



GREEN TEA MANIA

250+ GREEN TEA FACTS,

Cooking & Brewing

TIPS & TRIVIA

Probably

YOU DIDN'T KNOW



KEI NISHIDA



Tea

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Dedication



To my loving wife, Miki, who gives me joy
in each moment of life and who always
encourage me to take just one more
step ahead



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Introduction

In my previous book, *I Will Teach You How to be Healthy by Drinking Using Japanese Green Tea*, the most popular chapter was, “100 Green Tea Facts You Didn’t Know”. The chapter listed 100 interesting facts that I encountered during my. People said it is easy to read; especially each point succinctly pin-pointed and explained interesting facts and trivia about green tea.

People said it is nice chapter because it is easy to read, especially each point only consisted of couple of sentences to pin-point and explain interesting facts and trivia about green tea. Someone even mentioned that she reads a line or two in her bathroom in the morning, and said this chapter is like “a wisdom of the day in the morning”.

Hearing what people said, I decided to create a book containing fun and surprising facts about green tea. Green tea is truly an amazing plant that has a long history deeply embedded in Japanese culture,

where I am from.

Tea being the most consumed beverage in the world next to water, it has been touching our life for so many generations every day, yet many people, including myself before my research, know very little about it. This book may surprise you and open your eyes to why you had not been drinking tea more often in the past!

I wrote this book for people who are either passionate about the tea world or for those who just enjoy a cup of tea in the morning and want to know a bit more about it in easily readable format. Whether you are on a train, by bed to put you asleep before you go to sleep, or even in bathroom :), I hope you enjoy this book as much as I enjoyed writing about it.


Kei Nishida
Author



Green Tea
Mania

Section 1

16 Trivia About Green Tea
and
Harvesting



"If you are cold, tea will warm you;
if you are too heated, it will cool you;
If you are depressed, it will cheer you;
If you are excited, it will calm you."

-William Ewart Gladstone

1

Most Japanese teas are from Yabukita and are a variety of the *Camellia sinensis* plant. The plant "*Camellia Sinensis*" is named after Georg Kamel (1661-1703). He was a Jesuit, botanist, and pharmacist.

2

Both Black and Green Tea comes from the same plant "*Camellia Sinensis*" where black tea is oxidized (fermented) where green tea is heated. Oolong tea is semi-fermented tea.





3

When compared to Chinese green tea, the Japanese version is steamed and not pan-fired. The steaming gives the tea a leafier and greener taste. One exception is h jicha, which is roasted Japanese green tea.

4

Steaming technic used for Japanese green tea originated in China, but disappeared century ago in China where the technique evolved in Japan.

5

In Japan, green tea is simply known as “tea” (お茶, ocha). The most common Japanese word for green tea is Ryokucha.

6

Nearly all the tea grown in Japan is green tea. (99.9% by statistic)

7

Most widely consumed beverage in the world next to water is tea.

8

It owes its bright and vibrant green color to the large amount of chlorophyll that it contains. Because it contains so much chlorophyll, it is used as an all-natural and healthy alternative to green food dyes.

9

Green tea’s flavor is dominated by its amino acids, which can run from very mild to sweet and rich.





HARVESTING

8

10

Green tea can only be grown in warm climates and in well-drained soil.

11

Most green tea is grown in Kagoshima, Mie or Shizuoka. Forty percent of the commercially grown tea in Japan comes from the Shizuoka followed by thirty percent from Kagoshima.

12

Tea trees never lose their leaves and can live for several years.

13

The green tea plants are grown in rows. They are harvested three to four times per year. Each harvest is called a flush. The first flush generally produces the highest quality leaf.

15

- Tea leaves are processed within two hours of being harvested to prevent fermentation.

14

Green tea is harvested three times/ year: first in late April to early May, second in June-July, and last in late July to early August.

16

Stopping the fermentation process lets the tea leaves keep their chlorophyll, which is what gives green tea its color. Steaming also allows the taste to have a leafy, slightly bitter taste.



