



The British Tea History

History of tea in China 🇨🇳, India 🇮🇳 and Britain 🇬🇧



- The history of tea dates back to ancient China, almost 5,000 years ago. According to legend, in 2732 B.C. Emperor Shen Nong discovered tea when leaves from a wild tree blew into a pot of boiling water in his garden. Finding the flavor enjoyable, he is said to have begun researching the plant. From the 4th to the 8th century, the popularity of tea in China increased rapidly. Tea was no longer used only for its medicinal properties, it was now enjoyed for daily pleasure and refreshment. As tea plantations spread throughout China, tea merchants became wealthy and elegant tea wares became a guarantee of wealth and status for their owners.





Chinese tea helps speed up the process of burning fat. It helps you gain muscle and increase your muscle endurance in the process. Increased muscular endurance has many benefits that include reducing the risk of injury, increase in confidence, and increase in physical abilities. When the emperor discover the health benefits of tea he renewed the Classic Chinese Medecine ! That was very important for the war. Chinese tea was use to heal common cold also.



How the tea came to India ?

- The tea adventure in India began in 1834, when the famous East India Company, founded by Queen Elizabeth I in 1600, lost its monopoly on Chinese tea imports. The British therefore sought to develop their own tea production in their Indian colonies, following the example of the Dutch in Indonesia. They identified an indigenous variety of tea plant, which grew in the Assam region. Until then, its leaf was only used as a remedy by the Indians. The first attempts to produce tea in large quantities from *camellia sinensis assamica* were however a failure: the English realized that they would need the technical knowledge and experience of the Chinese concerning the cultivation of tea.

It is thus after an extensive spying mission that the Scotsman Robert Fortune returns from China with 20,000 tea plants and nearly 100 skilled Chinese workers. He chose the region around the city of Darjeeling, in the foothills of the Himalayas, to plant the first gardens of the Chinese tea variety: *camellia sinensis*.



Lilye et Joseph

CEYLON TEA

Ceylon tea is both the brand of tea which is produced in Sri Lanka and a historic term describing tea from that land. Ceylon tea has been described as not only a geographical descriptor but also a pillar of Sri Lanka culture, heritage, and identity. The Sri Lanka Tea Board is the legal proprietor of the Lion Logo of Ceylon tea. In 2019, Sri Lanka was the fourth largest tea producer and the third largest tea exporter in the world. The Lion Logo has been registered in 98 countries as of 2016. Ceylon tea increasingly faces rising production costs, mainly due to increasing wages, fuel prices, and utility costs.



