

## Unit 4

### Reading A

#### Chinese Tea 《中国茶》

1 Chinese people are believed to have enjoyed tea drinking for more than 4, 000 years. Legend has it that Yan Di, one of the three rulers in ancient times, tasted all kinds of herbs to find medical cures. One day, as he was being poisoned by some herb he had ingested, a drop of water from a tea tree dripped into his mouth and he was saved. For a long time, tea was used as an herbal medicine. During the Western Zhou Dynasty, it was a religious offering. During the Spring and Autumn Period, people ate fresh tea leaves as vegetables. With the popularization of Buddhism from the Three Kingdoms to the Northern and Southern Dynasties, the refreshing effect of tea made it a favorite among monks in Za-Zen meditation.

中国人被认为饮茶已有四千多年的历史。传说古代三皇之一的炎帝尝遍百草以寻医药。有一天，他因误食一种草药而中毒，这时一棵茶树上的一滴水落入他的口中，他得救了。在很长一段时间里，茶被用作草药。在西周时期，它是一种宗教祭品。在春秋时期，人们把新鲜茶叶当作蔬菜食用。从三国到南北朝，随着佛教的普及，茶的提神功效使其成为坐禅冥想的僧侣们的最爱。

2 Tea as a drink prospered during the Tang Dynasty, and tea houses became popular. A major event of this time was the completion of Tea Classics, the cornerstone of Chinese tea culture, by Lu Yu, Tea Sage of China. This little book details rules concerning various aspects of tea, such as growth areas for tea trees, wares and skills for processing and tasting of tea, the history of Chinese tea and quotations from other records, comments on tea from various places, and notes on when tea wares should be complete and when some wares could be omitted.

茶作为饮品在唐代兴盛起来，茶馆也开始流行。这一时期的一件大事是中国茶圣陆羽完成了《茶经》，它是中国茶文化的基石。这本小书详细记载了有关茶的各个方面的规则，如茶树的生长区域、茶叶加工和品尝的器具及技巧、中国茶的历史以及其他记载中的引文、各地对茶的评价，还有关于何时茶具应齐全以及何时可以省略一些茶具的说明。

3 Tinted by the cultural style of the Song Dynasty, tea culture at this time was delicate and sumptuous. New skills created many different ways to enjoy tea. The Ming Dynasty laid the foundation for tea processing, types and drinking styles that we have inherited.

受到宋代文化风格的影响，这一时期的茶文化精致而奢华。新的技艺创造了许多不同的品茶方式。明代为我们所继承的茶叶加工方法、茶叶种类和饮用风格奠定了基础。

4 During the Qing Dynasty folk art entered tea houses, making them popular entertainment centers. This habit is still practiced in Chengdu, Sichuan Province.

在清朝，民间艺术进入茶馆，使茶馆成为受欢迎的娱乐中心。这种习惯在四川省成都市仍然存在。

5 During the Tang Dynasty, a Japanese monk brought tea seeds from Zhejiang Province to Japan. Later in the Southern Song Dynasty, Zen masters brought tea procedures and wares from China to Japan, promoting the initiation of the Japanese tea ceremony. In the Song Dynasty, Arabic

merchants exported tea from Quanzhou, Fujian Province. In the Ming Dynasty, tea was sold to Southeast Asian and South African countries. In 1610 it went to Europe via Macau in a Dutch merchant ship. Thus it became an international drink.

在唐代，一位日本僧人从浙江省将茶籽带到日本。后来在南宋时期，禅师们从中国将茶艺和茶具带到日本，推动了日本茶道的兴起。在宋代，阿拉伯商人从福建泉州出口茶叶。在明代，茶叶被销往东南亚和南非国家。1610 年，茶叶通过一艘荷兰商船经澳门运往欧洲。由此，茶成为了一种国际饮品。

### Tea Classification 茶的分类

6 There is no agreement on the classification of tea. It can be classified by procedure, quality, preparation methods, and so on. Here it is classified by the method of processing.

