White Tea

Green leaves dressed in white

White tea is a slightly fermented tea. It is made from green tea leaves with white tiny villi and has its own unique processing method. This is only seen in Chinese tea. White tea has a long history of more than eight hundred and eighty years. The main production areas are just few counties in the Fujian Province of China. These areas have a mild climate throughout the year with plentiful rain, which contributes to the unique characteristics of white tea.

The fresh leaves of white tea have "three white features", that is the young bud, and the two leaves on it are all encrusted with white villi. The dried leaves are silvery white in colour, hence the name. The brewing tea looks apricot or light orange in colour. The leaves after brewing turn light grey-green with reddish veins. The tea can taste a little bit sweet.

The white tea production method is neither destroys the enzymes, nor promotes oxidation. That is how the colour and flavour of white tea is maintained. The production of white tea is very unique and natural. It does not involve rubbing or frying, unlike green and black tea. After the fresh tea leaves are picked, they are spread on mats under weak sunlight or in a room with good ventilation and light to let it dry naturally. When it is 70% - 80% dried, it is slow dried with fire. The production process is simple with minimal processing steps, so the nutrients in white tea are retained.

Based on varieties or picking standards, there are two kinds of white tea: sprout tea (such as white fur silver needle) and leaf tea (such as GongMei). The traditional white tea has white fur and white peony. New harvesting technology has resulted in the creation of Fujian snow white sprout and Sendai white in recent years. When only the buds are used, they are called needles. When the bud, the two leaves, and the bushy white fur under the leaf is used, it is called white peony. Quality white tea is always taken from the first harvest in spring.

Famous white teas

1. White Fur Silver Needle

White fur silver needles tea is one of the top ten most renowned teas in China. It gets its name from the shape and colour of the tea leaves. It is only produced in the Fuding and Zhenghe areas of Fujian.
province. The colour of the brewed tea is apricot and taste is sweet. When brewing, the tea leaves slowly fall down to the bottom of the cup and stand vertical. It is cool in nature as well and suitable for drinking in summer or with fever.

2. White Peony

White peony teas have green leaves with a silvery white bud, shaped like flowers. After brewing the buds bloom, hence the name. Currently areas that produce this tea are located at the Zhenghe, Jianyang, Songxi, Fuding Counties in the Fujian province of China. The tea leaves are harvested from high quality tea trees in these areas, and only the highest quality leaves are selected from that. Its nature is cool so it can cool down the body and suitable to drink in summer.

Brewing white tea

It is better to brew white tea with water at about 95 degrees. About three minutes later, the leaves stretch and become pale and translucent. It looks like the flower is dancing in the water. The brewing tea is bright and pure.
The benefits of white tea

White Tea is well known for its freshness and is in the similar category with Green Tea where it is usually used for cooling dry and heat symptoms. Another benefit of White Tea is it has different flavors.

White tea and health

White tea contains a variety of amino acids, and can have a detoxifying and anti-inflammatory effect on the body, making it especially suitable for summer. It can stimulate the body to sweat, to help relax the body, and also to calm the nerves and help with sleep. In addition, people who often drink white tea in summer have few heat strokes. In areas in China which produce white tea, white tea is an essential beverage for local farmers.

About three or four o’clock in the afternoon is the best time to drink white tea. Under normal circumstances, the liver had a heavier load to process at noon, which can make people feel more irritable. Drinking white tea at this time can alleviate these symptoms. For those people who experience high blood pressure, high cholesterol, high blood sugar, drinking white tea may benefit them in ways in which normal medicine cannot.

About half past seven in the evening is another good time to drink white tea. The body’s immune system is the most active at this time. Drinking a cup of white tea can help the body to repair and restore the immune system. When eating meals, the body will accumulate fatty deposits within the digestive system. Drinking white tea after dinner can promote digestion. In addition, the theanine in
white tea can neutralize some effects of caffeine. If you think your sleep is affected by tea, you can drink white tea instead green tea or black tea.

In general, 5 grams is the daily recommended intake. White tea should be taken regularly to maximise the health benefits.