu-erh tea](#), are also common, and are served at [dim sum](#) restaurant during [yum cha](#).

### Japan



A one cup sized, glazed Japanese cast-iron teapot from the [Tōhoku region](#), intended for collectors

*Main article:* [Japanese tea ceremony](#)

[Green tea's](#) traditional role in Japanese society is as a drink for special guests and special occasions. Green tea is served in many companies during afternoon breaks. Japanese often buy sweets for their colleagues when on vacation or business trips. These snacks are usually enjoyed with green tea. Tea will also be prepared for visitors coming for meetings to companies and for guests visiting Japanese homes. A thermos full of green tea is a staple on family or school outings as an accompaniment to [bento](#) (box lunches). Families often bring along proper [Japanese teacups](#) to enhance the enjoyment of the traditional drink.

The strong cultural association the Japanese have with green tea has made it the most popular beverage to drink with traditional Japanese cuisine, such as [sushi](#), [sashimi](#), and [tempura](#). At a restaurant, a cup of green tea is often served with meals at no extra charge, with as many refills as desired. The best traditional Japanese restaurants take as much care in choosing the tea they serve as in preparing the food itself.



Cup of [Matcha](#) tea and sweet cake

Many Japanese are still taught the proper art of the centuries-old [tea ceremony](#) as well. Still, the Japanese now enjoy green tea processed using state of the art technology. Today, hand pressing—a method demonstrated to tourists—is taught only as a technique preserved as a part of the Japanese cultural tradition. Most of the ubiquitous vending machines also carry a wide selection of both hot and cold bottled teas. [Oolong tea](#) enjoys considerable popularity. [Black tea](#), often with milk or lemon, is served ubiquitously in cafes, coffee shops, and restaurants.

Major tea-producing areas in Japan include [Shizuoka Prefecture](#) and the city of [Uji](#) in [Kyoto Prefecture](#).

Other infusions bearing the name *cha* are barley tea (*mugi-cha*) which is popular as a cold drink in the summer, buckwheat tea (*soba-cha*), and [hydrangea](#) tea (*ama-cha*).

### Myanmar

[Myanmar](#) (formerly Burma) is one of very few countries where tea is not only drunk but eaten as [lahpet](#)—pickled tea served with various accompaniments.<sup>[2][3]</sup> It is called *lahpet so* (tea wet) in contrast to *lahpet chauk* (tea dry) or *akyan jauk* (crude dry) with which green tea—*yeinway jan* or *lahpet yeijan* meaning plain or crude tea—is made. In the [Shan State](#) of Myanmar where most of the tea is grown, and also [Kachin State](#), tea is dry-roasted in a pan before adding boiling water to make green tea.<sup>[2]</sup> It is the national drink in a predominantly [Buddhist](#) country with no national tippie other than the [palm toddy](#). Tea sweetened with milk is known as *lahpet yeijo* made with *acho jauk* (sweet dry) or black tea and prepared the [Indian](#) way, brewed and sweetened with condensed milk. It is a very popular drink although the middle classes by and large appear to prefer coffee most of the time. It was introduced to Myanmar by Indian immigrants some of whom set up teashops known as *kaka hsaing*, later evolving to just *lahpetyei hsaing* (teashop).

### Social nexus

Burma's street culture is basically a tea culture<sup>[3]</sup> as people, mostly men but also women and families, hang out in tea shops reading the paper or chatting away with friends, exchanging news, gossip and jokes, nursing cups of Indian tea served with a diverse range of snacks from cream cakes to [Chinese](#) fried breadsticks ([youtiao](#)) and steamed buns ([baozi](#)) to [Indian naan](#) bread and [samosas](#). Green tea is customarily the first thing to be served free of charge as soon as a customer sits down at a table in all restaurants as well as teashops.

Pubs and clubs, unlike in the West, have remained a minority pursuit so far. Teashops are found from the smallest village to major cities in every neighbourhood up and down the country.<sup>[3]</sup> They are open from the crack of dawn for [breakfast](#) till late in the evening, and some are open 24 hours catering for long distance drivers and travellers. One of the most popular teashops in [Yangon](#) in the late 1970s was called *Shwe Hleiga* (Golden Stairs) by popular acclaim as it was just a pavement stall, with low tables and stools

for the customers, at the bottom of a stairwell in downtown Yangon. Busy bus stops and terminals as well as markets have several teashops. Train journeys in Myanmar also feature hawkers who jump aboard with giant kettles of tea for thirsty passengers.

### Lahpet

Lahpet (pickled tea) is served in one of two ways:

1. *A-hlu lahpet* or [Mandalay](#) lahpet is served in a plate or traditionally in a shallow [lacquerware](#) dish called *lahpet ohk* with a lid and divided into small compartments—pickled tea laced with [sesame](#) oil in a central compartment, and other ingredients such as crisp fried garlic, peas and peanuts, toasted sesame, crushed dried shrimp, preserved shredded ginger and fried shredded coconut in other compartments encircling it. It may be served as a snack or after a meal with green tea either on special occasions or just for the family and visitors. *A-hlu* means alms and is synonymous with a novitiation ceremony called [Shinbyu](#) although lahpet is served in this form also at *hsun jway* (offering a meal to monks) and weddings. Invitation to a *shinbyu* is traditionally by calling from door to door with a *lahpet ohk*, and acceptance is indicated by its partaking.
2. *Lahpet thok* or [Yangon](#) lahpet is pickled tea salad very popular all over Myanmar especially with women, and some teashops would have it on their menu as well as Burmese restaurants. It is prepared by mixing all the above ingredients without the coconut but in addition includes fresh tomatoes, garlic and green chilli, and is dressed with [fish sauce](#), sesame or peanut oil, and a squeeze of lime.<sup>[4]</sup> Some of the most popular brands sold in packets include *Ayee Taung lahpet* from Mandalay, *Shwe Toak* from [Mogok](#), [Yuzana](#) and *Pinpyo Ywetnu* from Yangon. *Hnapyan jaw* (twice fried) ready-mixed garnish is also available today.<sup>[5]</sup>

### Tibet

Butter, milk, and salt are added to brewed tea and churned to form a hot drink called [Po cha](#) (*bod ja*, where *bod* means Tibetan and *ja* tea) in [Tibet](#). The concoction is sometimes called *cha su mar*, mainly in Kham, or Eastern Tibet. Traditionally, the drink is made with a domestic brick tea and [yak](#)'s milk, then mixed in a churn for several minutes. Using a generic black tea, milk and butter, and shaking or blending work well too, although the unique taste of yak milk is difficult to replicate. (see [recipe](#))

Tibet tea drinking has many rules. One such concerns an invitation to a house for tea. The host will first pour some highland barley wine. The guest must dip his finger in the wine and flick some away. This will be done three times to represent respect for the Buddha, Dharma, and Sangha. The cup will then be refilled two more times and on the last time it must be emptied or the host will be insulted. After this the host will present a gift of butter tea to the guest, who will accept it without touching the rim of the bowl. The guest will then pour a glass for himself, and must finish the glass or be seen as rude.

There are two main teas that go with the tea culture. The teas are butter tea and sweet milk tea. These two teas are only found in Tibet.<sup>[citation needed]</sup> Other teas that the Tibetans enjoy are boiled black teas. There are many tea shops in Tibet selling these teas, which travelers often take for their main hydration source.

### Thailand

[Thai tea](#) (also known as Thai iced tea) or "cha-yen" ([Thai](#): ชาเย็น) when ordered in [Thailand](#) is a drink made from strongly-brewed [red tea](#) that usually contains added [anise](#), red and yellow [food colouring](#), and sometimes other spices as well. This tea is sweetened with [sugar](#) and [condensed milk](#) and served chilled. [Evaporated](#) or whole milk is generally poured over the tea and ice before serving—it is never mixed before serving—to add taste and creamy appearance. Locally, it is served in a traditional tall glass and when ordered [take-out](#), it is poured over the crushed [ice](#) in a clear (or translucent) plastic bag. It can be made into a [frappé](#) at more westernised vendors.