Lilye et Joseph

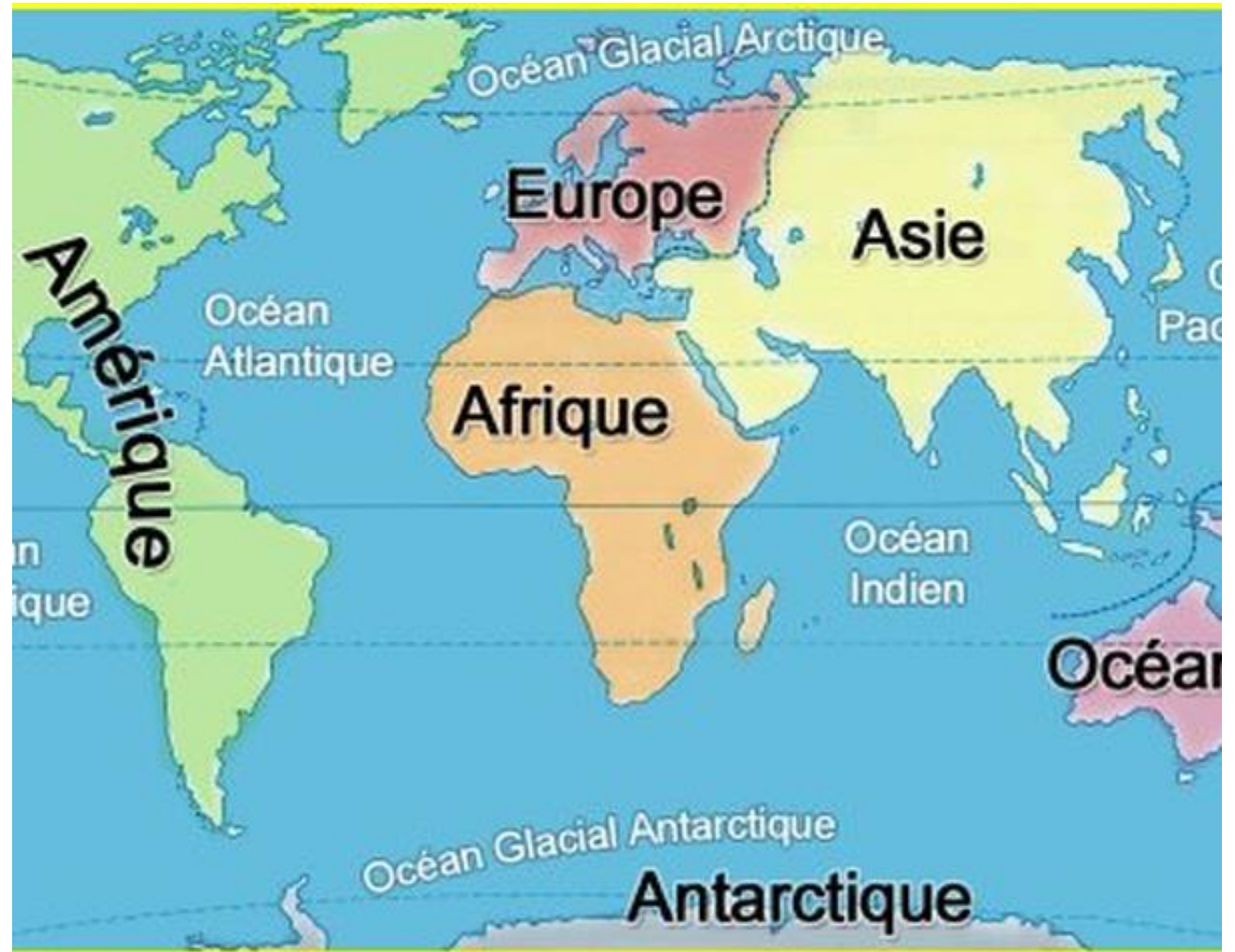


Lilye et Joseph



Tea war

According to legend, while Emperor Shennong was boiling water under the shelter of a tree to quench his thirst, a light breeze stirred the branches and loosened some leaves.



They mixed with the water and gave it a color and a delicate fragrance.



It was Thomas Sullivan, merchant and distributor of tea in New York, who was at the initiative of the first tea bags.

