

Discussion on the Development, Appreciation and Dissemination of Oolong Tea

Yuqing Zhou

School of Law, Jiangnan University, Wuhan, Hubei, 430056, China

Keywords: Oolong tea; Evolution; Tasting and appreciation; Dissemination

Abstract: Oolong leaves are fragrant, and Zen tea has a long taste. Oolong tea is one of the six characteristic teas in China, its selection of materials is rigorous, the production is fine, the finished product has elegant fruit flavor and floral aroma, after tasting the lips and teeth remain fragrant, and the aftertaste is sweet and mellow, with the magical effect of regulating blood lipids, refreshing the brain, weight loss and bodybuilding. This article reviews the historical evolution of oolong tea, introduces the tasting and appreciation methods of oolong tea, revisits the good memories of oolong tea dissemination in foreign exchanges, and expresses the deep blessing and expectation of oolong tea, the messenger of tea culture.

1. Introduction

Tea is the national drink of the Chinese nation, it originated in Shennong, famous in Lu Zhougong, popular in the Tang Dynasty, flourished in the Song Dynasty, and has a history of thousands of years. Tea culture is an integral part of China's excellent traditional culture [1]. A Tea Sutra by the famous Tang dynasty figure Lu Yu systematized tea culture, and Dr. Joseph Needham listed Chinese tea as the fifth major contribution to mankind after the Four Great Inventions. If tea is synonymous with Chinese culture, then oolong tea is the bright pearl in the crown of Chinese culture.

2. Evolution of Oolong Tea

Oolong tea, also known as green tea, English name oolong tea, semi-fermented tea, evolved from the Song Dynasty Gong tea dragon clump, phoenix cake, its production is quite legendary. According to "Fujian Tea Folklore" and other books, during the Yongzheng period of the Qing Dynasty, there was a retired general in Nanyan Village, Changkeng Township, Anxi County, Fujian Province, who was also a hunting expert, surnamed Su name Long, because he was dark and strong, and the villagers called him "oolong". One spring, Oolong hangs a tea basket on his waist and carries a shotgun up the mountain to pick tea. At noon, a mountain roe suddenly slipped by, and Oolong immediately raised his gun and shot. After being wounded, the mountain roe desperately fled to the mountain forest, and Oolong also followed closely and finally captured its prey. When the lights were on when the roe was carried home, Oolong and his family were so busy slaughtering and tasting the meat that they completely forgot about tea making. Early the next morning, the

whole family was busy stir-frying the "tea green" harvested yesterday. Unexpectedly, the tea leaves that have been placed overnight have been set with red edges and emitted a burst of fragrance, and when the tea leaves are made, the taste is particularly fragrant and strong, and there is no bitter taste in the past. Later, after careful pondering and trial and error, Oolong summarized a series of processes such as withering, shaking, semi-fermentation, and roasting to make green tea, and finally made new tea with excellent quality. In order to commemorate this event, the villagers named this type of tea after oolong, which is now called "oolong tea", and Anxi has also become a famous tea country for oolong tea.

The production of oolong tea requires special medium-leaf varieties such as narcissus, Tieguanyin, Cinnamomum cassia, Huangdan and Oolong, which are suitable for growing in warm and humid areas. The origin of Oolong tea is mainly concentrated in Fujian Province, Guangdong Province and Taiwan. Fujian is Min, Guangdong is Yue, and Taiwan is Tai for short. The homophone is "Mingyuetai". Therefore, it is said that "Only to be said come from Mingyuetai". Oolong tea production needs to choose a special tea variety and manufacturing process, different technology will lead to color, aroma, taste, shape of all-round differences, forming different quality styles. Oolong tea is semi-fermented tea. The first half of the processing technology is similar to black tea, and the second half is similar to green tea. The effective chemical ingredients contained in it are different from black and green tea, which have both the sweetness of black tea and the freshness of green tea [2], and have the reputation of "green leaf red edge".

The manufacturing process of oolong tea can be summarized into: withering, making green, stir-frying, kneading, drying, of which "making green" is the key process to form the unique quality characteristics of oolong tea, is the foundation for laying the aroma and taste of oolong tea. Different regions and varieties of oolong tea have different characteristics in their processing process, but they must select high-quality raw materials, strictly control picking standards, and grasp fine production processes in order to produce excellent quality oolong tea. Oolong tea has a clear aroma, mellow and fresh taste, and is rich in tea polyphenols, caffeine, polysaccharides, amino acids, minerals, vitamins and other nutrients [3]. Studies by Japanese scholars have shown that oolong tea has the effect of lowering blood lipids and preventing cardiovascular disease, and is especially suitable for middle-aged and elderly people. In addition, oolong tea also has many health effects such as delaying aging, improving energy metabolism, preventing dental caries, eliminating greasy, etc., and has high research value in the field of nutritional diet for diabetic patients and obese patients [4].