It is popular in [Southeast Asia](#) and in many American restaurants that serve [Thai](#) or [Vietnamese](#) food, especially on the West Coast. Although Thai tea is not the same as [bubble tea](#), a Southeast and East Asian beverage that contains large black pearls of [tapioca starch](#), Thai tea with pearls is a popular flavour of bubble tea.

Green tea is also very popular in Thailand, spawning many variations such as barley green tea, rose green tea, lemon green tea, etc. Thai green tea, however, is not to be confused with traditional Japanese green tea. Thai green tea tends to be very heavily commercialized and the taste is sweeter and easier to appreciate than bitter variations.

### Vietnam

Tea is cultivated extensively in the north of the country, making [Vietnam](#) one of the world's largest exporters. The word in the [Vietnamese language](#) is trà (pronounced cha/ja) or chè. It is served unsweetened and unaccompanied by milk, cream, or lemon. Traditionally tea is frequently consumed as [green tea](#) (trà xanh). Variants of [black tea](#) (chè tàu) is also widely used although frequently scented with [Jasminum sambac](#) blossoms (chè nhài, trà lài). [Huế](#) is renowned for its tea scented with [Nelumbo nucifera stamens](#) (trà sen).

In Vietnamese restaurants, including eateries overseas, a complimentary pot of tea is usually served once the meal has been ordered, with refills free of charge.

### South Asia

#### India

One of the world's largest producers of tea, [India](#) is a country where tea is popular all over as a breakfast and evening drink. It is often served as [masala chai](#) with milk, sugar, and spices such as ginger, cardamom, black pepper and cinnamon. Almost all the tea consumed is black Indian tea, [CTC](#) variety. Usually tea leaves are boiled in water while making tea, and milk is added.<sup>[6]</sup>

Offering tea to visitors is the cultural norm in Indian homes, offices and places of business. Tea is often consumed at small roadside stands, where it is prepared by tea makers known as *chai wallahs*.<sup>[7]</sup>

There are three most famous regions in India to produce black teas- [Darjeeling](#), [Assam](#) and [Nilgiri](#). "Strong, heavy and fragrant" are 3 criteria for judging black tea. [Darjeeling tea](#) is known for its delicate aroma and light colour and is aptly termed as "the champagne of teas", which has high aroma and yellow or brown liquid after brewing. [Assam tea](#) is known for its robust taste and dark colour, and [Nilgiri tea](#) is dark, intensely aromatic and flavoured. [Assam](#) produces the largest quantity of Tea in India, mostly of the [CTC](#) variety, and is one of the biggest suppliers of major international brands such as [Lipton](#) and [Tetley](#). The Tetley Brand, formerly British owned and one of the largest, is now owned by the Indian [Tata Tea Limited](#) company.

On April 21, 2012 the Deputy Chairman of [Planning Commission \(India\)](#), [Montek Singh Ahluwalia](#), said that tea would be declared as national drink by April 2013.<sup>[8][9]</sup> Speaking on the occasion, former [Assam](#) Chief Minister [Tarun Gogoi](#) said a special package for the tea industry would be announced in the future to ensure its development.<sup>[10]</sup> The move was expected to boost the tea industry in the country, but in May 2013 the ministry of commerce decided not to declare a national drink for fear of disrupting the competing [coffee industry](#).<sup>[11]</sup>

#### Pakistan

Tea is popular all over [Pakistan](#) and is referred to as *chai* (written as چائے). During [British Rule](#) tea became very popular in Lahore. Tea is usually consumed at breakfast, during lunch breaks at the workplace, and in the evening at home. Evening tea may be consumed with biscuits or cake. Guests are typically offered a choice between tea and soft drinks. It is common practice for

homeowners to offer tea breaks to hired labour, and sometimes even provide them with tea during the breaks. Tea offered to labour is typically strong and has more sugar in it.

In [Pakistan](#), both [black](#) and [green teas](#) are popular and are known locally as *sabz chai* and *kahwah*, respectively. The popular green tea called *kahwah* is often served after every meal in [Khyber Pakhtunkhwa](#) and the [Pashtun](#) belt of [Balochistan](#). In the [Kashmir](#) region of [Pakistan](#), Kashmiri chai or "[noon chai](#)," a pink, milky tea with [pistachios](#) and [cardamom](#), is consumed primarily at special occasions, weddings, and during the winter months when it is sold in many kiosks. In [Lahore](#) and other cities of [Punjab](#) this Kashmiri Chai or Cha (as pronounced in Punjabi, Kosher as well as in many Chinese dialects ) is common drink in the Punjab, brought by ethnic Kashmiris in the 19th century. Traditionally, it is prepared with Himalayan rock salt, giving it its characteristic pink color. It is taken with Bakar Khani as well as Kashmiri Kulcha (namkeen / salty version of Khand Kulcha). Namkeen Chai or Noon / Loon Cha or commonly called Kashmiri Chai and some times Sheer (milk ) Cha or sabz chai(Green Tea as the same tea are used for making Khahwa /Green Tea) is sold and seen Gawal Mandi kiosks with Salt for Kashmiri as well as with sugar and pistachios for Non- Kashmiris (or those who like it with sugar . In the northern Pakistan regions of [Chitral](#) and [Gilgit-Baltistan](#), a salty buttered Tibetan style tea is consumed.

#### **Sri Lanka**

In [Sri Lanka](#), usually black tea is served with milk and sugar, but the milk is always warmed. Tea is a hugely popular beverage among the Sri-Lankan people, and part of its land is surrounded by the many hills of tea plantations that spread for miles. Drinking tea has become part of the culture of Sri Lanka and it is customary to offer a cup of tea to guests. Many working Sri Lankans are used to having a mid-morning cup of tea and another in the afternoon. Black tea is sometimes consumed with ginger. In rural areas some people still have their tea with a piece of sweet [jaggery](#).

#### **Middle East and Africa**

##### **Egypt**

Tea is the national drink in [Egypt](#), and holds a special position that even coffee cannot rival. In Egypt, tea is called "shai".<sup>[12]</sup> Tea packed and sold in Egypt is almost exclusively imported from [Kenya](#) and [Sri Lanka](#). The Egyptian government considers tea a strategic crop and runs large tea plantations in Kenya. [Green tea](#) is a recent arrival to Egypt (only in the late 1990s did green tea become affordable) and is not as popular.

Egyptian tea comes in two varieties: Koshary and Saiidi. Koshary tea, popular in Lower (Northern) Egypt, is prepared using the traditional method of steeping black tea in boiled water and letting it set for a few minutes. It is almost always sweetened with cane sugar and is often flavored with fresh [mint](#) leaves. Adding milk is also common. Koshary tea is usually light, with less than a half [teaspoonful](#) per cup considered to be near the high end.

Saiidi tea is common in Upper (Southern) Egypt. It is prepared by boiling [black tea](#) with water for as long as 5 minutes over a strong flame. Saiidi tea is extremely heavy, with 2 teaspoonfuls per cup being the norm. It is sweetened with copious amounts of cane sugar (a necessity since the formula and method yield a very bitter tea). Saiidi tea is often black even in liquid form.

Besides true tea, [herbal teas](#) (or tisanes) are often served at the Egyptian teahouses, with ingredients ranging from [mint](#) to [cinnamon](#) and [ginger](#) to [salep](#); many of these are ascribed medicinal qualities or health benefits in Egyptian [folk medicine](#). [Karkade](#), a tisane of [hibiscus](#) flowers, is a particularly popular beverage and is traditionally considered beneficial for the heart.

##### **Iran**

An Iranian family catering [black tea](#) for President [Ali Khamenei](#) in their house, February 1987.