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- In June 1908, when he had to send samples for his customers, he had the idea of placing a few tea leaves in small silk bags for transport.





- It seems that some of them did not fully understand the process and plunged the whole thing into hot water, rather than extracting the contents.



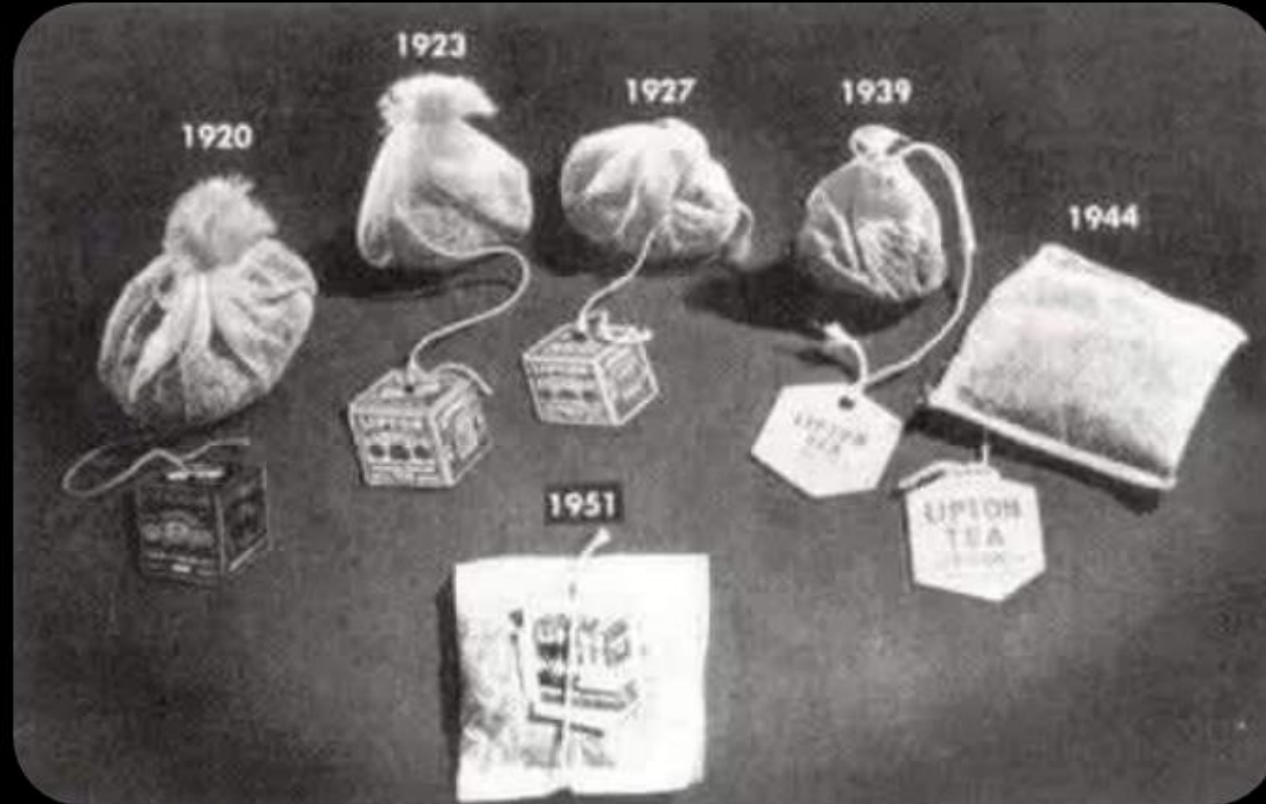
The arrival of tea in Great Britain in the 17th century changed the nation's drinking habits forever




