

# History of Green Tea

## Introduction

The history of tea is long and fascinating. It has been consumed by humans since 7th century BC and was first used as a medicinal herb in China. The first commercial green tea came from Japan in 1610 AD, when Japanese Buddhist monks brought the leaves to Russia to cure their freezing cold winters. Then Dutch merchants brought them back to Europe where they became popular among rich society members who considered it exotic and delicious!

## The exact origin of tea drinking is unknown.

Tea drinking is certainly not a modern phenomenon. In fact, the exact origin of tea drinking is unknown and there are many competing theories. The first known use of tea as a medicinal drink occurred during the Tang Dynasty (618-907), an era when it was believed that consuming certain foods or herbs could help with digestion, sore throats and fevers. However, it wasn't until this time that large quantities of tea were consumed as we know them today without any additional flavoring agents added to them.

## In China, the story goes that a Chinese emperor was drinking hot water and some leaves came over from a nearby bush.

History does not record whether or not the emperor was Shennong, but it's safe to say that he did not actually drink green tea. The story is a myth, created by the Chinese government in order to promote tourism and encourage people to drink tea.

## Shennong, the legendary Chinese emperor who also has been credited with inventing agriculture, discovered tea as a beverage in 2737 BC.

Shennong, the legendary Chinese emperor who also has been credited with inventing agriculture, discovered tea as a beverage in 2737 BC. He was the first person to drink tea as a beverage.

Shennong's wife boiled water from boiled leaves from plants of wild tea trees and gave it to Shennong for his health. While this discovery may seem obvious now, at the time people had believed that all herbs were poisonous!

## It's said that he boiled his water to sterilize it but didn't get to drink it before the leaves blew into his cup.

In another story, Emperor Shennong is credited with boiling water to sterilize it and then drinking the beverage. However, in this version of events, he didn't get to consume his tea before leaves blew into his cup. The first known author of a book on tea drinking was the eighth-century scholar Lu Yu.

## The first known author of a book on tea drinking was the eighth-century scholar Lu Yu (AD 733–804).

Lu Yu (AD 733–804) was a scholar, writer, and poet. He wrote *The Classic of Tea* (Chájīng), the most influential book on tea drinking in China. In the book, Lu Yu describes how to properly prepare tea and different types of teas that were available at that time.

## Lu Yu wrote the classic “The Classic of Tea” which is still influential in China today.

Lu Yu's book is still influential in China today.

Lu Yu was a scholar who lived during the Tang Dynasty (618-907). His book is considered to be one of the most important books on tea in China, as it is still used as a reference by many Chinese scholars and writers today.

## During the Tang Dynasty (618-907) tea became popular among scholars for its ability to promote new ideas and enhance focus.

The Tang Dynasty was the golden age of Chinese culture, marked by a cultural and artistic renaissance. The government of the time encouraged innovation and progress, which led to advances in agriculture, technology and trade. At this time, tea became popular among scholars for its ability to promote new ideas and enhance focus.

During the Tang Dynasty (618-907), tea became popular among scholars for its ability to promote new ideas and enhance focus. It was also used as a social tool at parties or gatherings with friends or family members.

## Tea was grown and traded during the Song Dynasty (960-1279 AD) but by this time it had become more widely available to all classes of people in Chinese society.

The history of green tea as we know it today was largely shaped in China, where the plant first originated. The earliest recorded mention of tea dates back to 2737 BC during the time of Emperor Shennong, who wrote a book on agriculture that included information on the cultivation and processing of tea leaves.

The Tang Dynasty (618-907) was an era when tea drinking became more common for all classes of people in Chinese society. During this era, a monk named Lu Yu wrote about how much he enjoyed drinking and brewing

green tea. He also detailed what methods could be used to make fine green teas and described how they should be prepared with boiling water rather than steaming or roasting them like other forms of black teas were prepared at that time."

### **The Mongols brought tea into Russia during their occupation in the 1300s.**

The Mongols brought tea to Russia in the 1300s. The Mongols were a nomadic tribe from Mongolia, who occupied Russia for about 200 years. They were led by Genghis Khan and known for their horsemanship and archery skills.

### **Russian Orthodox priests considered coffee a Muslim drink so they didn't use coffee when they went to church. Instead, it was replaced by tea!**

In the 17th century, a Russian priest named Peter the Metropolitan wrote that the church had decided to ban coffee after finding out that it was an Islamic drink. "We have always considered this drink bitter and hateful," he said in a letter to Tsar Michael I.

Peter's reasoning for banning coffee from church services was that it might lead people away from Christianity and its teachings—and into Islam instead! But in reality, Peter just didn't like the taste of coffee at all. He thought it tasted too bitter for him to enjoy drinking during his daily worship service or reciting holy texts on Sundays; so he asked his parishioners not to bring any more cups into churches around Moscow while they were in session.

However, since tea wasn't as well-known as coffee yet (Russian Orthodox priests hadn't heard about this new beverage before Dutch merchants introduced them), they decided they would allow people who did want their caffeine fix during Sunday morning service times—as long as they drank their hot beverages out of teacups instead! This made some Russians happy because now they could enjoy both their favorite brews without worrying about breaking religious rules!

As time went by though... well...

### **In 1610, Dutch merchants first brought green tea from Japan to Europe where it quickly gained popularity among rich society members for being exotic and delicious.**

In 1610, Dutch merchants first brought green tea from Japan to Europe where it quickly gained popularity among rich society members for being exotic and delicious. However, the tea trade was slow to catch on in France, Germany and most of the rest of Europe (with the exception of England). In fact, many European countries were so slow to adopt green tea that they only did so during the 19th century.

As a result of this delayed interest in green tea consumption, there are few historical records regarding its use before 1700 AD.

### **Conclusion**

After the tea leaves are plucked, they must be dried immediately before they wilt and turn brown. The best way to dry them is on a screen made from bamboo or wood slats called a "dragon's tongue." The drying process takes about one week, after which the leaves can be ground into powder form for drinking or infused into water for steeping in hot water when preparing tea drinks like oolong (which means "black dragon").