Tea found its way to Persia ([Iran](#)) through the Silk Road from India and soon became the national drink. The whole part of northern Iran along the shores of the [Caspian Sea](#) is suitable for the cultivation of tea. Especially in the [Gilan](#) province on the slopes of [Alborz](#), large areas are under tea cultivation and millions of people work in the tea industry for their livelihood. That region covers a large part of Iran's need for tea. Iranians have one of the highest per capita rates of tea consumption in the world and from old times every street has had a *Châikhâne* (*Tea House*). Châikhânes are still an important social place. Iranians traditionally drink tea by pouring it into a saucer and putting a lump of [rock sugar](#) (*qand*) in the mouth before drinking the tea.

##### **Libya**

[Libyan tea](#) is a strong beverage, black or green, served in small glass cups with foam or froth topping the glass. It is usually sweetened with sugar and traditionally served in three rounds. mint or basil is used for flavoring and traditionally the last round is served with boiled peanuts or almonds.

##### **Mauritius**

Tea plays an important part in the island's culture. Tea drinking allows for socialising with it commonly being served to guests and in the workplace.

The Mauritian peoples usually consume black tea, often with milk and sugar. Mauritius is a producer of tea, initially on a small scale when the French introduced the plant into the island around 1765. It was under later British rule that the scale of tea cultivation increased.

Three major tea producers dominate the local market these are Bois Cheri, Chartreuse and Corson. The signature product is the vanilla-flavoured tea which is commonly bought and consumed on the island.

##### **Morocco**

Morocco is considered the largest importer of [green tea](#) worldwide.<sup>[13]</sup>

Tea was introduced to [Morocco](#) in the 18th century through trade with [Europe](#).

Morocco consumes [green tea](#) with [mint](#) rather than black tea. It has become part of the culture and is used widely at almost every meal. The Moroccan people even make tea performance a special culture in the flower country. Moroccan tea is commonly served with rich tea cookies, fresh green mint leaves, local "finger shape" brown sugar, and colorful tea glasses and pots. Drinking Moroccan tea is not only a luxury of tongue, but also the eyes.

##### **Sahel**

In the [Sahel](#) region on the southern fringe of the Sahara, [green gunpowder tea](#) is prepared with little water and large amounts of sugar. By pouring the tea into the glasses and back, a foam builds on top of the tea. Sahelian tea is a social occasion and three infusions, the first one very bitter, the second in between and the last one rather sweet are taken in the course of several hours.

##### **Somalia**

Tea is an important social beverage to [Somali people](#). It is called *shaah* in the [Somali language](#). Tea was first introduced to Somalis through ancient trade with the Arabs and Indians. In major Somali towns there are many tea shops and tea stalls around busy market areas. Somalis consume tea at any time of the day but primarily at breakfast, in the late afternoon, called *Asariyo*, and after or during supper. Any guest to a Somali household would be offered spiced Somali tea, known as *Shaah Hawash*, as soon as he or she arrives. The tea is spiced with [cardamom](#), [cloves](#) and sometimes dry [ginger](#) and is usually served milky and sweet. Tea is usually preferred over coffee in Somalia, however some Somalis prefer coffee over tea.

Somalis usually drink tea with camel milk, but it's customary to serve black tea if it is to be consumed after a heavy meal. It is called *Shaah Bigaysi*.

## Turkey



Turkish tea, served in a typical glass

As of 2016, [Turkey](#) tops the per capita tea consumption statistics at 6.96 pounds. <sup>[14]</sup>

[Turkish tea](#) or Çay is produced on the eastern [Black Sea](#) coast, which has a mild climate with high precipitation and fertile soil. [Turkish tea](#) is typically prepared using [çaydanlık](#), an instrument especially designed for tea preparation. Water is brought to a boil in the larger lower kettle and then some of the water is used to fill the smaller kettle on top and steep several spoons of loose tea leaves, producing a very strong tea. When served, the remaining water is used to dilute the tea on an individual basis, giving each consumer the choice between strong ("koyu"/dark) or weak ("açık"/light). Tea is drunk from small glasses to enjoy it hot in addition to show its colour, with lumps of beetroot sugar.<sup>[15]</sup> To a lesser extent than in other [Muslim](#) countries, tea replaces both [alcohol](#) and [coffee](#) as the social beverage. Within Turkey the tea is usually known as [Rize tea](#).

In 2004, [Turkey](#) produced 205,500 tonnes of tea (6.4% of the world's total tea production), which made it one of the largest tea markets in the world,<sup>[16]</sup> with 120,000 tons being consumed in Turkey, and the rest being exported.<sup>[17]</sup> In 2010 Turkey had the highest per capita consumption in the world at 2.7 kg.<sup>[18]</sup> As of 2013, the per-capita consumption of [Turkish tea](#) exceeds 10 cups per day and 13.8 kg per year.<sup>[19]</sup> Tea is grown mostly in [Rize Province](#) on the Black Sea coast.<sup>[20]</sup>

## Central Europe

### Czech Republic

Specific tea culture has developed in the [Czech Republic](#) in recent years,<sup>[when?]</sup> including many styles of tearooms. Despite having the same name, they differ from [British tearooms](#). Pure teas are usually prepared with respect to their country of origin, and good tea palaces may offer 80 teas from almost all tea-producing countries. Different tea rooms have also created blends and methods of preparation and serving.<sup>[citation needed]</sup>

### Germany

The region of [East Frisia](#) is noted for its consumption of tea and its tea culture.<sup>[21]</sup> Strong blends of [Assam tea](#), Ceylon and Darjeeling (East-Frisian Blend) are served whenever there are visitors to an East Frisian home or other gathering, as well as with breakfast, mid-afternoon, and mid-evening.

The traditional preparation is as follows: A *Kluntje*, a white [rock candy](#) sugar that melts slowly, is added to the empty cup (allowing multiple cups to be sweetened) then tea is poured over the Kluntje. A [heavy cream](#) "cloud" ("Wölkje"—a diminutive of 'cloud' in Frisian)<sup>[22]</sup> is added to the tea "water", the sugar represents "land". It is served without a spoon and traditionally drunk unstirred, i. e. in three tiers: In the beginning one predominantly tastes the cream, then the tea and finally the sweet taste of kluntje at the bottom of the cup. Stirring the tea would blend all three tiers into one and spoil the traditional tea savouring. The tea is generally served with small cookies during the week and cakes during special occasions or on weekends as a special treat.

The tea is said to cure headaches, stomach problems, and stress, among many other ailments. The tea set is commonly decorated with an East Friesian Rose design.<sup>[23]</sup> As a guest, it is considered impolite to drink fewer than three cups of tea. Placing your cup upside down on the saucer or your spoon in the cup signals that you are finished and want no more tea.

### Slovakia

Although less visible than in the Czech Republic, tea culture exists in [Slovakia](#). [Tea rooms](#) are considered an underground environment by many, but they continue to pop up almost in every middle-sized town. These tea rooms are appreciated for offering quiet environments with pleasant music. More importantly, they are usually non-smoking, unlike most pubs and cafés.<sup>[citation needed]</sup>

## Eastern Europe

### Russia

The [podstakannik](#) ('подстаканник'), or tea glass holder (literally "thing under the glass"), is a part of Russian tea tradition. A Russian tea [glass-holder](#) is a traditional way of serving and drinking tea in Russia, Ukraine, Belarus, other CIS and ex-USSR countries. Expensive podstakanniks are made from [silver](#), classic series are made mostly from [nickel silver](#), [cupronickel](#), and other alloys with [nickel](#), [silver](#) or [gold](#) plating. In [Russia](#), it is customary to drink tea brewed separately in a teapot and diluted with freshly boiled water ('pair-of-teapots tea', 'чай парой чайников'). Traditionally, the tea is very strong, its strength often indicating the hosts' degree of hospitality. The traditional implement for boiling water for tea used to be the [samovar](#) (and sometimes it still is, though usually electric). Tea is a family event, and is usually served after each meal with sugar (one to three teaspoonfuls per cup) and lemon (but without milk), and an assortment of jams, pastries and confections. Black tea is commonly used, with green tea gaining popularity as a more healthy, more "Oriental" alternative. Teabags are not used in the traditional Russian tea ceremony, only loose, large-leaf black tea.