The late 18th century saw black tea first overtake green tea in popularity, which also accelerated the addition of milk.



In the 19th century, large-scale tea cultivation in India began, which led to Indian tea imports to Britain exceeding Chinese tea imports.

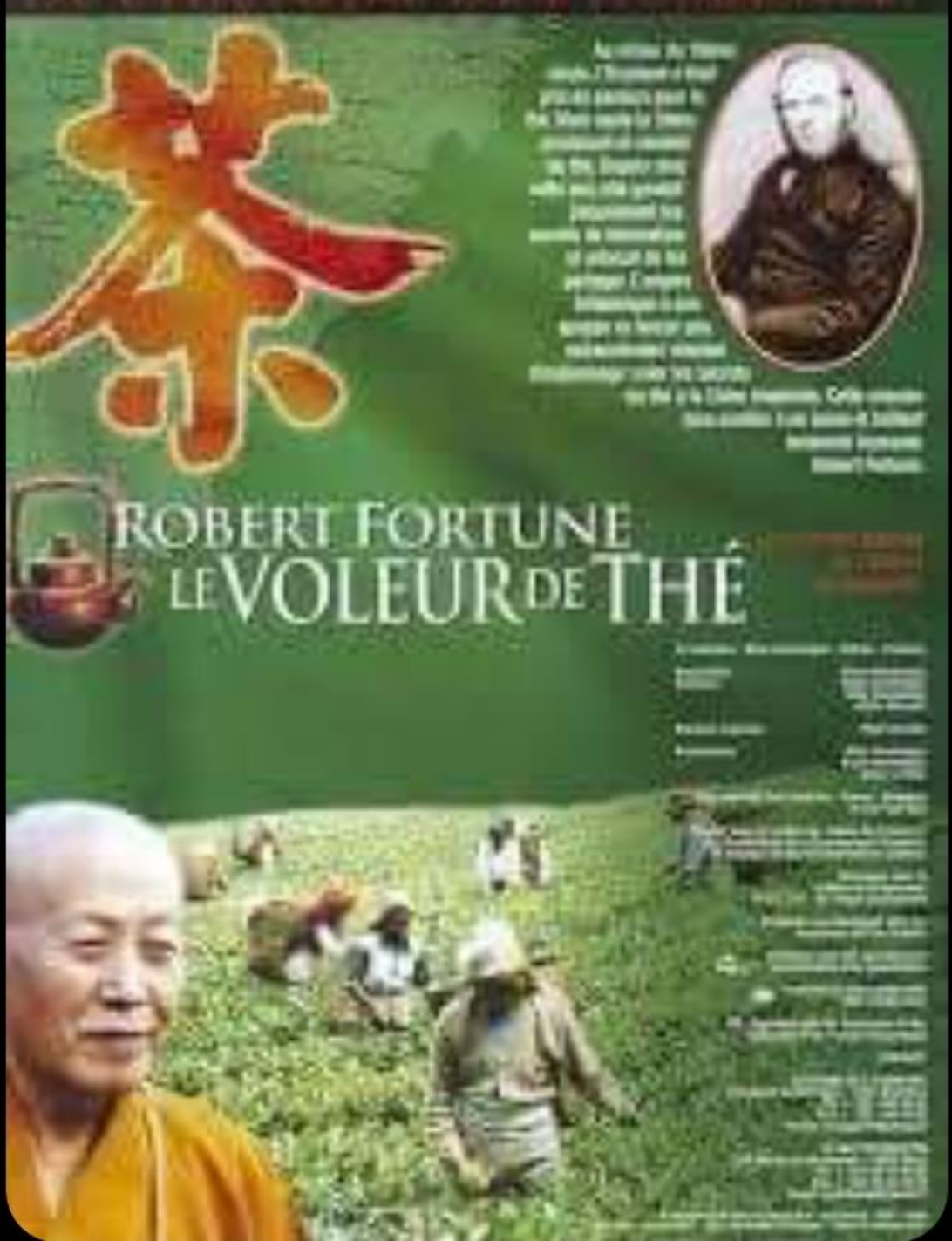


And in the 20th century, there was another development that would radically change our tea drinking habits – the invention of the tea bag.



They succeeded and it brought about a change of destiny for both empires.

Andréane et Johnaisca



- The Chinese were exchanging the tea with the British for money and at one point they noticed that they were going to have a financial crisis and the British entrusted the mission of stealing the tea plant to Robert fortune a botanist spy hired by the British East India Company.

To have been established in the 19th century by the seventh Duchess of Bedford.



- It is a custom that is said At the time, people ate lunch very early and supper very late, and the Duchess had gotten into the habit of enjoying a cup of tea accompanied by a snack between three and four o'clock in the afternoon.



THE DIFFERENCES BETWEEN HIGH TEA AND LOW TEA



What is high tea ?

- It was taken by the workers when they left the factories
- It was consumed around 5p.m and 7p.m
- This tea served as an accompaniment to the meal
- It was served on a high table with high-chairs





WHAT IS LOW TEA/ AFTERNOON TEA ?

This tea is from the Upper class

It was consumed around 4 p.m and 6 p.m

It is accompanied by finger sandwiches, scones, sweets,...

The low tea was taken on low tables

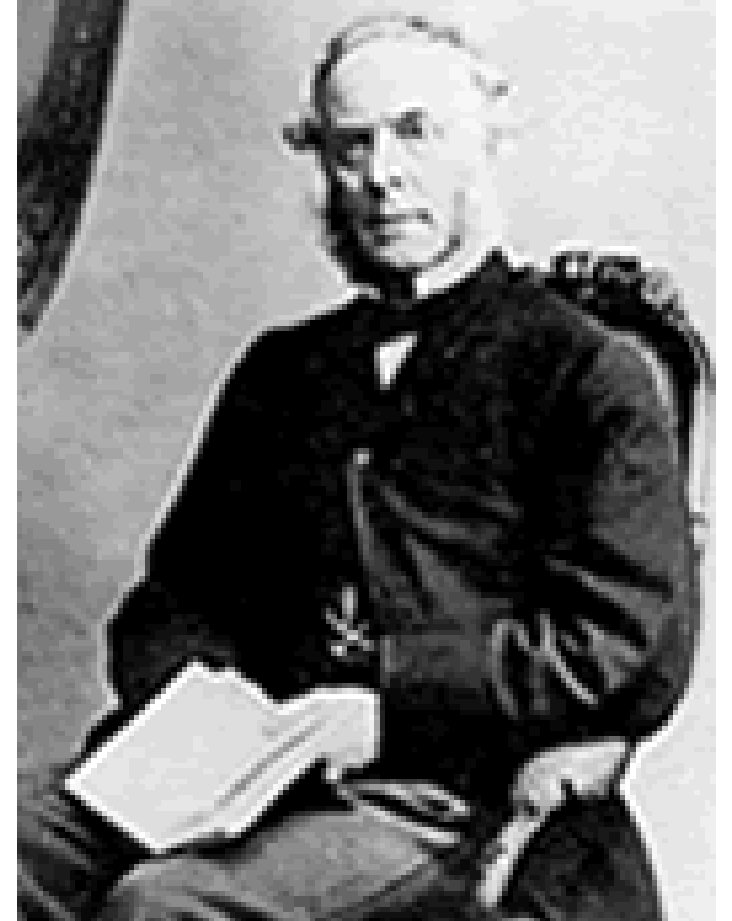
Recipe : cookie scones

- **Ingredients : (6 persons)**
- Soft butter : 150g
- Flour : 450g
- Baking powder : 1 bag
- Sugar : 2 c at s (tablespoon)
- Eggs : 2
- Milk : 6 c at s (tablespoon)



