



Kyoto Prefecture Chamber of Tea Industry (Co.)
 Kyoto Prefecture Tea Manufacturing Conference
 Ujicha Cooperative

URL <http://www.kyocho.or.jp> (Cooperative)

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One day, two elementary school children, a boy named Chataro and a girl named Midori, wanted to know more about Uji green tea, so they decided to visit Dr. Ujicha at the "All You Everwanted To Know About Ujicha" School.

Chataro

Midori

"Welcome to the 'All You Everwanted To Know About Ujicha' School! Let's learn about Ujicha with Chataro and Midori."



Dr. Ujicha

School Day Schedule

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Social Studies



Where is Ujicha grown?



"Do you know where Ujicha is grown?"



The Ujicha brand

Regional organization trademark Registered : No. 5050328 Ujicha
 Class 30 Uji tea grown in 4 prefectures, Kyoto, Nara, Shiga and Mie, and is processed in Kyoto by manufactures in Kyoto using the original Uji method.



"So, Ujicha is only grown in this area."

Social Studies



The Origin of Ujicha



"Have you ever seen a tearoom built next to a temple? This is a room for the tea ceremony, called Sado*. There are many temples where Ujicha is grown, and there is a very interesting relationship between tea and Buddhist monks."

It's believed that the very first tea grower in Japan was a monk named Myoe. Let's learn about the history of Ujicha.

The history of Ujicha		
Tea was known as "Heicha (Dancha)" in China	760 a.d. : The Tang period in China	The Chinese writer Lu Yu wrote the oldest known book about tea, called "Chakyou(The Classic of Tea)*". In this era, Chinese people drank tea every day.
	805 a.d. : The Heian period	The Japanese Buddhist monks Saicho and Kukai brought tea seeds back from China and planted them at the base of Mt. Hiei.
Tea was known as "Tencha (Maccha)" in China	1191 a.d. : The Kamakura period	Eisai, a Japanese Buddhist monk returned from Song, China and promoted the custom of drinking tea in Japan. Myoe received some tea seeds from Eisai and started to plant them in Toganoo and Uji in the Kyoto prefecture. (This was the beginning of Ujicha cultivation.)
	1211 a.d. : The Kamakura period	Eisai wrote a book about tea called "Kissa Youjyouki"*. It's believed that this is the oldest scientific book written in Japan.
	The Muromachi period	Encouraged by the Ashikaga Shogunate, a tea garden was created in Uji and that made the excellence of Ujicha known to all Japan.
	The beginning of the Edo period	The name "Ujicha" was first used.
Sencha is developed/ Gyokuro is developed	1738 a.d. : The Edo period	A man named Nagatani Soen* from Uji Tawarayuyatani established the method for making "Sencha(or the Ujicha method*)," using "middle grade" green tea leaves.
	The latter part of the Edo period	The method making "Gyokuro," was established.



"In his book "Kissa Youjyouki," Eisai says, 'Tea is a healing medicine for a healthy life; an art for a long life.' He thought that drinking tea led to longer life."



"So, the tea we're drinking today was originally brought to Japan as medicine."

*Sado: The etiquette and procedures of the Japanese tea ceremony; also a kind of ascetic meditation for a calm and controlled mind.
 *Chakyou: "The Classic of Tea." A book written by Lu Yu. It describes how to make and drink the hardened, pressed tea which was popular in Tang.
 *Kissa Youjyouki: A book written by Eisai. It discusses "Tencha" (Powdered green tea) and its health benefits.
 *Nagatani Soen: He was a tea manufacturer in Tawarayuyatani, Yamashiro province in the middle of the Edo period.
 *The Ujicha Method (Aosei Sencha Method): Steamed tealeaves are kneaded by hand while being dried by a furnace. The method was created by Nagatani Soen.

Social Studies



Learn more about Ujicha



"What makes Ujicha grow so deliciously?"



"That's a good question! It's very important to have rich soil and pure water in order to grow excellent tea. Where Ujicha is grown, the Uji and Kizu rivers both flow and every year it rains more than 1500mm. Also, the very steep valleys create great temperature differences between day and night, resulting in fog, which prevents frost—the biggest enemy of tea leaf buds. In addition, the soil has the unique ability to drain the perfect amount of rainwater for growing tea."



"When was the beginning of Ujicha?"



"Ujicha began in the Kamakura period. The monk Myoe from Kozanji in Toganoo encouraged people to cultivate Ujicha. In the Muromachi period, the Ashikaga Shogunate spread the name of Ujicha all over Japan."



"Ujicha's excellence was recognized by the Japanese government! That's great!"



"In the Edo period, Nagatani Soen from Tawarayuyatani in the Yamashiro Province established the way of making tea called the 'Ujicha method'. This method spread to Yamato (currently known as Nara), Oumi (Shiga), and Ise (Mie), and eventually tea made by this method spread throughout the whole country. Over time, the Ujicha method was developed to make Gyokuro and Sencha. Ujicha is still grown, especially the finest quality teas, 'Tencha' and 'Gyokuro'."