In Russian prisons, where alcohol and drugs are prohibited, inmates often brew very strong tea known as '[chifir](#)', in order to experience its mood-altering properties.<sup>[24]</sup>

## Western Europe

### France

While [France](#) is well known for its coffee drinking, afternoon tea has long been a social habit of the upper middle class, famously illustrated, for example, by [Marcel Proust](#)'s novels. [Mariage Frères](#) is a famous high-end tea shop from Paris, active since 1854. The French tea market is still only a fraction of the British one (a consumption of 250 grams per person a year compared to about 2 kilos in the UK),<sup>[25]</sup> but it has doubled from 1995 to 2005 and is still growing steadily.<sup>[26]</sup> Tea in France is of the black variety, but Asian green teas and fruit-flavoured teas are becoming increasingly popular. French people generally drink tea in the afternoon. It is often taken in *salons de thé*. Most people will add sugar to their tea (65%), then milk (25%), lemon (30%) or nothing (32%) are about equally popular.<sup>[27]</sup> Tea is generally served with some pastries, including a variety of not so sweet ones reserved for tea drinking, like the [madeleine](#) and the [financier](#).

### Ireland

[Ireland](#) has, for a long time,<sup>[when?]</sup> been one of the biggest per capita consumers of tea in the world. Although broadly similar to tea culture in the United Kingdom, Irish tea culture has a number of distinguishing elements; for example, tea in Ireland is usually

taken with milk or sugar and is slightly spicier and stronger than the traditional English Blend. Popular brands of tea sold in Ireland are [Lyons](#), [Barry's](#), and [Bewley's](#).

#### Portugal

Tea growing in [Portugal](#) takes place in the [Azores](#), a group of islands located 1500 km west of Mainland Portugal. Portugal was the first to introduce the practice of drinking tea to Europe as well as the first European country to produce tea. <sup>[[citation needed](#)]</sup>

In 1750, terrains ranging from the fields of [Capelas](#) to those of [Porto Formoso](#) on the island of [São Miguel](#) were used for the first trial crops of tea. They delivered 10 kg of black tea and 8 kg of green tea. A century later, with the introduction of skilled workers from the [Macau](#) Region of China in 1883, production became significant and the culture expanded. Following the instructions of these workers, the species [Jasminum grandiflorum](#) and [Malva vacciones](#) were introduced to give 'nobility' to the tea aroma, though only the [Jasminum](#) was used. <sup>[[28](#)]</sup>

This tea is currently traded under the name of the processed compound, *Gorreana*, and is produced by independent families. No [herbicides](#) or [pesticides](#) are allowed in the growing process, and modern consumers associate the production with more recent [organic](#) teas. However, production standards concerning the plant itself and its cropping have not changed for the last 250 years.

#### United Kingdom

The British are one of the [largest tea consumers](#) in the world, with each person consuming on average 1.9 kg per year. <sup>[[29](#)]</sup> Tea is usually [black tea](#) served with milk and sometimes with sugar. Strong tea served with lots of milk and often two [teaspoons](#) of sugar, usually in a mug, is commonly referred to as *builder's tea* for its association with builders and more broadly with the working class. Much of the time in the United Kingdom, tea drinking is not the delicate, refined cultural expression that the rest of the world imagines—a cup (or commonly a mug) of tea is something drunk frequently throughout the day. This is not to say that the British do not have a more formal tea ceremony, but [tea breaks](#) are an essential part of the working day. The term is often shortened to 'tea', essentially indicating a break. This term was exported to the game of [cricket](#) and consequently to most other countries of the former British Empire.

#### History

The popularity of tea dates back to the 19th century when [India was part of the British Empire](#), and British interests controlled tea production in the subcontinent. It was, however, first introduced in the UK by the Portuguese [Catherine of Braganza](#), queen consort of [Charles II](#) in the 1660s and 1670s. As tea spread throughout the United Kingdom and through the social classes, [tea gardens](#) and [tea dances](#) developed. These would include watching fireworks or a dinner party and dance, concluding with an evening tea. The tea gardens lost value after [World War II](#) but tea dances are still held today in the UK. <sup>[[citation needed](#)]</sup>

Some scholars suggest that tea played a role in the [Industrial Revolution](#). Afternoon tea possibly became a way to increase the number of hours labourers could work in factories; the stimulants in the tea, accompanied by sugary snacks, would give workers energy to finish out the day's work. Further, tea helped alleviate some of the consequences of the [urbanisation](#) that accompanied the industrial revolution: drinking tea required boiling one's water, thereby killing water-borne diseases like [dysentery](#), [cholera](#), and [typhoid](#). <sup>[[30](#)]</sup>

#### Tea as a meal

In the United Kingdom *tea* is not only the name of the beverage, but also the name of a meal. The kind of meal that a person means depends very much on their social background and where they live. The differentiation in usage between dinner, supper, lunch and tea is one of the classic social markers of [British English](#) (see [U and non-U English](#)) and is discussed more fully [at the article on tea as a meal](#). Briefly, afternoon tea (one example of which is the [cream tea](#)) is sweeter and earlier, while the high tea is the final meal of the day.

#### Commonwealth countries

Afternoon tea and its variants are the best known "tea ceremony" in the [Commonwealth](#) countries, available in homes and commercial establishments. In some [varieties of English](#), "tea" refers to a savoury meal, see [Australian usages of the term](#). Taiwanese [bubble tea](#), known locally as pearl milk tea, has become widely popular in urban Australia, with multiple chains in every major city.

#### Americas

##### Canada

In Canada, various types of tea are used by many different indigenous tribes as healing and ceremonial medicines. For example, [Ojibwe](#) and [Cree](#) tribes in Ontario use Cedar Tea during [sweat lodge](#) ceremonies to cleanse and nourish their bodies. When European settlers arrived on North American shores, it was the indigenous people that taught them to make [pine needle tea](#) to help cure their [scurvy](#); pine needles are a great source of [vitamin C](#).

##### United States

In the United States, tea can typically be served at all meals as an alternative to [coffee](#), when served hot, or [soft drinks](#), when served iced. Tea is also consumed throughout the day as a beverage. [Afternoon tea](#), the meal done in the English tradition, is rarely served in the [United States](#), although it remains romanticized by small children; it is usually reserved for special occasions like [tea parties](#). <sup>[[citation needed](#)]</sup>

Rather than drinking tea hot, many Americans prefer tea served with ice. In fact, in the United States, about 80% of the tea consumed is served cold, or "iced". <sup>[[citation needed](#)]</sup> [Iced tea](#) has become an iconic symbol of the [Southern United States](#) and [Southern hospitality](#), often appearing alongside summer barbecue cooking or grilled foods. <sup>[[citation needed](#)]</sup> Iced tea is often made as [sweet tea](#), which is simply iced tea with copious amounts of sugar or sweetener. <sup>[[31](#)]</sup>

Iced tea can be purchased like soda, in canned or bottled form at vending machines and convenience stores. This pre-made tea is usually sweetened. Sometimes some other flavorings, such as lemon or raspberry, are added. Many restaurants dispense iced tea brewed throughout the day from upright containers. <sup>[[citation needed](#)]</sup>

[Decaffeinated](#) tea is widely available in the United States, for those who wish to reduce the physiological effects of [caffeine](#). <sup>[[citation needed](#)]</sup>