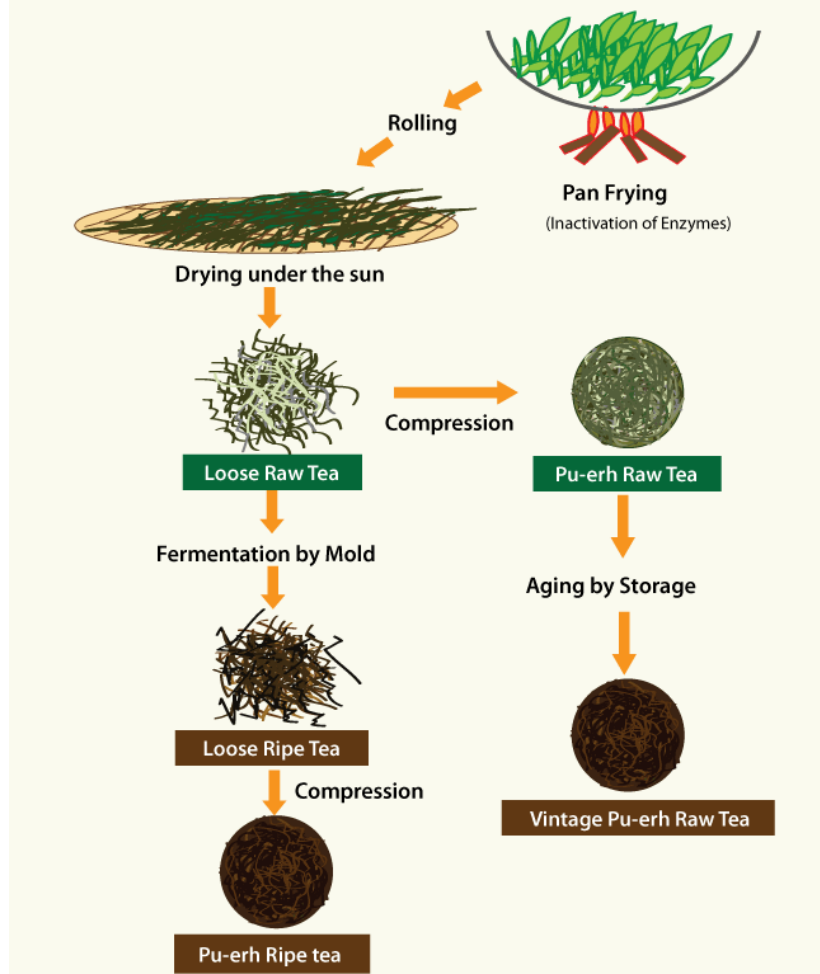


How tea leaves have
been processed
since the time of
Robert Fortune



Émilie et Irène

■ The Process of Pu-erh Raw Tea and Ripe Tea



The processing of tea leaves used since the time of Robert Fortune is to dry the leaves. The dry leaves harvest must first be worked by the tea leaf pickers to become green and black tea. Everything is made by hand at the time.

How do they dry the tea ?



After wilting, they leave the leaves for several hours at room temperature, stirring occasionally with a large wooden spatula. Once the edges of the leaves turn brown, they dry the tea on a baking sheet in an oven at 250 degrees for 20 minutes.

Which trind of condition the tea grows?

- Tea needs a lot of sunlight and significant rainfall of between 1000 – 1700mm per year. In addition, rain must be distributed throughout the year. In some areas, tea fields are irrigated at the beginning of the seasons.