3. Methods of Tasting and Appreciation of Oolong Tea

The elegant name of tea drinking is sip tea. The literati like tea, thinking that drinking tea is elegant and resentful, and sip tea and fighting tea are a major elegant event in the life of the literati. The ancient literati were affectionate and sentimental, drinking tea and drinking to a proud place, it was inevitable that poetry would flourish and leave many good sentences. The earliest surviving tea poem in China is the "Petite Girl Poem" by the Western Jin Dynasty writer Zuo Si, which is concise and fresh, not conventional, and makes a good start for tea poetry; Fan Zhongyan's long poem "With Zhang Min Engaged in Tea Fighting Songs" in the Song Dynasty said: "The magical tea leaves by the stream are the first in the world, and it was planted by the immortals of Wuyi in ancient times." "The poet highly respected Wuyi tea, comparing Wuyi tea to immortal tea, and rated it as the first in the world; Ming dynasty painter Tang Bohu was keen on tea affairs, and once painted many famous paintings of Praise tea such as "Ming Shi Hua Juan", "Pin Cha Tu", "Qin Shi Tu", etc., and even personally inscribed "Hua Zhong Cha Shi" on "Pin Cha Tu", which later became the "best product" of the Qianlong Emperor's own inscription; In modern times, Marshal Zhu De

and Chen Yi of the People's Republic of China, and the famous literary artist Guo Moruo and others have written well-known tea verses, writing a new chapter for the thousand-year-old Chinese tea culture [5]. Among the many Praise tea poems, there are two amazing poems that are classic and evocative. One is "One Word to Seven Words" by the Tang Dynasty poet Yuan Zhen, also known as "Pagoda Poem", although the poem is limited by the "pagoda" in terms of layout, but the text is concise, neat, and catchy to read, vividly describing the form, function and people's love for tea; The other should belong to the Song Dynasty great writer Su Dongpo's palindromic tea poem "Remember the Dream Two", the words and sentences in the poem are read backwards into chapters, and the artistic conception is the same, with the beautiful artistic conception and high interest of "new emotions arise from the intention, and the intention is driven by new emotions".

Tasting and drinking oolong tea pays special attention to the word "taste". To achieve the realm of taste, first of all, we must choose excellent quality finished oolong tea. For example, the superior Tieguanyin, Golden Laurel, Wuyi Cinnamon, Phoenix Single Fir, Frozen Oolong, and Alpine Tea, etc.; Then, we need to prepare a special tea set. The most exquisite "Four Treasures of Cooking Tea" refers to Yushu Simmer, Chaoshan Furnace, Mengchen Jar and Ruochen Ou, mainly derived from a tea drinking habit, which is the habit of people in Fujian and Guangdong Chaoshan regions to sip oolong tea in small cups to appreciate the charm of tea. Most of the exquisite oolong tea sets used by general consumers are supporting Yixing, including teapots, tea cups, tea boats, tea moths and tea trays, etc., which are very elegant. When brewing tea, the amount of tea is relatively large, generally to fill half of the volume of the purple clay pot is appropriate, the amount of tea should also be changed according to the characteristics of different oolong tea and the degree of preference of tea tasters. The best water for brewing oolong tea is to use fine mountain spring water or treated tap water. Fuel can be hard charcoal or, in the case of elegant, olive kernels or dried sugar cane. Regarding the water temperature, it is generally required that the water boil and brew immediately. The higher the water temperature, the higher the leaching rate of the tea juice, the stronger the tea flavor and aroma, and the more you can taste and drink the unique charm of oolong tea. Oolong tea is relatively resistant to brewing, generally can be brewed 5 to 6 times, and still has a lingering fragrance. The length of brewing time should be from short to long, so that the concentration of tea soup brewed each time is basically the same, which is convenient for tasting, drinking and appreciating. There is a set of traditional methods for brewing oolong tea: "warm pot and hot cup, scrape foam and drizzle lid, high impact and low pouring, Guan Gong patrols the city, Han Xin orders troops", commonly known as the five tips for brewing tea. As soon as the tea is flushed into the cup, it should be sipped while hot, and a slight pause will affect the taste.

Oolong tea is called "Kung Fu Tea" by Chaoshan people because of its laborious brewing. Taste and drink oolong tea, mainly to taste its rich and fragrant unique aroma and mellow and sweet, infinite aftertaste, followed by observing its soup color, generally the brighter the soup color, the better. The unique processing technology of oolong tea makes it not only has the freshness and sweetness of green tea, the strength and thickness of black tea, but also has the fragrant fragrance of flower tea, which is worthy of being an exotic flower in the hundred gardens of Chinese tea. On a night with a bright moon and a fresh breeze, inviting two or three friends, sitting opposite each other, and sipping high-quality oolong tea in a small cup is not only to quench thirst, but also a wonderful artistic enjoyment.