Section 2

30 Tips for Brewing Tasty
Green Tea and How Green
Tea Melts into the
Modern Life

Life is like making tea. Boil your ego,
Evaporate your worries, Dilute your
sorrows, Filter your mistakes & Get
taste of happiness

-William Ewart Gladstone



BREWING TASTY GREEN TEA



17

Green tea can only be grown in warm climates and in well-drained soil.

18

Tap water should be filtered or boiled to remove chlorine.



19

Higher quality teas are steeped at a water temperature around one hundred fifty degrees Fahrenheit for thirty seconds. Lower quality teas should steep at around one hundred eighty degrees for up to three minutes. (https://www.itoen.co.jp/eng/allabout_greentea/how_to_prepare)

20

Brewing green tea from loose leaves releases more antioxidants and imparts flavor more than tea bags.

21

To brew a proper cup of tea, take care of the leaf-to-water ratio.

22

Loose-leaf green tea should be brewed with more water and less leaf to lessen the bold, bitter taste.





23

High-quality tea such as gyokuro is typically brewed with less water and more leaf.

24

Stirring or swirling a teapot prior to pouring can make the tea bitter.

25

A Japanese teapot is specifically designed to leave tea leaves open to release the full flavor.



GREEN TEA AND MODERN LIFE

26

With origins in China, green tea is now produced in a number of Asian countries. Made from *Camellia sinensis* leaves, green tea has many surprising benefits for people throughout the modern world.

27

In some middle eastern countries green tea is used as a refreshing drink to quench thirst.





28

Japan has vending machines that sell tea. Some of the vending machines are “smart” machines that make suggestions based on information like a customer’s age.

29

2.5 billion green tea can juice is sold in Japan per year with Sapporo making 80 percent share of the entire market.

30

It is often given as a gift to couples, friends, and family in Japan.

31

Powdered green tea is known for its central role in tea ceremonies, but it's also used as an ingredient for cakes, chocolate and cooking. Powdered green tea is a popular Japanese ice cream flavor. (Encyclopedia Japan, <https://doyouknowjapan.com/greentea/>)



32

The modern process of creating Sencha is usually mechanized with steaming, coarse kneading, crumpling, secondary kneading, precise kneading, and drying. The practice of steaming to preserve the tea leaves is particular to the Japanese tea industry. (Encyclopedia Japan, <https://doyouknowjapan.com/>)

33

In March of 2011, a powerful tsunami hit Japan and damaged a nuclear power plant. The surrounding area became contaminated with radiation, and many growers of green tea evacuated. (-Light of Day Organics, <https://lightofdayorganics.com/about-tea/>)

34

In 2011, France rejected Japanese tea leaves from the Shizuoka District because the level of radiation from the tea exceeded the legal amount. The tea became hot as a result of the Fukushima Daiichi nuclear disaster. (Wikipedia, https://en.wikipedia.org/wiki/Green_tea#cite_note-35)

35

In Afghanistan and Iran, tea is the national beverage, and green tea is used as a common thirst quencher.

36

Several cafés around the world use matcha in drinks beyond tea such as in smoothies and milkshakes.



37

Matcha tea has been introduced in alcoholic beverages like green tea beer and various cocktails.

38

Many sweet dishes utilize matcha for a different taste like ice cream, pudding, and cake.

39

When making chocolate or ice cream, kitchen-grade matcha is usually used as it is bitterer than ceremonial-grade matcha.

40

Matcha can be used in savory meals such as stir fry's and soups.

41

Green tea can be paired with certain meals just like a good glass of wine or beer.

42

Since tea from Japan is steamed to get a leafy-like, seaweed taste, the tea tends to pair well alongside vegetables and seafood.





43

For tourists in Japan, tea is served to them in many gardens and temples.