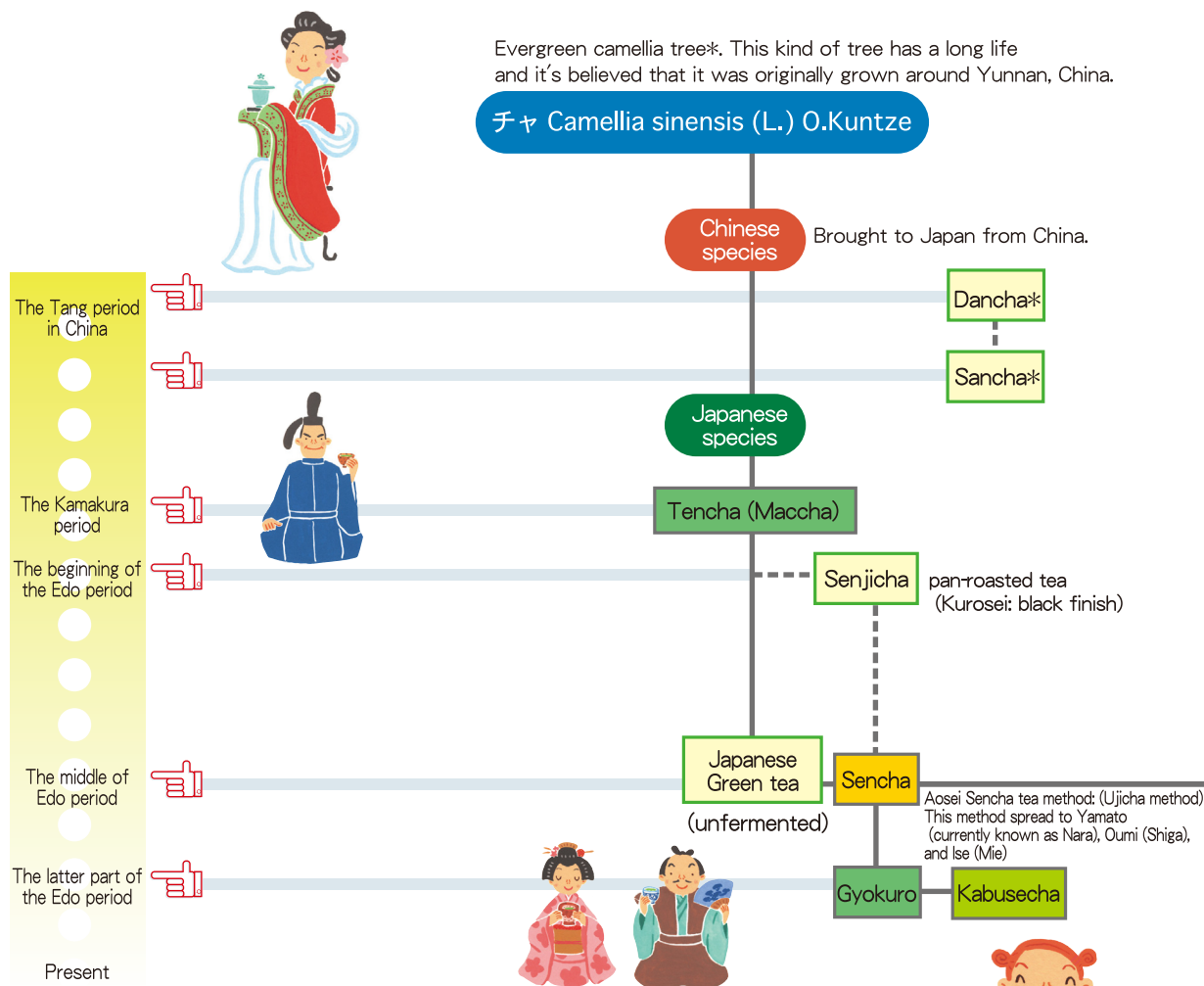


"I had no idea that the Ujicha we drink everyday had such a long history!"