对于茶的分类并没有统一的标准。它可以根据制作工序、品质、冲泡方法等进行分类。在这里，我们根据加工方法对茶进行分类。

### Green Tea 绿茶

7 It is most popular in most places in China. It is the best drink for sultry summers as it is cool and fights off inflammation, or relieves fever.

8 Fresh tea leaves are baked to remove the bitter taste. Quality green tea is picked around Pure Brightness (beginning around April 4–6) and Grain Rain(beginning around April 19–21). The tea water is clear and the leaves remain green.

它在中国大部分地区都很受欢迎。它是闷热夏天的最佳饮品，因为它清凉且能消炎或退热。

9 The temperature of tea water should be varied according to the type of green tea. Generally, it is the best if the water temperature is of 85 Celsius degree.

绿茶的水温应根据绿茶的种类而有所不同。一般来说，水温在 85 摄氏度时效果最佳。

10 Well known types of green tea include Longjing from the West Lake, Biluochun from Wu County, Suzhou, Jiangsu Province, Huangshan Maofeng from Mt. Huangshan in Anhui, and Junshan Silver from the Hills of Junshan, Dongting Lake, Hunan Province.

11 The tonic effect of green tea has long been known. Its radiation-resistance effect makes it a top choice for people who sit before computers for long hours. Since it reportedly helps keep one fit and has a whitening effect on skin color, women love it very much.

绿茶的滋补功效早已为人所知。它的抗辐射作用使其成为长时间坐在电脑前的人的首选。由于据说它有助于保持身材并对肤色有美白效果，所以深受女性喜爱。

### Black Tea 红茶

12 Black tea is fermented tea. Unlike green tea, it does not lose its fragrance easily so it is suitable for long-distance transportation. This may explain why it was exported to the West. It is believed to warm the stomach and is good in autumn and winter.

红茶是发酵茶。与绿茶不同，它不容易失去香气，因此适合长途运输。这也许可以解释为什

么它被出口到西方。人们认为红茶暖胃，在秋冬季节饮用为佳。

13 The most famous black tea include Qi Hong, Dian Hong and Ying Hong. Hong means red. It is called Hong Cha, red tea, in Chinese.

最著名的红茶有祁红、滇红和英红。“红”的意思是“红色”。它在中文里被称为“红茶”。

14 Qi Hong originates from Qimen, Anhui Province. It has been the favorite black tea among Chinese black tea connoisseurs since it was developed in 1876. By 1939 this type had accounted for one-third of the black tea consumed in China. Qi Hong, Darjeeling from India and Uva from Sri Lanka are the world's three major types of black tea.

祁红原产于安徽省祁门县。自 1876 年创制以来，一直是中国红茶爱好者最喜爱的红茶。到 1939 年，这种红茶在中国红茶消费中占三分之一。祁红、印度的大吉岭红茶和斯里兰卡的乌瓦红茶是世界三大红茶。

15 Dian Hong is from Yunnan as Dian is the short name for Yunnan. The area's favorable climate ensures the widespread production of black tea, especially in southern and western areas.

滇红产自云南，“滇”是云南的简称。该地区良好的气候确保了红茶的广泛生产，尤其是在南部和西部地区。

16 Ying Hong is from Yingde, Guangdong. The British royal family enjoyed its unique sweetness with the flavor of milk.

英红产自广东英德。英国王室喜爱它带有牛奶风味的独特甜味。

17 Oolong tea reminds tea gourmets of gongfu tea, which features a whole set of tea wares from a small oven to a pot and tiny cups. Gongfu means skill. Tea is poured into tiny cups one by one. The mellowness of oolong tea as well as that of friendship is strengthened as time passes by. The three major oolong growth areas are Fujian, Guangdong, and Taiwan. Tieguanyin has become the representative of oolong tea although the most precious is Dahongpao (Big Red Robe), which was once used as a tribute.