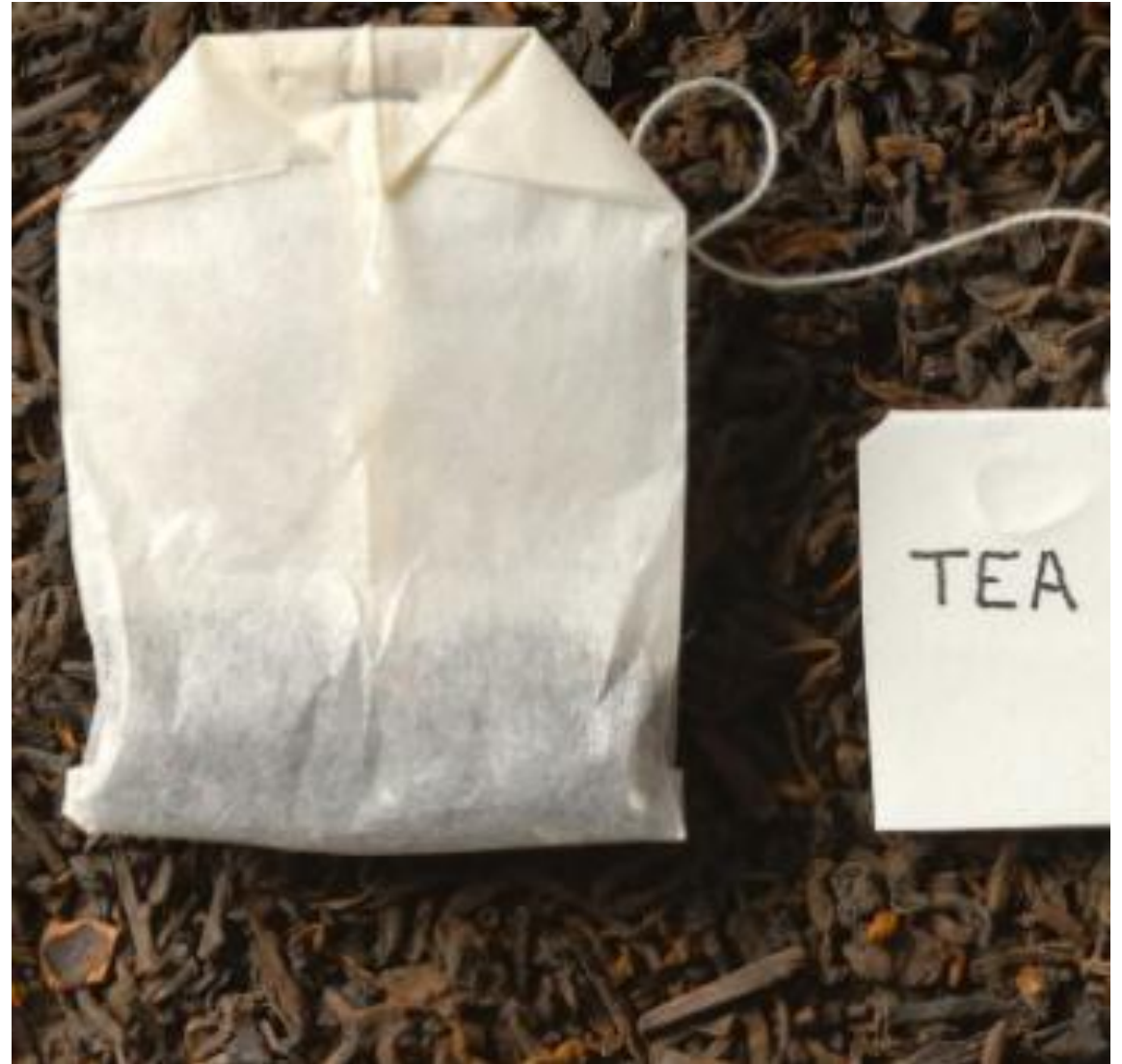



The invention of the tea bag.

What are tea bags ?

Tea bags are small sealed bags, porous nature which hold either whole tea leaves or ground tea leaves. Manufacturers design these bags to aid immersion in water. Many tea bags have a string attached to them so you can hold it without getting burned. Producers also include a paper tag, which they attach to the end of the string, which carries the brand name.