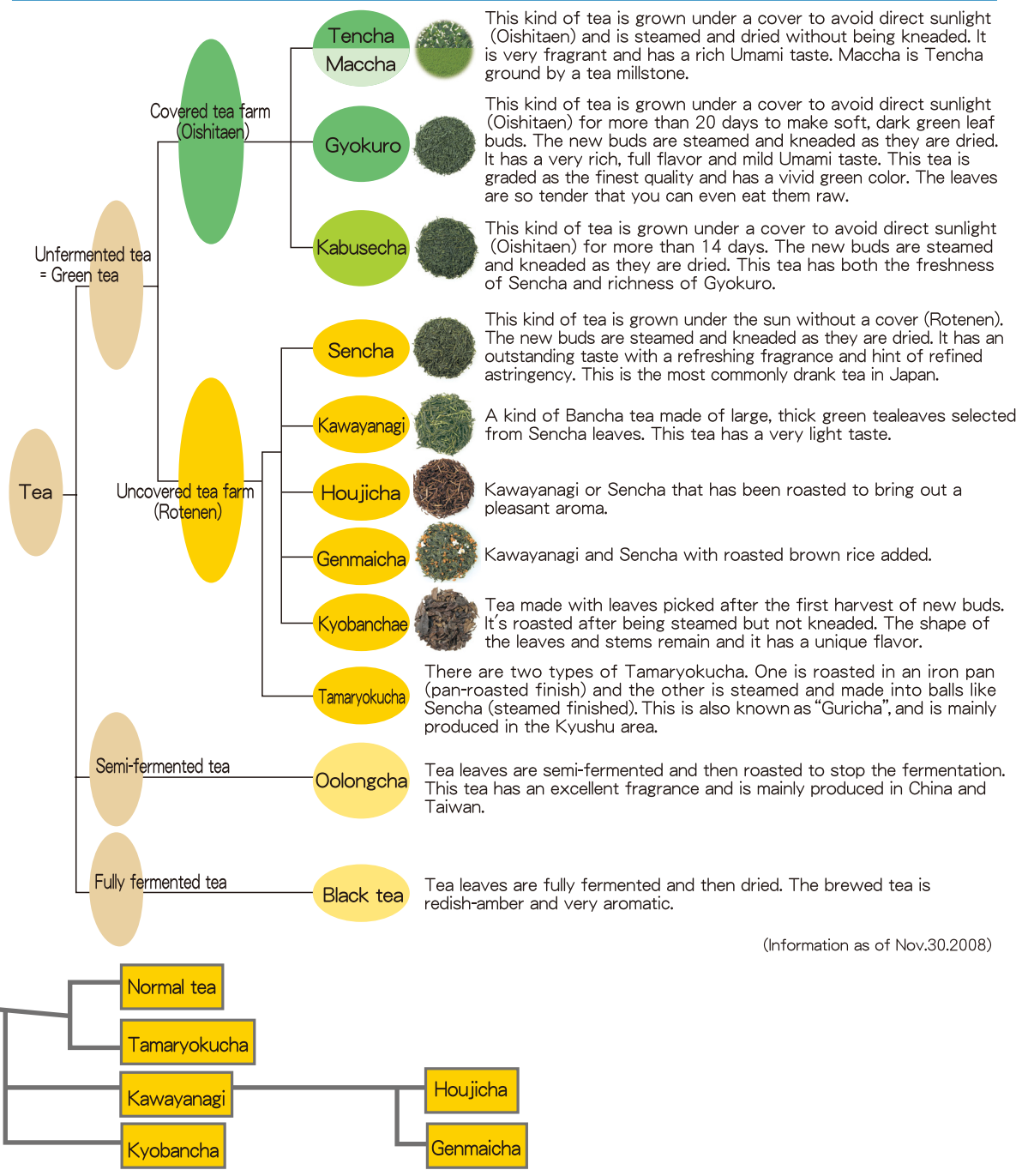
Types of tea

There are mainly three types of tea, categorized by the processing method: green tea, oolong tea, and black tea, but all tea is made from the same type of tree (a kind of camellia tree). However, varieties of the tea tree have different amounts of astringent (catechin), and the trees used to make each different kind of tea are selected according to those characteristics.



*Evergreen tree: Tree with green leaves all year around.
 *Dancha: Steamed tea leaves stamped and made into balls with a mortar.
 *Sancha: Tea which is not made into balls.
 *Kurosei: Also known as Kamairicha (pan-roasted tea). Tea buds are roasted in a pan and kneaded by hand and feet and then dried in the sun.
 *Aosei: Tea made by the Ujicha method.
 *Hikiusu (millstone): A tool for grinding grain, etc., using two cylindrical stones.
 *Mokkabu: Hardened new buds.

Types of Tea



(Information as of Nov.30.2008)



"The types of tea and how they're produced have a very deep connection with the history of each tea."



"That's right. Tea developed its taste and brewing style to suit new trends as the generations passed."



The secret of delicious tea
-Oishitaen and Rotenen-

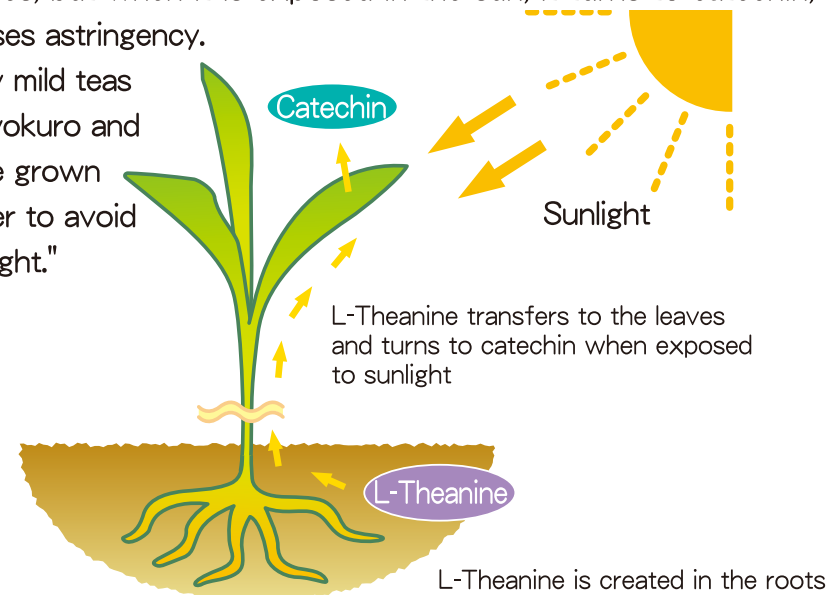


"It's interesting that some teas are grown without direct sunlight. Fruit and vegetables need lots of sun. Why is tea different?"



"Tea leaves contain a protein called L-Theanine, and this creates Umami, which is a kind of amino acid* recently recognized as the 6th element of taste. This substance is created in the roots and travels from the roots to the leaves, but when it is exposed in the sun, it turns to catechin, which causes astringency.

That's why mild teas such as Gyokuro and Tencha are grown under cover to avoid direct sunlight."



Rotenen

Tea plantations without covers grow under natural conditions with sunlight. The L-Theanine turns to catechin, so the tea tastes fresh with slight astringency. (Sencha and so on)



Oishitaen can grow tea full of mild Umami

How tea is grown with a cover: once the new buds start to appear around April, the trees are covered with reed screens, straw, or man-made fiber cloth to avoid direct sunlight. This prevents the L-Theanine from turning into catechin, so the tea tastes mild and has rich Umami without astringency. (Tencha, Gyokuro, Kabusecha)



©No direct sunlight→No astringency and more Umami

Oishitaen with Honzu



This traditional method for covering tea trees has been handed down in the Uji area. Reed screens are spread on top of a shelf made with logs and bamboo and then are covered with straw. This creates cooler and more humid conditions so the buds grow more slowly.

Oishitaen with man-made cloth

Man-made cloth and steel frames are used to create conditions similar to Honzu. The cloths have two layers to create breathability so that the temperature inside won't get too hot.



"The perfect amount of sunlight is very important to grow good quality tea!"

*Catechin (astringency): The same substance as L-Theanine, which is contained in tea leaves. This protein has some effect for killing some bacteria and is also believed to have medical benefits in preventing some cancers.
 *Amino acid: A component protein. There are 20 types of it. It creates sweetness in food.
 *Yoshizu: A blind covering made from reed stems.
 *Straw: Dried stems of rice and wheat.
 *Breathability: Ventilation

Gym Class



Let's pick some tealeaves!

It is harvest season for tea. When tea is harvested, how it's picked effects the taste of the tea.