Before [World War II](#), the US preference for tea was equally split between [green tea](#) and [black tea](#), 40% and 40%, with the remaining 20% preferring [oolong tea](#). <sup>[[citation needed](#)]</sup> The war cut off the United States from its primary sources of green tea, [China](#) and [Japan](#), leaving it with tea almost exclusively from British-controlled [India](#), which produced black tea. After the war, nearly 99% of tea consumed was black tea. *Green*, *oolong*, and *white* teas have recently <sup>[[when?](#)]</sup> become more popular again, and are often touted as [health foods](#). <sup>[[citation needed](#)]</sup>

In the past 15 years <sup>[[when?](#)]</sup> fast food coffee chains have made a huge impact on how Americans are exposed to herbal and exotic teas. Once considered a rarity, *chai*, based on Indian *masala chai*, has actually become a popular option for people who might drink a caffè *latte*. Although not as commercialized, Taiwanese-style [Bubble tea](#) has also become popular in the United States in recent years, <sup>[[when?](#)]</sup> often served in small local cafes in the same style as many coffee drinks. <sup>[[citation needed](#)]</sup>

##### Brazil

Brazilian tea culture has its origins with the [infused beverages](#), or *chás* (Portuguese pronunciation: [ˈʃas]), made by the indigenous cultures of the Amazon region. It has evolved since the Portuguese colonial period to include imported varieties and tea-drinking

customs. There is a folk knowledge in Brazil which says that Brazilians, mainly the urban ones, have a greater taste for using [sugar](#) in teas than in other cultures due to the lack of habit to unsweetened drinks.

## Yorum

Her ülkenin kendine göre bir farklılığı bulunmaktadır. Bu açıdan yukarıda bunlar eklenmiştir.

# Çayın Hazırlanması

Çayın hazırlanması boyutu irdelenmeye çalışılacaktır.

## Çay

**İçindeki Maddeler:** İçindeki teofiline, aminofilin ile belirli bir etkileşim olan ve bunların cAMP enzimi ile enzim ve hemen hemen tüm etkileşimlerde olan yapıyı tetikleyen maddelerdir.

**Doza bağlı ve bireye göre farklı etkileşim:** Bu maddeler; a) az miktarda iken bloke eden, beklenen ters etki gösteren, b) temel etkisi, kalp atışını attırması, solunum ve dolaşımda etkisi yanında c) yüksek dozda da güçlü etki gözlenir. Bu etkileşim bireylere göre de değişmektedir.

**Sıvı olarak çözüdüren etkisi.** Tuz, flor ve bazı maddeler içinde eriyebilmekte, bloke olabilmekte ve farklı etkileşimleri olmaktadır. Demir emilimini engellemesi öne önemli olarak çocuklarda verilmemesi ile etkileşimin çok farklı şekilde görülmesi ile kontrolü zor bir durum yaratabilmektedir.

**Aroma olarak:** İçine katılan limon, diğer baharatlar ile farklı tatlar elde edilebilmektedir. Bazen ada çayı, nane ve fesleğen gibi otlarla aileler kendilerine göre değişiklikler yaratabilirler.

**İlaç olarak kullanılması:** ishalde, solunum yollarında, terleme gibi durumlarda, ekstresi ile kreme katılması, yağa katılması ile alkol içinde tentürü çıkarılıp çeşitli kullanım yolları da vardır.

**Lezzet vermesi ile bir sosyal içecek olarak kullanılması:** Pahalı çaylar, özellikle bergamot aromalı çay içmek bir asilzade geleneği gibidir. Ayrıca Yasemimli gibi bazı tatlar da ancak belirli sosyal tabaka için önemlidir.

## Hazırlanışı.

1) **Su:** Su sadece yumuşak su olması yeterli değildir. Her ailenin suyu ile tat değişmektedir. Eskişehir’de Kalabak suyu ile çay hazırlanır gibi yaklaşım yapılır.

**Distile su ile yapılması:** Biyokimya ile Patoloji Biliminde distile su ile yapılır ama farklı sonuç elde edilir. Fark, suyun şişe içinde çalkalanması ile havalandırılması ve bekletilmesidir. Ayrıca tek distile değil, bi-distile olmalı ve tadı ve kokusu kontrol edilmelidir. Bu açıdan farklıdır.

**Su mutlaka ailenin özel suyu olmalıdır.** İngiltere’de Kraliçe kendi suyundan hazırlanan çayı içer, bu durum tüm aristokrat aile içinde geçerlidir. Su belirgin ise çayın tadı da aynı olmaktadır. Eğer farklı hazırlanırsa hemen anlaşılır.

2) **Kaynatma:** Yapraftan özün ayrılması, alkol, benzin ve su ile olabilmektedir. Bu açıdan su ile ekstre çıkarılması gündemimizdedir.

**Kaynar suda pişirme:** İngiltere’de çay su ile birlikte bir çaydanlığa, bir kaba konur ve çaydanlığın ağzına bir düdüğü vardır. Su kaynayınca düdüğü öter ve çay olmuştur. Çayın tam olması için soğuk su ile kaynama yapılır. Ateş hafif, orta ve şiddetli olmasına göre çayın tadı farklı olmaktadır.

**Devamlı uzun süre ateşte tutma:** Çöllerde olduğu gibi ateşin üstüne konan semaver ile çay devamlı kaynar ve gerekirse bir ufak çay alınarak içilir. Burada soğuma ile mikrop ürememesi için sıcak tutmaktadırlar. Ayrıca koyu çayda mikrop üremesi beklenilmemektedir. Bu çay, bir bakıma yarayı temizleme, steril yapma için kullanılır.

**Kaynayıp, soğuyan çay:** Bu sıklıkla demlikte kalan çayın, göz yıkanması, göze kaçan toz veya benzeri şeyleri temizleme ve kuru gözleri yaşlandırmak için kullanıldığı



görülmektedir. Yenidoğan bebeklerin de gözlerinde mikrop kapmaması için kullanıldığı, gümüş nitrat gibi uygulaması da bilinmektedir.

Kaynatılan ve özel bekletilen çaylar: Törenselle amaçla, kutsamak gibi yaklaşımlar için hazır bekletilen çaylardır. Burada kullanılan suların okunduğu, kutsal olduğu inanışı da vardır.

Kaynar suda hazırlanıp, büyük fiçilerde saklanan çaylar: Savaşlarda veya benzer mücadele içinde, eğer alkol/kutsal su bulunmaz ise çay kullanılabilir. Hazreti İsa, çarınha gerildiğinde oksijensizlikten dolayı göğsünde biriken plörezi sıvısı, bir mızrak ile delinerek alınmış ve pnömotoraks ile ölmesi yapılmıştır. Bu suyun şarap/fermente olduğu ifadesi olmuştur. He klişenin kendine göre şarabı bu açıdan vardır. Bunun benzeri de çay kültüründe görülmektedir.