乌龙茶会让茶客们想起功夫茶，功夫茶以一整套茶具为特色，从小火炉到茶壶再到小茶杯。“功夫”的意思是技艺。茶被逐一倒入小茶杯中。随着时间的流逝，乌龙茶的醇厚以及友谊的醇厚都在不断加深。乌龙茶的三大产地是福建、广东和台湾。铁观音已成为乌龙茶的代表，尽管最珍贵的是大红袍，它曾被用作贡品。

18 Tea compressed into the shape of brick is called brick tea. It is very popular among the Tibetan, Mongolian and Uygur for making yak butter tea or milk tea. For nomads, it is easy to transport. There are many places in China producing brick tea, including Hunan, Hubei, Sichuan, Yunnan and Guangxi Zhuang Autonomous Region. Sichuan is the largest producer, while Pu-erh tea is grown in Yunnan province. Pu-erh has come into vogue among white-collar workers in major cities owing to its unique earthy mellowness.

压制成砖状的茶被称为砖茶。它在藏族、蒙古族和维吾尔族中非常受欢迎，用于制作酥油茶或奶茶。对于游牧民族来说，它易于运输。中国有很多地方生产砖茶，包括湖南、湖北、四川、云南和广西壮族自治区。四川是最大的生产地，而普洱茶产自云南省。由于其独特的醇厚土香，普洱茶在大城市的白领中流行起来。

19 Scented tea is a mixture of flowers with green tea, black tea or oolong tea. The flowers include jasmine, orchid, plum, gardenia, rose, and sweet-scented osmanthus with jasmine being the most popular. There are strict rules about the proportion of flowers to tea. If there are too many flowers, the scent off lowers will dilute that of tea; if too few, the tea is not perfect. Scented tea is sweet, pleasant and delightful to the palate. Fuzhou in Fujian Province and Suzhou in Jiangsu Province have long been famous for jasmine tea.

花茶是由鲜花与绿茶、红茶或乌龙茶混合而成。花的种类包括茉莉花、兰花、梅花、栀子花、玫瑰和桂花等，其中茉莉花最为常见。花与茶的比例有严格的规定。如果花太多，花的香味会冲淡茶的香味；如果花太少，茶就不完美。花茶香甜可口，令人愉悦。福建省福州市和江苏省苏州市长期以来以茉莉花茶而闻名。

20 The Chinese have a saying: "Firewood, rice, oil, salt, sauce, vinegar and tea are the seven necessities to begin a day." Though tea is last on the list, we still can see its importance in daily life.

中国人有句话：“柴、米、油、盐、酱、醋、茶是开启一天的七件必需品。”虽然茶在列表中排在最后，但我们仍然可以看到它在日常生活中的重要性。

21 A simple meal in Chinese is Cu Cha Dan Fan, namely coarse tea and bland dinner. Even a simple meal is finished off with tea, so its importance is obvious.

在中国，“粗茶淡饭”这个词表示简单的饮食，即粗糙的茶和清淡的饭菜。即使是一顿简单的饭菜也要以茶来收尾，所以茶的重要性显而易见。

22 For the Chinese, tea drinking and tasting are not the same. Tea drinking is for refreshment and tonic effect. Tea tasting has cultural meaning. Tea and tea wares should match surrounding elements such as breeze, bright moon, pines, bamboo, plums and snow. All these show the ultimate goal of Chinese culture: the harmonious unity of human beings with nature.

对中国人来说，喝茶与品茶是不一样的。喝茶是为了提神和滋补功效。品茶则具有文化意义。茶与茶具应与微风、明月、松树、竹子、梅花、白雪等周围元素相匹配。所有这些都体现了中国文化的终极目标：人与自然的和谐统一。

23 Tea is compared to personal character. Its fragrance is not aggressive; it is pleasant and lasting. A friendship between gentlemen is also like a cup of tea. With a cup of tea in hand, enjoying the green leaves in a white porcelain cup, you will feel peace. Fame, wealth and other earthly concerns are far away. It is the symbol of elegance.