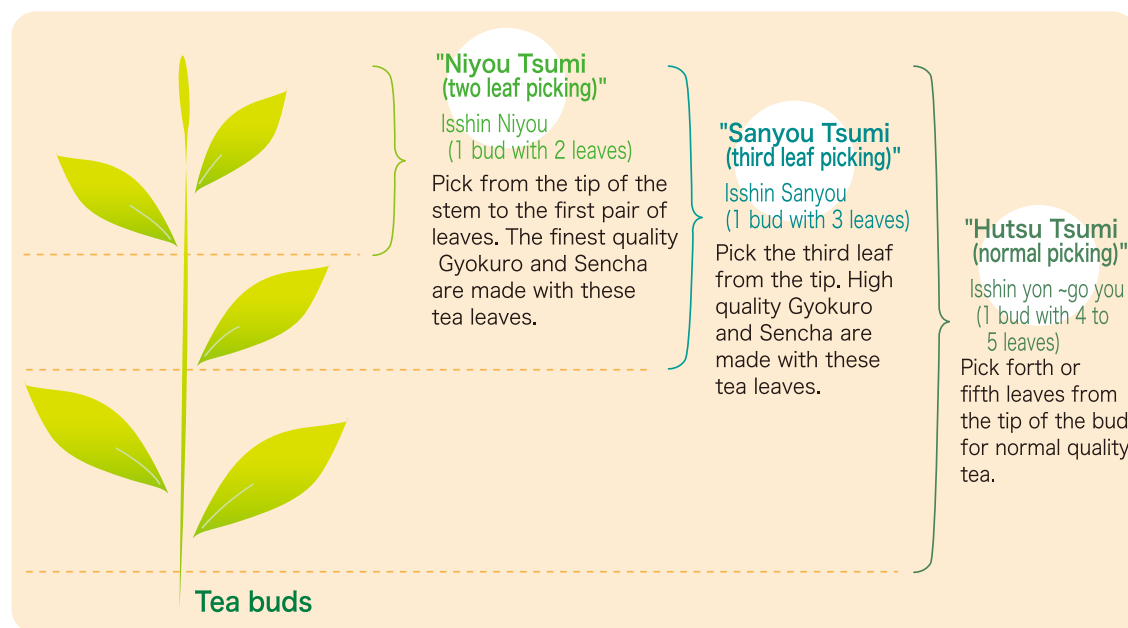


"In early summer, I see Shincha (new tea) in stores, but what does that mean?"



"As you can see by the name, Shincha is made with the very first young leaf buds picked that year. It's also called Ichibancha (first tea). Tea is a very natural and seasonal drink, and the taste changes depending on when the tea is picked."

Since new leaves keep budding after others are picked, tea can be harvested 2 or 3 times a year. New tea leaves picked between the end of April and the end of May are called Ichibancha (first tea). Tea picked between the end of June and the beginning of July is called Nibancha (second tea), and that picked between the middle of July and the end of August is called Sanbancha (third tea). Chataro and Midori decided to try the traditional method of picking tea buds that has been handed down through generations of tea growers in the Ujicha growing area.



"In the Uji growing area, Sencha is made with at least Nibancha (second tea), and hand picked Tencha and Gyokuro are only made with Ichibancha (first tea)."



"Wow, tea trees must be very strong! New buds keep growing even after being picked so many times."



Widely known for their very high quality tea, Ujicha tea makers are very particular about hand picking Ichibancha. For quality Tencha and Gyokuro, that tradition hasn't changed for a long time. However, handpicking takes a lot of time and money. So, regular tea plantations for Sencha use scissors and machines to offer very good tea at reasonable prices to the whole of Japan.



"The finest tea is made with the most sensitive tea buds picked by hand!"



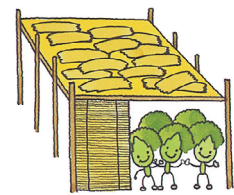
How tea is made



"You have learned that how tea is grown and how the leaves are picked are important to making good tea. Now let's go see how tea leaves are processed."

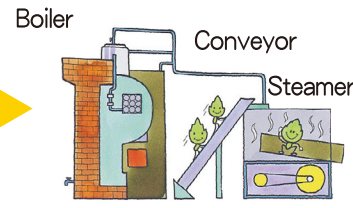
How to make Tencha (Maccha)

Oishitaen



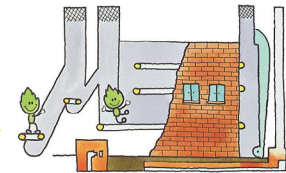
Every year, the tea trees are covered from the middle of April to May.

Aracha (coarse finish)* Manufacturing process



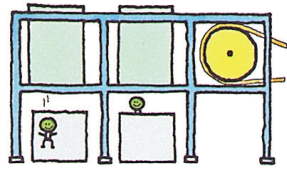
All the picked tea is gathered and sent into the steamer automatically.

Tea Spreading Machine Dryer



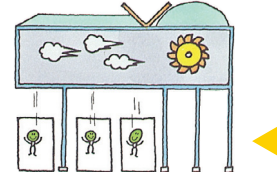
The steamed tea is spread evenly and dried with hot air. This tea is called Aracha Tencha. (In the Ujicha area, plantations follow the process up to this step.)

Sorting Machine



Leaves are sorted according to size.

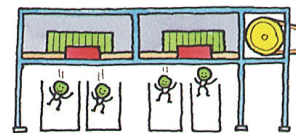
Air Jet Separation System (Toumi)



Stems are separated from leaves by air jets.

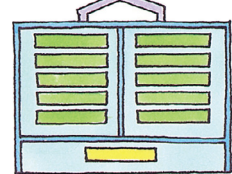
Shiagecha (perfected tea)* Manufacturing process

Cutting Machine



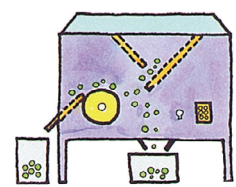
Dried tea is cut to smaller pieces.

Dryer

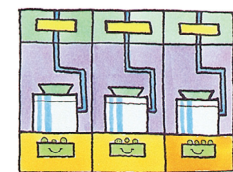


Tea is dried even more to bring out its unique aroma.