44

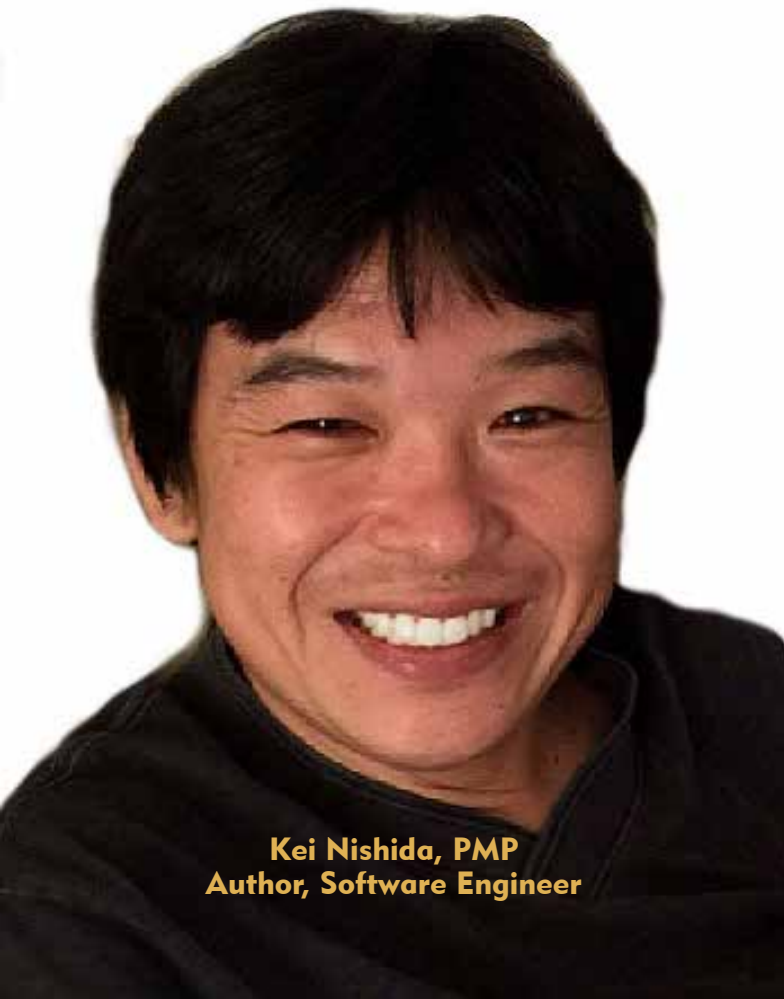
When tea is served in Japan, it's usually in a tranquil, traditional Japanese room.

45

At restaurants in Japan, tea is often given with or after a meal free of charge.

46

Green tea, particularly powdered types, has staining properties that can be seen on your teeth. The staining properties in green tea have been used to create shirts and other items in Japan.



Kei Nishida, PMP
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About the Author

KEI NISHIDA, PMP is Former Hewlett Packard Software Engineer with passion to green tea and coffee, author of multiple books and blogs. His blog Japanese Green Tea and Health provides health related tips and research findings focusing on green tea and its health benefit in variety of ways.

Kei is author of multiple books including I Will Teach You How to be Healthy by Using Japanese Green Tea: Surprising Facts and Tips for How You can Take Best Advantage of This Amazing Plant. In this book he demonstrates the various uses for this miracle plant and explains the various properties within green tea that makes it an anti-cancer powerhouse and more. Readers will learn everything from how to brew it properly to making aromatherapy oils from its leaves. It's not just a book about tea, it's a book about living better.

Kei grew up in Japan and moved to USA at the age of 14, now living in Portland, Oregon. Kei takes advantage of being bi-lingual of Japanese and English for his research and writing. Information you find in his blogs are combination of both best contents and researches from Japan and all around the world.

Kei Nishida – Books and Blogs

Printed Book (and Audible Book) - I Will Teach You How to be Healthy by Drinking Using Japanese Green Tea: Surprising Facts and Tips for How You can Take Best Advantage of This Amazing Plant

<http://amazon.com/author/kei>

Green Tea and Health Blog:

<https://www.JapaneseGreenTeaIn.com/health>

Coffee Lover's Attempt for the Perfect Cup of Coffee Blog:

<http://coffeefy.blogspot.com/>

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Green Tea News Letter:

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