4. External Dissemination of Oolong Tea

In the 90s of last century, a song "Qianmen Love Thoughts Big Bowl of Tea" sang the deep longing for the capital of the intellectual youth returning to the city, and sang the deep love of overseas travelers for their hometown, which has become a classic song sung by countless street

people till now. For Chinese, tea is one of the most representative cultural symbols, the most local way of life, a secret and unrepresented beauty feeling, a richness of nothingness, a fragrance after the mouth of clear tea, and an aesthetic way with color aroma taste on the outside, spirit, temperament and charm inside. Drinking tea is a kind of life and art, people who are accustomed to drinking tea are people who love life and know how to enjoy the art of tea tasting. For ordinary people, tea can enter the mundane dust. Tea in the "Firewood, Rice, Oil, Salt, Sauce, Vinegar, Tea", is closely related to life. Drinking tea makes people have a sense of steadiness without worrying about food or clothing; For the literati elegant figures, tea could also step out of the mundane dust. Tea in the "Qin, Go, Calligraphy, Drawing, Poetry, Wine, Tea", is the exquisite tea, without the slightest bit trace of secularism. Drinking tea is the main way to taste life and participate in Zen enlightenment.

When it comes to the dissemination of tea, the first thing that comes to mind is the Ancient Tea Horse Road. The Ancient Tea Horse Road refers to the private international trade channel that exists in southwest China, with horses as the main means of transportation, mainly derived from the trade of tea and Tubo good horses in the Han tea-producing areas of the Tang Dynasty, historically known as "Tea and Horse Mutual Market" or "Tea and Horse Mutual Trade", which has a history of 1,400 years. The Tea Horse Ancient Road is divided into two roads, Sichuan-Tibet Line (north) and Yunnan-Tibet Line (south), spanning Sichuan, Yunnan, Qinghai and Tibet, extending outward to South Asia, West Asia, Central Asia and Southeast Asia, as far as Europe, also known as the South Silk Road. It is both a commercial and a political bond. The "Tea and Horse Mutual Trade" has communicated the cultural exchanges between Tibetans, Han and other ethnic groups, and effectively promoted the economic development, market prosperity, ethnic unity and social progress of the Kang-Tibet region.

When it comes to the dissemination of tea, people naturally think of the connection between tea and religion. The spirit embodied in Chinese tea culture is widely and deeply related to the thought system of Confucianism, Buddhism and Taoism. The Chinese tea ceremony thought is formed by combining the essence of Confucianism, Buddhism and Taoism. From the Confucian harmony of moderation, the Buddhistic one unity taste of tea and Zen, to the Taoist unity of heaven and man, from the Islamic admiring of tea and prohibition of alcohol, to the Catholic spread of tea and advocacy of tea, China's tea culture spans thousands of mountains and rivers and spreads across all continents and seas.

Tea drinking began in China, flourished in Asia, and disseminated in the world. However, due to the different national customs of various countries, the cultural background and geographical environment are different, so the unique tea drinking customs of various countries have been formed. As far as oolong tea is concerned, it is mainly spread in Japan, Hong Kong, Macao and Southeast Asia, and is also popular in West Africa, South America, Eastern Europe and the United States in the 18th century. One of the most noteworthy is probably the Japanese tea ceremony. Tea ceremony, in fact, is to educate people in etiquette and moral cultivation through drinking tea. Japan is the country with the longest life expectancy in the world, ranking first in the world in terms of life expectancy for 15 consecutive years. The Japanese regard tea as "an elixir of longevity, a miracle medicine for prolonging age", "the hope of health, and the enjoyment of beauty". Although Japan's tea production is quite large, it cannot meet Japan's domestic demand, and Japan has to import a large amount from other countries. The Japanese tea ceremony was introduced from China, and after the development of several generations of senior monks, a variety of schools were formed, and its basic spirit was "harmony, respect, purity, and silence", which is in line with the Chinese tea ceremony of "emphasizing thrift, purity, harmony and quietness". The Japanese tea ceremony is a comprehensive artistic activity that follows the "Four Regulations" and "Seven Rules" [5].