Classification Machine



Tea is inspected even more closely and all unnecessary stems and old leaves are removed.



Tea is ground into Maccha (powdered green tea).

Finished Product (Maccha)

*Aracha: Roughly processed tea that has not gone through the final finishing process. This process is done at the plantations and sometimes tea is sold at this point.

*Shiagecha (perfected tea): Tea that has gone through the first process at the plantation and then through a final process to even out its appearance and flavor.

The process of making Gyokuro and Sencha

Gyokuro-en (Gyokuro plantation)

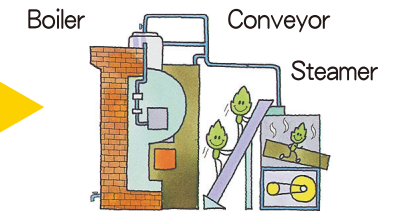


Sencha-en (Sencha plantation)



Tea leaves are picked either by hand or machine and are then sent to an Aracha tea factory.

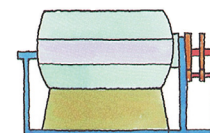
Aracha tea manufacture process



All the picked tea is gathered and sent into the steamer automatically.

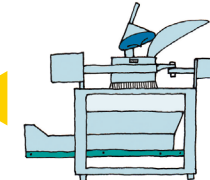


Middle Kneading Machine



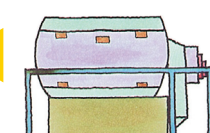
Tea leaves are dried with hot air while being kneaded again.

Twisting and Kneading Machine



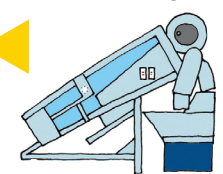
Tea leaves are twisted and kneaded to even out the moisture in them.

Rough Kneading Machine



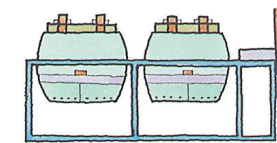
Tea leaves are dried with hot air while being kneaded.

Cooling Machine



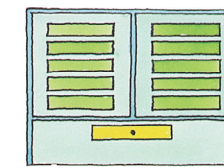
Tea leaves that were steamed are cooled.

Shaping Machine



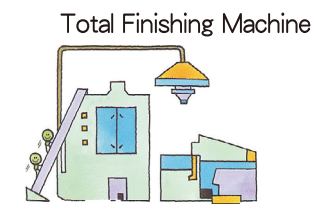
Heat and pressure are added to shape the tea leaves into thin needle shapes while being dried.

Dryer



Tea leaves are completely dried. The process up to this point is the Aracha process and tea processed with this is called Aracha. (In the Ujicha area, this process is completed at the plantation.)

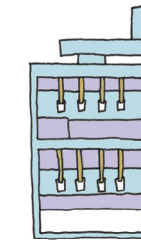
Shiagecha Manufacturing Process (Atobi Method)



Aracha leaf sizes are mixed at this point, so this machine cuts the big leaves and removes powdered leaves to make the tea look uniform.

Final Drying Machine

Tea is dried even more to bring out its unique aroma.

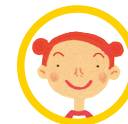


Classification Machine

Tea is classified even more closely and all unnecessary stems and old leaves are removed to make it look even better.



Finished Product (Gyokuro, Sencha etc.)



"It takes a lot of work to make tea! Thanks to the efforts of tea makers, we can drink delicious tea at home."

Home Economics



Let's take a tour to see Temomi, or hand kneaded, tea



"A long time ago Ujicha used to be made by hand without any machines using a method called 'Momite'. This 'Temomi' method was established by a man named Souen Nagatani in 1738. His method spread throughout the whole country and tea made in this way eventually became the Sencha of today. This method is protected as an intangible cultural asset of Uji-city."

Chataro and Midori visited a hand kneading method preservation association to see the actual hand kneading process

Hand Kneading Method (Uji style)



1. Chakiri/Tea cutting (dew cutting)

3 kg of steamed tea leaves are set in a "Jyotan"* located in a "Bairo"*. One third of the tea leaves are picked up and shaken without touching the leaf surface, or "Jyotan". This needs to be done quickly so that the leaves don't stick to each other.

It takes approximately 25 minutes.



2. Yokomakuri/Rolling on the side

Using "Jyotan", the tea leaves are gently rolled. As the tea leaves get drier, more pressure is applied and the tea is rolled firmly for the last 20 minutes. This takes approximately 1 hour and 30 minutes.



3. Tamatoki/Breaking up the ball

In this step, chunks of tea leaves created in the "Yokomakuri" process are broken up. The tea leaves are quickly unfolded just after the end of the "Yokomakuri" process. Approximately 5 minutes

4. Nakaage

After Tamatoki, the tea leaves are taken out of the "Jyotan" and cooled and dried evenly. At this point the tea leaves have only half their original amount of moisture. Approximately 10 minutes

5. Chazoroe(Nakamomi Momikiri)

"Katatemakuri (single hand rolling)" and "Momikiri (rubbing)" are repeated in turn. "Katamakuri" has to be done vigorously and the operation should be repeated at least 7 times. Approximately 30 minutes



6. Denguri (Aisei)

This is the step in the process that makes the tea especially delicious. The tealeaves are shaped to prevent them from getting too humid or too dry. The tealeaves are gently scooped up and are alternately moved from the right hand and the left hand. This is done lightly at first and then with more pressure toward the end in order to make the tea leaves into round shapes. Approximately 20 minutes



7. Itazuri

(Kamachi/Shiagemomi=Final kneading)

This is the final process for bringing out the color and flavor of the tea. The tea leaves are rolled up and pushed down on a board and then rolled up and down with both hands. At first, hold all the tea leaves and turn them around to curl them up. Be careful not to lose strength in your hands so that the leaves won't fall out. Approximately 50 minutes



8. Kanzo =Drying

Sprinkle the tea leaves over a "Jyotan" and turn them over once in a while to dry them. Approximately 40 minutes

★Final amount = About 600g (from 3 kg raw tea leaves)

★Process time = Approximately 4 hours (without drying time)



"It was surprising that the shape of the tea leaves changes dramatically and that 3kg of tea leaves turns into only 600g at the end. Ancient people have put so much time and work into making good tea!"