- 3) **Soğuk suda çay hazırlama:** genellikle çarparak, yaprağın zedelenmesi veya çiğ ve taze iken su içinde köpürtme ile çayın hazırlanmasıdır.
- 4) **Sıcak su içine çay yaprağını koymak:** Bu adaçayı gibi olanlarda kullanılır. Taze veya kurutulmuş yapraklar konur, dallarda vardır, 5-10 dakika sonra çıkarılır. Sıklıkla diğer yapraklar için kullanılır. Çay için taze yaprak ile yapılması, farklı bir lezzet katmaktadır.
- 5) **Çiğneme:** Çay yaprağının çiğnenmesi, taze yaprakta güzel olmaktadır, ancak fazla lezzet veren bir özelliği olmadığını belirtebilirim.
- 6) **Demleme:** Ülkemizde çay demleme usulü ile yapılır. Üst ve alt kap olmak üzere iki kap ile oluşturmaktır. Bunlar farklı şekillerdedir.
  1. Üst kap mutlaka cam veya tercihan porselen olmalıdır. Hacmi ise içilecek çaya göre ayarlanır. Sıklıkla tek çay kaşığı (tea spoon-4 gram) her içim için konulur. İki çay kaşığı sulandırmak gerektirir bu açıdan tek ama gerekirse tekrarlanması istenir.
  2. Çay bazıları açısından kuru konulur, kendisi nemlenir, bazıları ise elleri ile hafif nemlendirdiler, bazıları ise soğuk çaydan nemlendirmeler yaparlar. Dikkat edilecek olan su eklemesi yapılmaz, sadece nemlendirme işlevi bazılarınca yapılır.
  3. Altındaki su kaynayınca üste ekleme yapılır, demleme işlemi denir. Burada aşığıdaki su bazılarınca düşük ateşte kaynamaya devam eder, bazılarınca ise ateş kapatılır ve bir havlu örtülerek demlemeye bırakılır. Olmuş mu diye bakılmaz, çayı bozabilir ve bunun açma kararı ev sahibine aittir.
- 7) **Zaman süreci:** Farklı uygulamalar vardır.
  1. Çay yıkanırca içindeki kafein, teofilin, aminofilin kaybeder. Yıkayarak çıkmış olur. Burada sıcak ve soğuk su altına yıkanması vardır. Bu yıkama bir tutam çayın mendil, tülbent içinde suya sarkıtılarak yapılır. Bu usulde her birey için iki çay kaşığı çay konulmalıdır. Bir kap içinde tören ile yıkanan çay, sonra isteyenlere ikram edilir. Bu güçlü ve etkin olduğu için, çocuklara verilmez. Japon usulünde bu belirgindir. Bazı uygulamalarda, poşet çayın su içinde yıkanması işlemi yapılmakta ancak yine aynı çayın su içine konulduğu görülmektedir. Nedeni de daha iyi çay yaprağının ıslanması amacı ile olduğu söylenmektedir. Burada kuru çayın olması ile olur. Bu çaylar doğrudan sulandırılmadan içilir.
  2. Ancak bazı kişiler, çay poşetlerini daha önce çaydanlığa koyarak, burada şişmeleri beklenir.
  3. Burada çok az su koyanların bu oluşan suda yüksek aminofilin bulunması nedeniyle bunu çayın özütü gibi ayrı ve özgün içerler. Bir iki yudumluktur.
  4. Bir dakikalık sıcak suda bekletme: Bu çayda hafif bir kolu ve daha önce ıslatılmış ise içine yayılan çay dalgaları görülebilir. Bu çayda lezzet en yumuşak boyutundadır. Daha önce ilk yıkama suyu yapılmış ise, çocuklar için uygun çay bu dönemdir. Japonya gibi Ülkelerde bu çay ayrı olarak içilir. İştah açan ve bir giriş, taktim şeklindedir. Sulandırılmadan içilmesi tercih nedenidir.
  5. Beş dakikalık çay: Çayın demlenmesi oluşmuştur. İlk safhasıdır ve birçok kişi bunu tercih eder. Burada çay ile su konulması 1/3 oranında çay ağırlıklıdır.

6. 10-15 dakikalık ay demlenmesi: Ülkemizde tercih edilen, tüm çayın bu zamana kadar demlenmesidir. Hafif tanin çıkmaya başlar ama acılık yoktur. Tüm çayın koku ve lezzeti geçmiştir. Damakta bir acımsı, bir farklı tat bırakmaya başlar. Çay yarı yarıya sulandırılır.
  7. 15 dakika üstü demleme: Çay koyu olmuştur ve su daha fazla konulur. Bu arada siyah çay olduğunda tavşan kanı şeklinde, sulandırılarak bir kıvam oluşturulur. Bu renk yeşil ayda oluşmaz.
  8. Daha uzun süreli olanlarda, bikarbonat ve diğer katkıları ile devamlı stok çay olmaktadır. Burada çayhanelerde çay değil, bedava içecek olarak verilmektedir. Çay isteyenler özel farklı ocaktan çay ikramı yapılır.
  9. Alkol ile demleme: Uzun süreç alması yanında genellikle koku ve likör olarak kullanılmaktadır. Çaydan yapılan kolonyalar da vardır.
- 8) **Çayın taktimi**: Her kültürün çay suyu farklıdır.
1. İngilizlerde: Özel ince porselen olmalı, ağızlık kısmı daha geniş olmalı, dalgalı bir çay fincanı, 30mL civarında olması yeterlidir. Kulpu olmalıdır. Nazik iki parmak ile tutularak içilir. Küçük parmak yukarı kalkar iken, zamanımızda aşağıda olması da makbuldür. Statüye göre içilir. Ev sahibi aşağıdaki katlardaki ile içemez. Her gelen misafire çay verilmez. Çay içine oda ısısında su veya süt konur. Sıcak su porseleni çatlatmaması istenir. Çay bir kaptan su ile kaynatılan bir bakıma haşlanmış çay içilir. Ayrıca su eklenmesine gerek olmaz.  
Çayın yanına kurabiye konulması ile kahvaltı gibi farklı boyut olur ve buna çay yemeği (kahve altı gibi) denilir. Sabah ile akşam yenilir. Hazır ekmek ile yenilen ve oyun için hızlı yemeğe de çay ile birlikte olana Sandviç denilmekte, bunu yapanın adı verilmiştir.  
Çay yanında tercihan kızartılmış ekmek ve yağ, tercihan tereyağı ve kaymak ile birlikte yenilmesi farklı bir çay geleneğidir.
  2. Japonlarda: her dönem için ayrı kap konulmakta, yıkama, bir dakika, beş dakika ve 15 dakika olan çaylar, başlıca 4 farklı kap içinde, kulpsuz ufak 3-5 mL kap içine konularak servis yapılır.
  3. Birçok yerde, kahve fincanı gibi doğrudan semaverden konur. Az miktarda sıcak olarak içilir.
  4. Türklerde: Ülkemizde ince belli denilen çay bardağı ile içilmektedir. Çay sıcak olacağı için, suyun yukarıdan içilmesi imkânı olur. Bardak tutulması ile sıcaktan el yakılacağı için yukarıdan tutulmaktadır. Renk ile kontrol edilebilmekte, açık, koyu, tavşan kanı gibi demleme boyutuna da ölçme olanağı olmaktadır.
  5. Semaver usulü: Büyük toplantılarda çay elde etme işlemi, bizzat olan grup başlatır. Garson getirir, hazırlayan ve başlatan ekip şefidir. Çay ve su ayrı şekilde arzuya göre konur. Sinema, özellikle yazlık sinemalar aile ile birlikte seyredilir. Ön sıra, sandalyeler ile olur arkada masalar vardır ve 5-6 kişilik grup olur. Daha fazla beklenmez.
- 9) **Çay tabakları**: Çay sıcak olacağı için yanına çikolata koyarsanız erir. Şeker de çay damlarsa yumuşar. Bu nedenle sadece çay kaşığı konulabilir.
1. Çayın yanına: Bir şeyler konulması isteniyorsa tepsi getirilmeli ve bu tepsiye konulmalıdır
  2. Tepsi içinde özel peçete olmalı: Peçeteler zamanımızda kâğıtta olsa da eskiden ufak işlemeli ve beyaz dantelli peçete olur. Bunlar ay tabağı altına konulur.
  3. İngiliz usulünde toplu getirme olur: Tepsi içinde tüm bardaklar ve çay olmalıdır. Türk usulünde çay ayrı gelir, tabaklar birlikte getirilir. Semaverde ise toplu alandan alınır ve içilir.
- 10) **Çayın miktarı**: Bardak boyları içme miktarını da tanımlamaktadır.