Similar to the Japanese tea ceremony, tea ceremony has gradually become popular in Chinese business and diplomatic circles in recent years. Just as "Going out" with more and more Chinese

culture has become a bridge between China and the world, "Tea narration" has become a communication link for China to "Invite in". In 2011, Pearl Buck Tieguanyin Global Appreciation under Fujian Bama Tea Co., Ltd. set off from Quanzhou to 36 cities in 17 countries such as the United States, Britain and France. In 2018, following the pace of Bama's "National tea strategy", the Pearl Buck Tieguanyin Global Appreciation Conference was upgraded to the East Lake Light Global Tour Appreciation Conference, which started the road to the national tea world of "drinking well for you, drinking well for China, and drinking well for the world" ; In 2017, the 3rd Maritime Silk Road International Arts Festival set off a cultural carnival in Quanzhou, and Fujian Ba Ma Tea Industry, as the only designated tea partner of the Maritime Silk Road International Art Festival, entertained opinion leaders from more than 30 countries and regions along the Maritime Silk Road with cups of Chinese tea, reawakening the splendor and charm of Chinese tea on the Maritime Silk Road; In September 2017, the 9th BRICS Summit was held in Xiamen, and the Huaxiangyuan State Guest Tea was tasted by the heads of state and their wives at the same time, and received wide praise from foreign guests. After the BRICS Xiamen meeting, Huaxiangyuan has appeared on the international stage many times, and continues to serve six important international conferences, including the "Baoyunlou" Tea Narrative, the Tea Narrative of the Chinese and British leaders and couples, the China-DPRK Tea Narrative, the SCO Summit, and the Beijing Summit of the Forum on China-Africa Cooperation. In just over a year, State Guest Tea has helped "Tea diplomacy" seven times and become a national gift three times, creating a landmark event for Chinese oolong tea[6]; The Sino-Indian East Lake Tea Narrative in April 2018 and the Yuyuan Garden Tea Narrative in November 2019 have successively become the best interpretations of communication and hospitality etiquette in traditional Chinese culture. On May 21, 2020, the first "International Tea Day" designated by the United Nations, President Xi Jinping sent a letter to the "International Tea Day" series of activities and expressed warm congratulations. Xi Jinping pointed out that tea originated in China and prevailed in the world. The establishment of "International Tea Day" by the United Nations reflects the recognition and attention of the international community to the value of tea, and is of great significance to revitalize the tea industry and promote tea culture. As a major tea producer and consumer, China is willing to work with all parties to promote the sustainable and healthy development of the global tea industry, deepen tea cultural exchanges and integration, learn from each other, and let more people know tea, love tea, taste tea and enjoy a better life.

5. Conclusion

Tea, with a long charm, exudes the unique fragrance of the Chinese nation; Tea, with an ethereal aroma, is full of the rich cultural heritage of the ancient oriental countries. Tea is a symbol of courtesy and friendship, and tea is a messenger of closeness and harmony. Meet friends with tea, comfort and smooth mood, tasting tea and asking Tao, elegant and common people appreciate together. "Tea is a person's carnival, wine is the loneliness of a group of people." There is a teacher's tea shop called "Tasting Tea and Inquiring Set", which is an excellent title for this teacher to deeply appreciate the essence of tea art.

China is the hometown of tea. Tea culture contains people's pursuit of truth, goodness and beauty. It is the bond of unity, friendship and cooperation. It is also the common wealth of mankind. In the context of the national "One Belt, One Road" strategy, Chinese oolong tea should be used as a messenger of "Peace" and "Friendship", riding the east wind of international exchanges to the world, so that the aroma of tea floats to every corner of the global village, and at the same time disseminate Chinese tea culture to all directions.

References

- [1] Mei Y., Zhang S., Li J. H. (2022) "Investigation Report on Production and Marketing of Oolong Tea in China during the 13th Five-Year Plan Period". *Tea Processing in China*. 2, 14-21.
- [2] Liu X. H., Wang Q., Deng S. H., Dong H. Y., Zhou X. R., et al.(2022) "Research on the Quality of Different Grades of Soft Branch Oolong Tea". *Journal of Yunnan Agricultural University (Natural Science Edition)*. 3, 464-470.
- [3] Chen F. Z. (2022) "Effect of Baking Temperature of Oolong Tea Refining Process on Quality of Finished Tea". *Silkworm, Mulberry and Tea Newsletter*. 6, 26-29.
- [4] Sun M., Qiu G. X., Li J. X., Zhong Y. S., Chen F. Y., et al. (2022) "Study on the Stability of Bioactive Substances in the Process of Making Mulberry Leaf Oolong Tea". *Guangdong Sericulture*. 11, 1-6, 16.
- [5] *Hundred books in the Huaxia Collection*. "Tea Ceremony". Jilin Photography Publishing House, 2009.
- [6] Online view of constant business. *Consumer Daily Gansu Reporters Station*. "Shengshi Tea Narrative" *Huaxiangyuan State Guest Tea Tasting Meeting" Ming" moving Shijiazhuang*. NetEase Home, 2018.05.23.