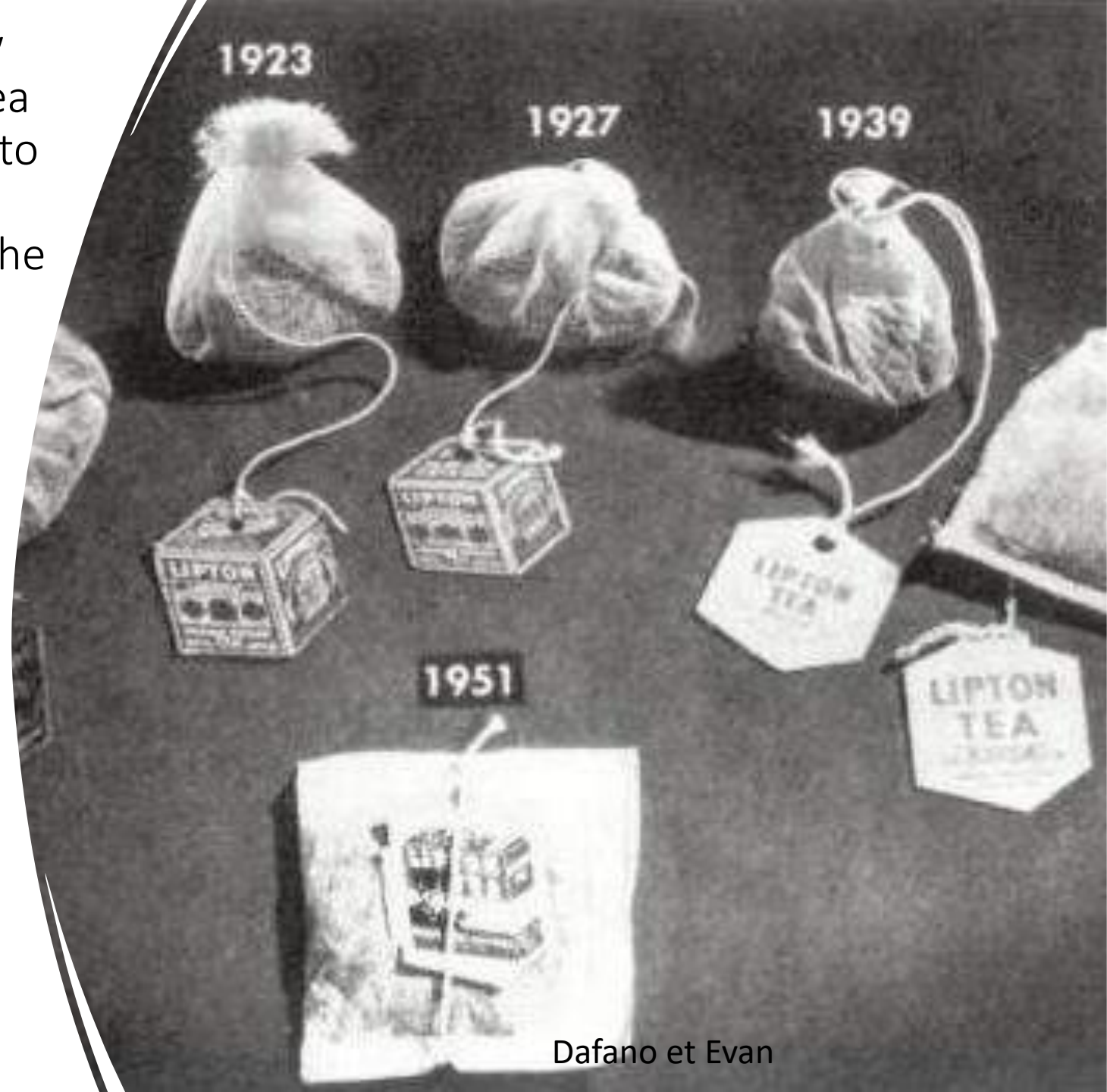
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- Before the tea bag there was only the tea leaf. Some people think that making tea with tea leaf is considered as the traditional way to consume it. It finds his origins in the exchange between China and the British. China was buying Opium, a drug from the UK and the British buying tea from China. They were trading theses flowers in India where the UK had a colony. In fact the tea is from China but it became the symbol of the British community , considering the fact that they have a particular way to make tea it is even more accurate to say that Tea is British.



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- The tea bag was invented 100 years ago in the 1900s with The Invention of the Tea Wallet by Roberta C Lawson and Mary Molaren. She intended to solve the waste problem by ensuring people use the required amount of leaves.
 - But it wasn't until 1908 when the tea bag was really created by Thomas Sullivan that he accidentally created it.

Thomas Sullivan is a tea merchant in New York where one day he decides to send tea samples to these customers. He chooses to send them in small silk bags to reduce shipping costs, this is the first version of the tea bag.

- So when the merchant sent the sachets, Sullivan's customers assumed they were supposed to put the sachets in boiling water. So, instead of removing the tea leaves, they simply put the tea-filled silk bags in the water. Customers found it convenient and the tea bag did not necessarily affect the flavors of the tea. Then in 1920 he decided to create gas bags to replace silk tea bags because customers found silk tea bags too thin.