*Bairo : A tool for hand kneading and drying hand kneaded tea. The "Jyotan" is put in the center of a wooden frame to do the hand kneading. Hot charcoal is put inside of it to dry the tea leaves.

*Jyotan : A wooden frame made specially for tea kneading which has a persimmon juice coated "Washi (Japanese paper)" layer on the bottom.

Health



Why is tea healthy?
What's in tea?



"Dr. Ujicha, I'm so tired after that really hard tea kneading exercise, and I don't think I can concentrate on the rest of your lecture!"



"Don't worry! Tea has many nutritious ingredients, so if you drink some more, you will recover in no time!"

Chataro and Midori listened to Dr. Ujicha and drank some tea. Then they decided to look up what tea contains.

Tea main ingredients list (unit: gram)

Type of tea	Tannin	Caffeine	Protein & Amino acid	Fat	Carbohydrate	Water	Ash (mineral)
Maccha	10.0	3.2	30.6	5.3	38.5	5.0	7.4
Gyokuro	10.0	3.5	29.1	4.1	43.9	3.1	6.3
Sencha	13.0	2.3	24.5	4.7	47.7	2.8	5.0

(Referred by the STANDARD TABLES OF FOOD COMPOSITION IN JAPAN Fifth Revised of the Ministry of Education, Culture, Sports, Science and Technology)(amount per 100g tealeaves)



Tea main ingredients list (unit: gram)

Type of tea	β-Carotene (μg)	C (mg)	E (mg)	B 1 (mg)	B 2 (mg)	Nicotinic acid (mg)
Maccha	29,000	60	28.1	0.60	1.35	4.0
Gyokuro	21,000	110	16.6	0.30	1.16	6.0
Sencha	13,000	260	68.1	0.36	1.43	4.1

(Referred by the STANDARD TABLES OF FOOD COMPOSITION IN JAPAN Fifth Revised of the Ministry of Education, Culture, Sports, Science and Technology)(amount per 100g tealeaves)



"Wow, I feel refreshed now!"



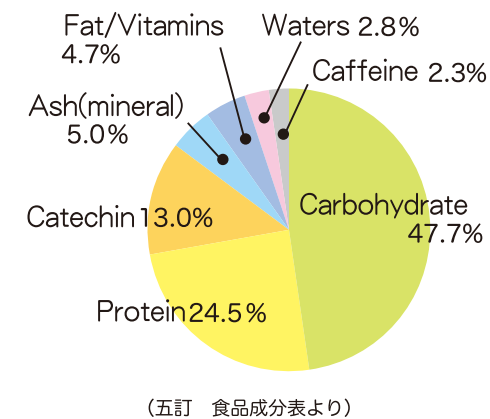
"Let's take a closer look at the ingredients of tea!"

It's no wonder that tea was often called medicine a long time ago because there are so many healthy ingredients in tea. Let's look at the benefits of each ingredient.



"Tea has many healthy ingredients, such as vitamins and Catechin. Once you find out how good tea is for your health, you will want to drink tea everyday!"

Tea ingredient effects



★Vitamin A (β-Carotene)

Not water soluble. Moisturizes your skin and strengthens your respiratory and digestive organs.

★Vitamin C

Water soluble. Eases fatigue and prevents colds. It also helps make skin fair.

★Vitamin E

Has anti-aging effects.

★Vitamin B1

Turns sugar into energy.

★Vitamin B2

Enhances body development.

★Catechin (tannin)

It's also known as tannin and it creates astringency. It has germicidal properties and also helps the intestines to work better, so it is believed that it may help prevent food poisoning, cancer, and some lifestyle-related diseases.

★Caffeine

Is a diuretic and has a refreshing effect.

★Amino acid

This makes tea delicious. Tea's L-Theanine content is outstanding. It helps brain nerves to work better.

★Fluorine

The same ingredient you can find in toothpaste. It prevents tooth decay.

★Flavonoid / Minerals (potassium, calcium, etc)

Flavonoid prevents bad breath, and minerals activate your metabolism.

Note!

There are water soluble and not water soluble ingredients in tea. So, if you drink Maccha, which is powdered tealeaves, you can take advantage of all the nutrition in tea.



"What do you say, then? Tea is pretty amazing, don't you think? I drink tea everyday for the sake of my health. It is important to drink tea on daily basis."



"It is good for health and beauty! I should tell this to my mom, too!"



How to brew delicious tea



"There is a special way to brew delicious tea. Here is the secret."

Maccha

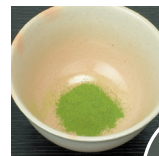


What you need:

- A Maccha teacup, a tea whisk and a sieve
- A tea scoop or measuring spoon
- A cup or mug to cool the boiled water



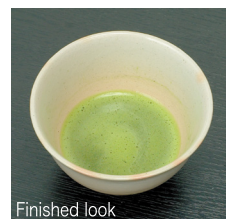
If you use sieve to sift the Maccha powder, it makes it easier to create smooth foam.



1 Put 2 tea scoops of Maccha, about 1.7g, in the mug



2 Pour one third (70 - 80cc) of the hot water with a temperature of around 80 degrees C. With the opposite of your dominant hand, hold the teacup firmly. With the index, middle finger, and thumb of your dominant hand, hold the tea whisk's bamboo handle. At first, mix the tea powder very gently in the water, then in a repeating motion, move your wrist back and forth to mix it well. At the end, move the tea whisk elegantly to smooth out the surface of the tea and then take the whisk out very slowly.