茶被比作人的品格。它的香气不具攻击性，令人愉悦且持久。君子之交也如一杯茶。手持一杯茶，看着白瓷杯中的绿叶，你会感到宁静。名利和其他世俗的忧虑都离得很远。它是优雅的象征。

24 Tea is regarded as the most Zen-like drink. As early as in the Tang Dynasty, a reputed Zen master answered three monks of different status with "Go and have your cup of tea!" This same answer was meant to clear up the perceived inequality among monks. After all, we all are born equal.

茶被视为最具禅意的饮品。早在唐代，一位著名的禅师以“吃茶去”回答三位不同身份的僧人，

意在消除僧人们心中的不平等观念。毕竟，我们生来平等。

25 Aside from mention in specific how-to books, tea is frequently discussed in poems and novels and appears in paintings.

除了在特定的指南书籍中被提及之外，茶也经常在诗歌、小说中被讨论，并出现在绘画里。

26 In *The Dream of the Red Chamber*, one of the four ancient Chinese classic novels, the author, Cao Xueqin revealed his knowledge of and insight into tea, as well as his knowledge of the tea-drinking customs of the Qing Dynasty.

在中国四大古典小说之一的《红楼梦》中，作者曹雪芹展示了他对茶的了解和见解，以及对清朝饮茶习俗的认识。

27 People of varying ages or status had tea made with different water in various wares. Miao Yu, a nun in the novel, treated her aristocratic friends with either well-preserved rainwater from the previous summer or with snow water collected from snow on plum blossoms! This tasteful interest was a privilege of the past when the air was free of pollutants.

不同年龄或地位的人用不同的水在各种器具中泡茶。小说中的尼姑妙玉用保存完好的去年夏天的雨水或者从梅花上收集的雪水来招待她的贵族朋友们！这种有品位的雅趣在过去空气没有污染物的时候是一种特权。

28 We also find from the novel that Thai tea was imported to China and enjoyed by the rich. One of the heroines from the wealthiest family in the city was bold enough to dislike this; the rebellious hero also made negative comments about the tea. Maybe it had less to do with its taste than with their psychological makeup.

我们也从小说中发现，泰茶被进口到中国并受到富人的喜爱。城中最富有家庭的一位女主人公大胆地表示不喜欢这种茶；叛逆的男主人公也对这种茶发表了负面评价。也许这与其说是与茶的味道有关，不如说是与他们的心理构成有关。

29 Tea is a mysterious but harmonious combination; it is spiritual as well as material, and invigorating as well as pacifying. Its character is variable in different environments. For example, when it goes in a different direction, a different tea culture is formed. In Japan, the rigorous tea ceremony reflects the nation's character of making full use of resources, and here tea also represents peace of mind. In the West, tea with sugar and milk may be served with desserts to create a leisurely and romantic atmosphere.

茶是一种神秘而和谐的组合；它既具精神性又具物质性，既令人振奋又使人平静。它的特性在不同的环境中是多变的。例如，当它朝着不同的方向发展时，就会形成不同的茶文化。在日本，严谨的茶道反映了这个国家充分利用资源的性格，在这里茶也代表着内心的宁静。在西方，加糖和牛奶的茶可能会与甜点一起供应，营造出悠闲浪漫的氛围。

30 Similarly, tea-drinking habits vary in different parts of China. Roughly, scented tea is popular in northern China; green tea is preferred in eastern China, and black tea is optimum for people in Fujian and Guangdong.

同样，在中国的不同地区，饮茶习惯也各不相同。大致来说，花茶在中国北方很受欢迎；绿茶在中国东部更受青睐；而红茶则最适合福建和广东的人们。

31 Notably, tea drinking is very popular in Hong Kong and Guangdong Province. Though dim sum, the true highlight of Yum Cha, is what attracts gourmets, tea is an essential part of the meal. 值得注意的是，喝茶在香港和广东省非常流行。虽然点心是饮早茶的真正亮点并吸引着美食家们，但茶也是这一餐中必不可少的一部分。