1. Bir bardak içme: Bu bir ziyaret veya kısa sohbeti tanımlar. Bir ziyarette de oturma süresidir. Bir çay içme süresi boyunca dertlerini, söyleme istediklerini belirtmen gerekir. Nasılsınız edebiyatı ile değil amaca hemen ulaşılmalıdır. Ziyaretimin sebebi diyerek ifade edilir. İkinci çay içme arzusu belirtilmez, ayıptır ve zaten sunulmaz.
  2. İki bardak çay: Bu bir ziyarette, bundan sonra ayrılma öncesi olan ikinci çaydır. Bir tanede kısa ise, ufak çay kaşığı değil, kahve kaşığı-2gram alan (Türkiye’de) bardağın üstüne konur, kapatma anlamındadır. Ziyareti kısa keseceğim demektir. İlk seferde yenecek kek getirilerken, ikincisinde sunum olmaz.
  3. Devamlı içme: Eğer bir kahvehane gibi toplantıda iseniz, devamlı gelen çay, uzun süre kaynamış ve sert çaydır. Bu açıdan bu çayda şeker konulması beklenir.
  4. Bir seferde yoğun çay tüketme, kahve bardağı ve su bardağı ile: Bir ders çalışma veya bir işe girerken yüksek dozda ve nispeten soğuması için içilir. Yazarın tercihi bu türdedir. Bu çayın içine su konmaz, saf demden oluşmalıdır. Tam tadı alınır.
  5. Kiloluk çay: Ülkemizde çay kilo olarak alınır ve demlemede özel çay kaçıkları ile konulur. Plastik 2-4 kişilik çay konulacak ufak kürekler bulunmaktadır.
- 11) Çayın sıcaklığı: Ülkemizde çay sıcak içilir.
1. Ülkemizde sıcak içilirken, İngiltere’de soğuk ve birçok yerde yudumlama olarak ıleceğı için, çok sıcak olması istenmez. Yudumlama imkânı olmalıdır.
  2. Soğuk Çay: İçine meyve ezmesi dahil, özellikle soğuk çay, limon ve şeftali aromalı olarak buzlu çay olarak servis edilmektedir. İçine bir miktar elektrolitli maddeler, tuz gibi, konularak susamayı giderici özelliğı de olmaktadır.
- 12) Çayın içine konulan şeker: Ülkemizde çay tek şekerli içilmektedir.
- Şeker beyaz kristalize olmalıdır.
- Kahverengi melasla şeker, çayın tadında belirgin değışiklik yapar.
- Beyazlatıcı: Neskafeye konulan beyaz şey, beyazlatıcıdır ve temel yağdan yapılıır ve tadı yumuşatmak içindir. Çayda pek kullanılmaz.
- Taş gibi eski şekerler, dövülerek, toz haline getirilir ve öyle sunulur. Sert olan çayın tabağına konur ve ısırarak, kıtlama denilen usül ile yenilir ve çaydan bir yudum alınır.
- Kesme şeker bir aristokrasidir.
- Toz şeker samimi hava içindir ve şeker için özel kaşık konur, çayın içindeki kaşık ile alınmaz. Şeker çay kaşığı-4gram şeker, ile konur, çayın içinde ise karıştırıcı kahve kaşığı vardır-2gram kadar şeker alır.
1. Şekersiz içme: Gerçek çay şekersiz içilir, şeker pancar ekstresidir ve çayın tadını bozar.
  2. Tek şekerli içme: 4 gram şeker, 16 kalori 100mL içinde olarak kalori hesabı yapılmasına göre düşüktür.
  3. Şekerli ve şekersiz olmasının farkı: Şekerli olan sıcak içilebilirken, bazıları da tam tersini ifade ederler, kısaca içim farkı olmaktadır. Ancak, İngiltere’de soğuk ve birçok yerde yudumlama olarak ıleceğı için, çok sıcak olması istenmez. Yudumlama imkânı olmalı ve şekersiz daha kolay içilebilmektedir.
  4. Katkılı şekerler: Bazı şekerlerin içinde bitki aroması vardır ve bunlar ile tat oluşturulabilir ve otontik olarak irdelenir.
    - a) Tarçın: Tarçın birçok Batı kültüründe önemli bir tat vericidir. Bizlerde ise muhallebi üstüne konulduğı gibi, genellikle özel anlamda konulurken, her şeye konulduğı, gözlenmektedir.
    - b) Zencefil: Özel bir tadı ve acımsı bir ifade katması ile bir egzotik hava sağlamaktadır.
    - c) Karabiber: Zencefile bir dolgunluk temin etmektedir.
    - d) Ginseng: Farklı tat ile zencefil, karabiber ile üçlü oluşturmaktadır.
    - e) Karanfil: Sık bir tat ötesi, tat unsuruna gövdeli bir yapı kazandırmaktadır.

- f) **Yeni Bahar**: Karanfil ile sağlanan oluşuma katkı sağlar.
- g) **Mentol**: Bir ferahlık vermesi ile rahatlama imkânı doğurmaktadır.
- 13) **Caya limon eklenmesi**: Çayın içine çok ince dilim, özel ufak çatal ile konulan bir tabak ile konulabilir.
1. **Limonu damlatarak koymak**: Bir tülbent içine yarım limon konur ve üstten bağlanır. Limon sıkılarak bir veya iki damla çayın içine, içen tarafından arzuya göre konulur.
  2. **Çay içine limon koymak**: Çok ince dilim kesilmeli, çekirdeksiz olmalıdır.
  3. **Lime limonu** ufak olması yanında aroması ile de çaya en iyi uyan limondur.
- 14) **Çay**: Temel olan çayın kendisi olduğuna göre çayı tanımlamak gerekir. Çay temelde bir çalı olup,
1. **Beyaz çay**: Renksiz klorofil olmayan en uçtaki çay yaprağıdır. Özel bitki olması da beklenebilir. Ufak olduğu için sıklıkla diğer yapraklar arasında kaybolabilir.
  2. **3,5 yaprak**: Daha büyük yapraklarda odunsu taraf olur ve bu nedenle yumuşak çay küçük yapraklarda olur. Yarım yaprak beyaz çay denilebilir.
  3. **Yeşil çay**: Doğal yaprağın kurutulması ile oluşur. Bunlar büyük tam yapraktan, küçük ve kırılmış şekilde farklı olabilir.
  4. **Siyah Çay**: Çay, yeşil iken, belirli bir ortamda 8-12 saat kadar fermente edilmesi ile siyah çay oluşmaktadır. Süt ile yoğurt gibi farklı yaklaşımlardır.
  5. **Küflenme**: Alfa-toksin gibi bir zehirlenme olmaması için, çayların kuruması ve steril tutulması önemlidir. Ancak penisilin türü küf konması ile *Saccorimices* ev ekmek mayası ile mayalanması da olabilmektedir. Tercihan rokfor peyniri kaynak olarak alınarak yapılabilir. Daha önceden demlerken suyu içine az bir rokfor peyniri konularak yapılması tercih nedenidir.
  6. **Probiyotik**: Probiyotikler ile beklersek çayın ekşi olması arzu edilebilir, pek uygulanan yöntem değildir. Çay içine bir miktar yoğurt suyu (yoğurtun beyaz çökeltisi değil, su gibi sarı sıvısı) konur ve 30 dakika ile 2 saat arasında bekletilir ve sonra demlenir. Kamboçya çayında kullanılan kültürler "[Saccharomyces cerevisiae](#), [Brettanomyces bruxellensis](#), [Candida stellata](#), [Schizosaccharomyces pombe](#), and [Zygosaccharomyces bailii](#)" olarak belirtilmektedir.
- 15) **Poşet Çay**: Öncelikle poşetin içine konulan çaya kaba olarak bakmalıdır. Ağızda alınıp, verdiği aroma öne alınmalıdır. Poşetler Çin ipeği denilen dokudan yapılmaktadır.
1. **Poşet boyutu**: Poşetler daha fazla çay alınarak oluşturulabilir ve bunlar iki kişilik veya iki defa içimlik olanlardır.
  2. **Poşet yapısı**: Kare, yuvarlak ve yeni nesil uzun bir kâğıt borunun kıvrılması ile oluşan tekli yapı. Bunlar hızlı çayın suya katılması için oluşmaktadır.
  3. **Poşet içindeki çay**: Daha ince ve daha güzel homojenize olmalıdır. Kaba odunsu olması beklenilemez ve bu nedenle daha kaliteli çay olması gereklidir.
  4. **Metal süzgeçler**: Kaba kuru çaylar, sıcak su içine bir metal süzgeçler ile sallandırılabilirler. Bu şekilde zamanlama ve çaydan 15 dakika sonra çayın çıkarılması ile acıma olanağı da önlenmektedir. Özellikle Japon usulü çay yapabilmek için gereklidir. Sıklıkla iki çay kaşığı kadar çay alabilmektedir.
- 16) **Çay Paketlenmesi**: Siyah çayın raf ömrü yeşil çaydan fazladır. Kapların koku ve tadı kaybolmasın diye kâğıt paketleme ötesinde, kâğıt dışında da özel alüminyum paketler kullanıldığı görülmektedir. Bunun dışında özel metal kutu ile cam içi servis sunulması da belirgindir. Sık olan ise alüminyum ve plastik türü kiloluk paketlerdir.