Finished look

3 It is done when the surface of the tea is covered with very creamy foam.

Gyokuro

(3 servings)



What you need:

- A teapot and teacups
- A cup or mug to cool the boiled water
- A tablespoon or measuring spoon



1 Pour about 60 to 70cc of boiled water from a cup into a teapot. Transfer that water to the teacup and cool it to from 40 (close to body temperature) to 60 degrees C.

Water temperature cools 5 to 10 degrees C each time it is moved to a different vessel.

* 20 to 30cc of water are needed for each person.



2 Add 2 tablespoons full of tealeaves, about 10g to the tea pot.

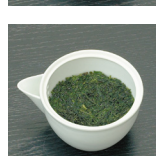
* Use 5g of tealeaves per person.



3 Pour in the water cooled to from about 40 (close to body temperature) to 60 degrees C.



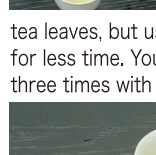
4 Keep the lid off and observe how tealeaves travel in the water.



5 The tealeaves turn soft and light green after about 1 minute or so, and it will be ready to drink in 1 to 2 minutes.



6 Pour the tea little by little into each cup so that the of tea will be an even flavor in every cup. After the first brew, you can reuse the same



tea leaves, but use hotter water and wait for less time. You can brew tea at least three times with the same tealeaves.



Finished look

Sencha

(3 servings)



What you need:

- A teapot and teacups
- A tablespoon or measuring spoon



1 Divide 180cc of boiled water into three cups (60cc in each) and cool to 70 to 80 degrees C. (If you want to speed this process up, you can use different cups or mugs than the ones used to make Gyokuro.)

Water temperature cools 5 to 10 degrees C each time it is moved to a different vessel.

*60cc of water are needed for each person.



2 Add 2 tablespoons full of tealeaves, about 10g to the tea pot.

* Use 5g of tealeaves per person.



3 Pour in the water cooled to about 70 to 80 degrees C into the pot.



4 Put on the lid and wait for the tea to brew. The tealeaves will turn soft and light green. It will be ready in 45 seconds to 1 minute.



5 Pour the tea little by little to each cup so that the flavor of the tea will be even (the same as with Gyokuro). It's important to pour to the last drop. After the first brew, re-brew with hotter water and wait for less time, and make sure to pour to the last drop every time.



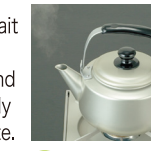
Finished look

Kyobancha

(3 to 5 servings)

What you need:

- A kettle, teacups



1 Boil about 2 liters of water in the kettle.



2 Add about 20g of tealeaves into the kettle and simmer for 2 to 3 minutes.



Finished look

3 Pour into the tea cups and serve.

Houjicha Genmaicha

(3 servings)



What you need:

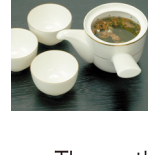
- A teapot and teacups
- A tablespoon or measuring spoon



1 Add 2 tablespoons full of tealeaves, about 10g to the tea pot.



2 Pour hot water (about 300 to 400cc) into a teapot.



3 Wait for 30 seconds or so for it to brew.



4 Pour the tea little by little to each cup so that the flavor of tea will be even (the same as with Gyokuro and Sencha). It's important to pour to the last drop.



Finished look

Mawashitsugi

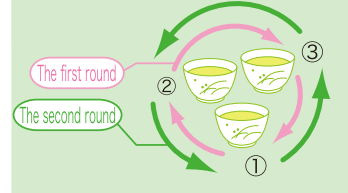
It's important to pour to the last drop in order to make tea well after the first brew.

The first round

Order the cups 1, 2, 3, and pour in the tea little by little in that order: 1, 2, 3. (Be careful not to pour all at once)

The second round

Once you finish pouring a little into cup No.3, pour the tea again little by little but in reverse order: 3, 2, 1. Then repeat the order: 1, 2, 3, 3, 2, 1 until all the cups are full.



The method mentioned in this page is the most common way, but it's always important to be flexible according to your taste, time, and place to arrange your own pouring method. "The best way is your own way."

Note to brew good tea

*Use "soft" water and boil it in a kettle, allow to sit for 3 to 5 minutes to remove any chlorine smell.

*Using lower temperature water can bring out more amino acid (Umami taste), which makes tea taste better, and prevents the tea to becoming too astringent or bitter.

*It's hard to regulate the amount of tea needed to fit every one's taste, so try several times to find your own perfect amount.

*The lower the water temperature, the longer the tea takes brew and turn light green.

Health



Practical uses of tea
in daily life

When Japan had many cases of food poisoning by Ecoli O157, people started to notice the germicidal properties of catechin. Let's look into some the other effects of tea and talk about how else we can use tea.



"Tea could be used in many different ways because of its many ingredients. Let's take a look at what kinds of things we can use tea for in our everyday lives."

Deodorizing

You can roast tealeaves in a frying pan and let the smoke that is created deodorize the room. You can also put dried tealeaves in your shoes or use them to wipe pans and cutting boards to remove unwanted smells. One teaspoon of tealeaves in a teapot will help prevent moldy smell, too.



Cleaning

After wringing out as much water as you can, sprinkle used tealeaves on the floor before sweeping to prevent dust from swirling. You can also sprinkle used and dried tealeaves on a carpet and then brush it to enhance its sheen.

Preventing rust

Wipe steel bottles and iron pans with used tealeaves to prevent rust. It's believed that the tannins in tea react with iron to create a rust resistant coating on the surface of the iron.



Anti-bacterial



Apply soften tealeaves or a cloth soaked in strongly brewed tea to your skin or gargle with tea to take advantage of the anti-bacterial benefits of catechin. Wiping a baby's bottom with a Bancha soaked cloth also helps to gently clean and deodorize.



"The deodorizing and anti-bacterial effects of tea are outstanding!"



"Instead of throwing tea away, we can reuse used tea for deodorizing and cleaning. Tea is very ecological and recyclable!"

Lunch Time



Let's try some food
with tea!



"Guess what!?! Tea can also be used to make food and deserts! It's lunch time now!"

