Four new ways of serving
Japanese green tea

Selected by Pearl Dexter (Editor/Publisher of TEA A MAGAZINE®)
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A cup of humanity
Well-loved in Japan, green tea is said to bring balance to your mind and body. For over 1,000 years Japanese people have read poetry, engaged in cultured conversation, and took part in artistic endeavors while savoring a cup of green tea.

Chado, the Japanese tea ceremony, was developed after Zen Buddhism was introduced to Japan. In Zen Buddhism, the monastery was the center of religious life. Those who wished to strive for enlightenment were required to leave their home and family and into the monkhood, where they underwent rigorous spiritual training. However, about 500 years ago, the tea ceremony was developed. This enabled anyone to engage in Zen spiritual practice in their daily lives through the ordinary act of drinking tea. It was groundbreaking idea which allowed anyone to strive for enlightenment— simply by drinking green tea.

“Four new ways of serving Japanese green tea” is based on 和敬静寂 wa-kei-sei-jaku— four important words representing the principles of Japanese tea. Wa means to harmonize with others and nature. Kei means to respect and accept others. Sei represents purity of heart. Jaku means tranquility and peacefulness.
**Wa ~Kawaii Set**

**Set includes:** one small teapot and teacup in silk pouch or small tea box.

A Great Introduction to Japanese tea. Easily portable.

**Recommended Japanese tea:** Cold gyokuro / sencha / fukamushi-sencha

**Brewing instructions**
1. Pour four grams or two heaping teaspoons of tea leaves into tea pot.
2. Pour one small cup of water into tea pot.
3. Steep for two minutes, and then pour into cup. Have some sweets while waiting for the tea to steep.
4. For the second infusion, try it with hot water for a different taste and aroma.

**Kei ~Cha-Kabuki Set**

**Set includes:** two teacups, one tray and one pair of chopsticks.

**Cha-kabuki** is a contest in which participants taste different varieties of teas and try to guess what they are. It was popular among the Japanese aristocracy in the 1400s. Today it is practiced as part of the tea ceremony, as well as among tea experts to refine their skills in distinguishing between tea varieties.

**Serving Methods**
Have your guests participate in a friendly contest. Serve the teas to them without telling them the type, and have them try to guess what they are.

**Recommended Combinations of Japanese tea**

**For the beginner**
Sencha and fukamushi-sencha, houji-cha and genmai-cha

**For the expert**
Sencha and gyokuro, sencha first flush and sencha second flush, sencha and kuki-cha, two different blends of fukamushi-sencha, fukamushi-sencha and genmai-cha with Matcha
Sei ~Aroma Set

A) Roasted tea
Set includes: one lidless teapot and one aroma pot or tea roaster.

Use an aroma pot or tea roaster to roast your own tea and enjoy its full aroma. By using a lidless teapot, the aroma becomes more intense.

Just like coffee, the aroma of Japanese tea is best right after it is roasted. And by roasting tea that has lost its freshness, you can restore its aroma and taste.

Recommended Japanese tea: Kuki-cha, sencha, houji-cha

B) Flavored tea
Set includes: one tea bowl and flavoring.

Experience the fun of making your own flavored teas.

Serve on a small tray with the flavor ingredients. First place powdered tea or tea bag in the bowl with a spoon and then pour in hot water. Next add flavoring to taste and drink the beverage.

Recommended Japanese tea: Powdered sencha, matcha, Sencha tea bags

Jaku ~Zen Set

Set includes: one teapot, one yuzamashi (water cooler), teacups and chataku (saucer).

A basic, traditional method for preparing and serving tea with traditional tea implements.

Recommended Japanese tea: Sencha (Gyokuro or fukamushi-sencha)
Brewing instructions

1. Pour boiling water into teapot.

2. Pour hot water into the yuzamashi from teapot.

3. Pour hot water into the teacups from the yuzamashi.

4. Place tea leaves into teapot.
   (Loose tea: 2 grams or 1 level teaspoon)

5. Pour hot water into teapot from cups.
   Steep around 90 seconds for sencha.
   (120 seconds for Gyouro, 45 seconds for fukamushi-sencha)
   * During this time, please meditate for 90 seconds.
   Relax, quiet your mind, and listen carefully to the sound of
   the tea leaves slowly opening.

6. Pour a little tea at a time into each cup to ensure that the richer tea at the bottom of the pot will be distributed evenly. Pour the tea to the last drop.

7. For the second and third infusions, pour somewhat hotter water and steep for a shorter amount of time.

Published by: Office of Tea and Agricultural Production, Shizuoka Prefectural Government
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