

Chinese Tea Appreciation 13.3.2012

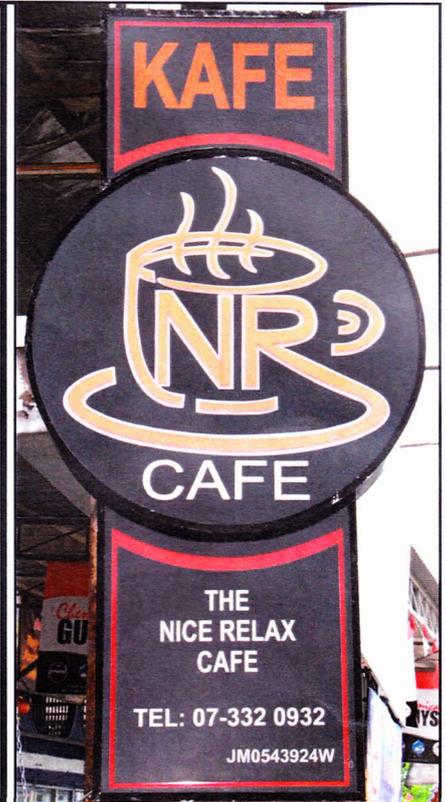
On Tuesday 13th March the IWA held its coffee morning at NR Cafe, Taman Century. We were delighted to have Joyce Lee, a graduate from Taiwan University, speak to our group about the practice of tea culture and how drinking tea can benefit us socially, spiritually and medically.

We were fortunate that Joyce was able to share her knowledge (and tea) with us and had a most enjoyable morning. We tried six different types of tea: green tea which was enjoyed by everyone, *jin xuan tea* which had a slight milky taste, *xi ji chun* which was slightly fruity, *alishan oolong* which was grown at very high altitude (1,200 metres), half fermented *tie guan yin* and also fully fermented *tie guan yin*. The fully fermented tea had a strong distinctive flavour and is enjoyed by locals. Lastly we were privileged to taste *pu er* - organic compressed tea which is very expensive as it is handpicked and rolled and goes through an extensive drying and compressing process.

We were taught that tea is always served clockwise and that the pourer always tastes the first cup to make sure the tea is fine for drinking. Joyce also said that it's best to use filtered water for tea making. You filter the water first, then let it sit overnight to soften and sweeten the taste prior to making the tea. We also learned that the first pot of tea is discarded as it is used solely to clean the leaves of any impurities.

It was a very friendly, informative and entertaining morning and we would like to thank Joyce for sharing her passion for tea with us. I am sure we will all think about "now where did this tea come from?" when we make our next pot of tea.

Article: Helen Smale, Photos: Jo Robotham & Minna Stromberg



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Joyce Lee



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