A creative tea desert

Ingredients

- ◆Powdered agar: 2 teaspoons ◆Sugar: 150g ◆Water: 2 cups ◆2 Egg whites
- ◆1 tablespoon of Maccha green tea dissolved in 1 tablespoon of hot water

Directions

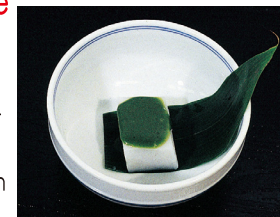
- 1) Add water and agar into a saucepan and heat until the agar has dissolved.
- 2) When the agar has completely dissolved, add sugar and simmer for 20 minutes.
- 3) Whisk egg whites until peaks form in a bowl.
- 4) Pour the sugar and agar mix into the egg whites little by little while whisking. Set it over the heat again and keep mixing.
- 5) Remove from heat and allow to cool. Then pour half the mixture into a mold.
- 6) Add the Maccha powder mix into the remainder and mix well. Pour the remainder into the mold after the first half has started to solidify.
- 7) When it has completely set, cut and sprinkle Maccha powder on top to serve.



Chinese yams Maccha dengaku (sweet miso) sauce

Ingredients(serves 4)

- ◆Chinese yams: 250g ◆Yoshino kudzu starch: 40g ◆Soup stock: 300cc
- ◆1 tablespoon of Maccha green tea dissolved in 1 tablespoon of hot water
- Miso dengaku sauce: ◆White miso: 20g ◆Mirin sweet sake: 1 teaspoon
- ◆Sugar: 1/2 teaspoon ◆Sake: 1/2 tablespoon ◆Soup stock: 1/2 teaspoon



Directions

- 1) Peel the Chinese yams and soak in vinegar-water to remove the sharp taste. Then boil over medium heat and puree.
- 2) Add soup stock, Maccha, and kudzu starch in a separate bowl and then filter through a strainer. Combine the mixtures and allow to thicken while stirring over low heat.
- 3) Pour into a mold and cool to set.
- 4) Combine all the ingredients for the Miso dengaku sauce into a sauce pan and mix over low heat. Cut the yams from into 8 pieces and arrange them on plate. Garnish with nandin or maple leaves. Pour dengaku sauce over the curd and serve.

How to use tea for food or deserts:

- ★Make sauces by seasoning thick tea with spices. ★Grind tealeaves into a powder and mix into sauces.
 - ★Replace herbs and spices with tea powder in stir-fries.
 - ★Add Maccha powder to cake mixes or bread dough to make Maccha flavored cake or bread.
 - ★Add Maccha to whip cream or sweet soy powder to garnish deserts.
- Be creative and try many other ways to use tea!



"I'll try that at home!"



After School Activity



Tea tasting Chakabuki

It's time for our after school activity! Two will try having a Chakabuki (tea tasting)!



"Have you ever heard a word Sakekiki (Alcohol tasting)? It's to tell how well sake is made or tell what kind of sake it is by just holding some in one's mouth without drinking. Chakabuki is similar to Sakekiki as a way to distinguish teas."

Things you need

- ◆5 kinds of tea ◆5 trays ◆5 cans ◆2 teapots
- ◆Teacups (2 per person participating) ◆A pot with boiled water (6 liters)

How to have a Chakabuki

- 1 Arrange the five types of dry tealeaves on the trays and show the teas to the participants.
- 2 Pick one kind of tea and put it in the teapot with boiled water, then brew it for 1 and a half minutes. Pour the tea into the teacups.
- 3 Serve it to the participants.
- 4 Using the other types of tea, repeat the same process from (1) to (3). (Do not use the same kind of tea for more than once.)
- 5 Participants try to guess and write down the name of the tea by considering its color, fragrance, and taste.
- 6 The person who guesses the most correctly wins.

Chakabuki traces its origins to the Song dynasty in China. During the Period of North and South Dynasties and the Muromachi period, it became popular as a game among nobles and samurai who drank tea daily. Back then, it was called Toucha and the tradition has been handed down in some areas. Chakabuki eventually evolved into Sado (the traditional tea ceremony).



"Even the same Sencha tastes different if it's grown in Uji or not!"



"The key to doing well at this game is to take a very good look at the dry tea when it's shown at first."

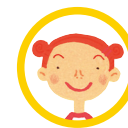


Types of tea (primary types)

- Flower** Gyokuro: This tea has a very rich aroma and mildly sweet taste. The water color is almost crystal clear.
- Bird** Tencha: This tea is used to make Maccha. The water color is almost clear. It has a strong aroma.
- Wind** Sencha (Yamashiro): It has some astringency and a fresh aroma. The water color is a light yellow.
- Moon** Deep Steamed Sencha (Shizuoka): It has astringency and a slight aroma. It has unique cloudy color.
- Guest** Karigane: It has sweetness similar to Gyokuro and has the aroma of the stems. The water color is an unclear green.

Chyakabuki Score Table

	Dr. Ujicha		Chataro		Midori	
	1st round	Answer	2nd round	Answer	3rd round	Answer
1st tea	Gyokuro		Deep steamed Sencha		Karigane	
2nd tea	Tencha		Tencha		Gyokuro	
3rd tea						
4th tea						
5th tea						



"Hmmm, It's difficult because there are two kinds of Shencha!"



"Let me show you how to tell the difference. Well, this tea has a deep rich aroma. This might be Gyokuro. Different names, such as flower, bird and so on, are used to differentiate teas, and these days usually different ranks of price are used as well."



"OK, it's my turn. This tea is not clear, so it must be either Deep steamed Sencha or Karigane!"



"Let's see. The last one is mine. Ah, this tastes like the tea I drink at home."

Tea tasting gives you an opportunity to find out a lot more about tea than you would ever give thought to by just drinking it. It's simple and fun to try at home!



"How was it? There is a lot to learn about tea, isn't there? If you want to know even more about it, you should check out our home page."



"This was so much fun! Yes, we would love to learn more about Ujicha! Thank you, Dr. Ujicha!"