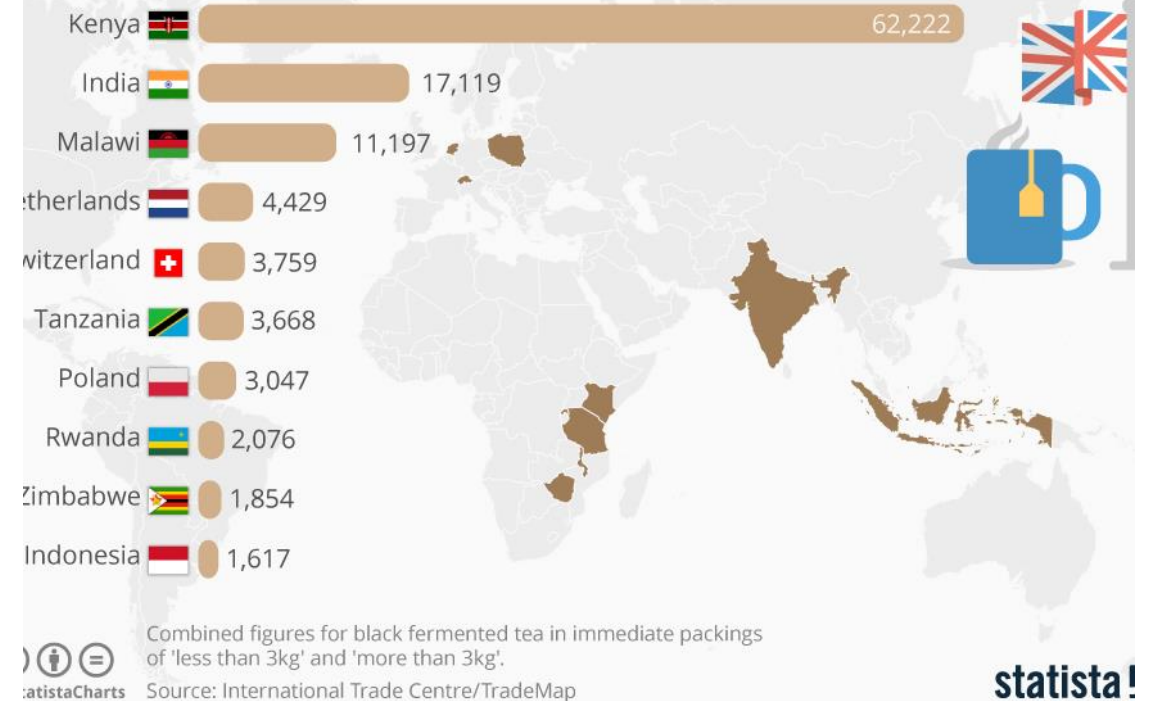



-Modern Tea Trade:

- Tea in the United Kingdom is very popular with the British, one could almost say that it is cultural. But the tea consumed by the British does not come from the United Kingdom.
- This graphic shows us well, that Kenya is a major producer of tea. In 2017 with 62,222 tons of tea, it makes Kenya the biggest producer of British tea. This shows how much the United Kingdom depends on the international market of tea. The British do not know what to expect with Brexit on how the UK could look like without tea. But they know that they can trust Kenya for the export of tea.

Where does the UK's tea come from?

Countries from which the UK imported the most black tea in 2017 (in tons)



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- Up to 5 thousand tons - that's how much tea Kenya produces annually. 5 thousand tons is like 80 thousand large African elephants. The volume is a record not only for the modest area of this country, but also by the standards of global tea production.

There is a top 3 of countries after Kenya. In first place China, then Japan and last India. They have been growing tea on their vast plantations for several centuries and little Kenya had a timid start in this business only in 1903. It has achieved fantastic success in just 120 years though. To date Kenya ranks third in the ranking of tea supplier countries, with China as the leader with its 2,5 million tons, and India, following China with 1,5 million tons of tea produced. Meanwhile, Kenya is humbly followed By Sri Lanka, Indonesia Japan and all the other tea-producing countries.





THE AFTERNOON TEA



- *The the afternoon tea ceremony has a rich and flavoursome history that is just utterly fascinating. Afternoon Tea is a traditional that a part of English history.*



1-*Who is this invention from ?*

- Its invention is attributed to **Anna Russel**, Duchess of Bedford. When she got a little hungry while waiting for dinner, she asked for tea, bread and a little butter. Encouraged by this little gourmet break, she then invited her friends. The tradition then gradually spread throughout England



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- The afternoon tea tradition was born inside the houses of the rich and fortunate but once summer came around they wanted to take this fabulous time of day outside into their beautiful gardens. When the ladies took the afternoon tea ritual outside it encouraged the lords and men of the house to take part in this fabulous activity.

- Tea was a delicacy in those days, and tea was expensive because it was taxed so people who drank it wanted the world to know they could afford it.

People wanted to be like their lords and ladies and from that day on the worldwide tradition of afternoon tea was born.

However, it was no longer the time for small bites, it was the time for large amounts of food.



The more nourishing equivalent which is closer to dinner and who could even replace him.

- Tea is most often served with a 3-level tray, constituting the 3 stages of tea time:

AFTERNOON TEA *WHAT TO EAT FIRST* – COURSE ORDER –

