

# The Way of Tea



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The Way of Tea is a journey back in time to the origins of tea cultivation and Oriental tea ceremonies. It is also a book of advice, describing how to get full pleasure and benefit from tea today. The ways in which we store tealeaves, then prepare and serve this exquisite brew, influence tea's properties and affect its taste and aroma. Master Lam Km Chuen and his wife Kai Sin offer expert guidance on the essentials of the tea serving art. Separate chapters are devoted to . . . The Tea Story--the origins of tea cultivation in China, and the spread of tea drinking and tea ceremonies from Asia to Europe, then later to America . . . Cultivating Tea--the many varieties, which fall into general categories of green (non-fermented), oolong (semi-fermented), black/red (fermented), and white teas . . . Preparing and Serving Tea--the importance of correct storage and water purity, and methods of preparation and serving . . . Healing Teas--discussion of health benefits of teas, supplemented with approximately 20 recipes that incorporate ginger, lychee, ginseng, dry orange peel, and other healthful ingredients. Modern science has come to recognize many health properties in tea--qualities that tea connoisseurs have known about for centuries. Full-color photos throughout.

作者介绍:

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