Tüm bu yaklaşımlar ailenin kendi gelenek ve özelliklerine göre yapılır.

## Çayların özelliğine toplu Bakış



**Figure/Şekil 2:** Yeşil çaydan siyah çayın poşet içinde farklı olduğunun toplu görünümü sunulmaktadır.

## Siyah çay ile yeşil çay ve ihlamurun Poşet çaylardaki görünümleri



**Figure/Şekil 3:** Poşet çayların içindeki çayların çok farklı olduğu görülecektir.

## Poşetlerin farklı olması



**Figure/Şekil 4:** Poşetlerin yapısı, kâğıdın dokusu ile içindeki çayın miktarı bile farklıdır. Alanı arttırmak için tek kişilik olan iki bölümlü bir boru şeklinde, katlanmışdır.

### Bir Yorum

Amerika Washington DC’de bir süper market (Moll) ara verip, bir Çinlilerin işlettiği yerde soğuk çay içiyorduk. Kendi aramızda çayı değerlendirdiğimiz için satıcılar da bizden yorumlarımızı öğrenmek istediler. Ben önce kullanılan su, konulan meyveler ve niçin konduğu (Kivi vardı) belirttim, limon yerine tercih edildiği başladım. Doğrudan hangi eyaletten olduğunuz soruldu, Türkiye denince Çay konulu ansiklopediden Türkiye ve Rize bulundu ve özellikleri soruldu. Siyah çayın özelliklerini tam bilmiyorlarmış onu anlattık. Daha sonra farklı çaylardan örnek verilerek bize tattırıldı ve bizlerde aradaki farklılıkları belirttik. Bize giderken birçok kuru çay ikram ettikleri, daha sonra içersiniz denildi.

Kısaca çay ortak bir iletişim ve kültür boyutu oldu. Ayrılırken sarılmak istediler ve sarılarak ayrıldık, el sıkışmayı yeterli bulmadılar.

### Genel Yorum

Çay karşılıklı aynı frekansı yakalamak için içilir. Kahve ise fal gibi gelecek, endişe, gizlilik, sırlar ve dostluk kavramları vardır. 40 yıl hatırası kalmalıdır. Çay ise bir sohbet vesilesidir. Karşılıklı bilgi alıp vermek, aydınlatmak ve bilen ile bilmeyeni bütünleştiren bir halkadır. Semaver ise aileleri büyük, küçük bir araya getiren, birlikte sinema ve gösteriyi izlemeyi sağlayan bir kültürleşme aracıdır.

Ateş insanları bir arada toplar, ısıtır ve yemek Çin birlikte iken, şimdi çay etrafında toplanır ve sohbet edilir. Televizyon gibi insanları aile olarak toplayan ve her türlü konuşmanın olacağı, aşağılama, hakaret ve kötü kelimelerin bile doğal yasaklandığı nezih ve üst düzeyde sohbetlerin yapıldığı bir halka, bütünleşme boyutudur. Dostlar sohbet eder. Ancak ziyarette de çay ikram edilir, bir iletişim, ilişki ve birliktelik sunulur, eğer gelen cevap vermiyorsa gönderilir ve gidiş o gidiştir. Sohbet yapılacak ise, ayrı odaya geçilir ve karşılıklı sohbet yapılır. Yemek yerine gerekirse atıştırmalık alınır. Özel seçilmiş ve yapılmıştır.

## Genel Değerlendirme

Her evin kendine göre bir çay hazırlaması vardır. Bunun temelinde unsur evin hanımıdır. Onun arzu ve isteğine göre şekillendiği görülmektedir. Erkek ise bunu sağlayan ve tat kontrolünü yapan kişi olmaktadır.

Bir erkek hanımının yaptığını beğenmeli ve evde dirlik ve düzen olması için buna dikkat etmelidir. Kısaca erkek en iyi ve en ideal yapıda çay oluşmasını sağlamalıdır. Çayın kaliteli olarak alınması, gerekirse evde özel harmanlama yapılması, çaydanlık, demlik ve ısıtması gibi birçok şeyi sağlamaktadır. Her evde çayın en ideali yapılır.

Karadeniz seyahatimizde (2017) her çay fabrikasında veya bize ay ikram eden çayhanelerde tarifler alındı. Rehber de ayrı bir tarif sundu. Her birey söze başlamadan önce, bu usul ile yapılan çay içilir, diğer aylar içilmez sözü ile tariflerin başlamışlardır. Otobüste eve dönerken soruyu bana yönelttiler ve benim belirttiğim aşağıda özetlenmiştir.

### Kabile Kültüründe

Her bir ailenin soyadı gibi kendine özgü bir çay hazırlaması vardır. Bu onların işareti ve simgesidir. Size ikram edilince özelliklerini söylerseniz onlarla ömür boyu dostluk kurarsınız. Tabi biz çaycıyız, çay bizden sorulur denilir. Hazırlama usulü öne çıkar.

### Tarım Kültürü

Burada çayın yetiştirilmesi, yaprağın boyutu gibi bitki özellikleri öne çıkar. Bu açıdan bitkiden söz etmeniz gerekir. Beyaz çay ve ilk yarım yaprak, 3,5 yaprak meselesini bilmeden sohbet yapılamaz.

### Endüstri Kültürü

Siyah çay, yeşil çay, hangi fabrika ürünü, fermantasyonu ve buna göre işlemiş yöntemi öne çıkmaktadır. Her fabrikanın kendine özgü bir ürünü vardır, en üst kalite ile kalite, günlük içilen çay şeklindedir. Kalitesiz çay kabul edilemez.

### Teknoloji Kültürü

Başka ülkelerde çay içilmesi ve buna göre sunulanın irdelenmesi öne çıkarılmalıdır.

### Bireysel Kültür Dönemi

Çay hazırlayana saygı örneği olarak, ona saygı ifadesidir ve İngiliz çayında olduğu gibi, bir ikram, bir şükran algısı ve Japonya'daki gibi bir boyut sağlamaktadır. Lütfen verilen çayı tadılmayın ve onu keşfetmeye çalışın ve bireyin kişiliği ve özelliğine göre algılayın. Çay diye yudum, yudum içip bitirmeyin.

## Sonuç

Sonuç her bireye göre çayın algısı farklıdır ve lütfen Çayı saygı duyarak için.

Çayı seven, hayran olan bir kişi olarak, artık çay içmiyorum, çünkü özensiz ve renkli bir sıvı geliyor, acı ve şeker ile tadı değişmiş oluyor. Gerçek çay içilir ama renkli çekerli sıvı içilmez, çünkü onlar çay değildir ve sevgi ile saygı için verilmemektedir.

Ülkemizde bir iletişim ve sohbet kaynağıdır ve ilk söz de çay üzerinde konuşma ile başlamalıdır. Çay sohbeti ile aynı frekansı yakalayarak ilişkiler ileriye taşınabilir. Ömür boyu güçlü dostluklar kurulabilir.