

The History of TEA



CHA, CHAI, TEA, TE ...

• The term *cha* (茶) is "Sinitic," meaning it is common to many varieties of Chinese.

 It began in China and made its way through central Asia, via the Silk Roads, eventually becoming "chay" (چای) in Persian.

• The word 'chay' spread beyond Persia, becoming *chay* in Urdu, *shay* in Arabic, and *chay* in Russian.

• 'Chay' made its way to sub-Saharan Africa, where it became *chai* in Swahili.

• The Japanese and Korean terms for tea are also based on the Chinese *cha*, though they adopted the word before its westward spread into Persia.

• In the Min Nan variety of Chinese, spoken in the coastal province of Fujian, the character (茶) is pronounced '*te*'.

• The *te* form used in coastal-Chinese languages spread to Europe via the Dutch, the primary tea traders between Europe & Asia in the 17th century.

• The main Dutch ports in east Asia were in Fujian and Taiwan, both places where people used the *te* pronunciation.

• The Dutch East India Company's expansive tea importation into Europe gave us the French *thé*, the German *Tee*, and the English *tea*.

• The Portugese, however, traded via Macao, where *chá* is used. This is why *on the map they are* a pink dot in a sea of blue.

• In areas where tea grows naturally, local words for tea developed naturally. In Burmese, for example, tea leaves are *lakphak*.





6000 BC

- The Zhejiang cultural relics and archaeological research center released its new findings about the Tianluo Mountain site in July 2015 that showed Chinese ancestors started cultivating tea plants about 6,000 years ago.
- The soil around the roots showed traces of manual digging, proving that the plants were placed intentionally by humans and did not sprout naturally.
- There were also relics of pottery pieces scattered around where the roots were discovered, further indicating that there were human activities nearby.
- Before this discovery, historical and archaeological records indicated that chinese people started growing tea plants about 3,000 years ago. The discovery proved the activity started 3,000 years earlier.



3,000 BC

- **3000- 2737 b.C.** Emperor Shennong, accidentally discovers tea in china
- Reliable information on the history of china before the 1200 BC can only come from archaeological evidence, because china's first established written system on a durable medium, the oracle bone script, did not exist until then
- Shennong, however, remains very important, in the history of culture—especially regarding mythology.
- The most well-known work attributed to Shennong is the divine farmer's herb-root classic (神农本草经, first compiled some time during the end of the western han dynasty — several thousand years after shennong might have existed. This work lists the various medicinal herbs, discovered by shennong. It is the earliest chinese pharmacopoeia, and includes 365 medicines derived from minerals, plants, and animals.
- Shennong is credited with identifying hundreds of medical (and poisonous) herbs by personally testing their properties, which was crucial to the development of traditional Chinese medicine.

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1200 BC - 1 BC



Tang dynasty poet Lu Tung said of tea;

"The 1st bowl of tea moistens my lips and throat...

The 2nd breaks my loneliness...

The 3rd searches my barren brain...

The 4th *raises a slight perspiration...*

The fifth purifies my bones and makes me feel light...

The 6th links me to the realms of the immortals."



1200 B.C. Tea is served to King Wen (founder of the Zhou dynasty) as evidenced by early documentation of court life.

1115 B.C. Ji Dan, duke of Zhou in China writes Against Drunkenness, containing the first written definition of tea.

1100B.C. to 700 B.C. Tea was called tu, in the Chinese ancient classic Shi Jing, The Book of Songs.

1000 B.C. According to a Chinese historical record, there were tea farms in Sichuan and Yunnan.

771 B.C. – 476 B.C. Chinese tea is recorded being used for medicinal purposes. This period also known as the "Spring and Autumn Period", is where Chinese people first enjoyed the juice extracted from the tea leaves that they chewed. Tu (tea) was used as sacrifice for ceremony and eaten as vegetable."

760 B.C. Tang Dynasty writer, the sage of tea, Lu Yu (陸羽) publishes 'Cha Jing' (茶經) the first tea book, which describes how to grow, prepare and evaluate tea. He first uses the word cha instead of tu.

(4 other characters that have also denoted tea through history other than cha 茶"are; jia檟, she蔎, ming茗 & chuan荈.

551-479 B.C. Documents identify Confucius, teacher, editor, politician, and philosopher of the Spring and Autumn period of Chinese history, as a tea user



1ST–5TH CENTURY

- 206 220 Han dynasty, tea was called jia 槽 in the ancient Chinese classic Er Ya: "Jia is bitter tu".
- The word tu was further annotated by a Jin scholar, Guo Pu (276–324): *"Tu is a small plant, its leaves can be brewed into a beverage"*.
- From the beginning of western Han to middle western Han, tu was used as medicine.
- **350** Tea plants from the Yunnan province are planted along the Yangtze River in the Szechuan province. The cultivation of tea in China begins.
- The Erh Ya, a dictionary of ancient Chinese origin annotated by scholar Kuo P'o, defines tea as beverage made of boiling leaves from a plant, "As small as a gardenia, sending forth its leaves even in winter. What is plucked early is called t'u and what is plucked later is called ming (bitter tea)."
- **380-400** A dictionary in china is published which documents the addition of onions, cinnamon, and orange to tea.
- **400** Tea joins noodles, vinegar, and cabbage as an item of trade in china.

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6TH-11TH CENTURY



• **500** Bodhidharma discovers tea in India, he chews it to stay focus on meditation. Later Bodhidharma goes to China. The legend is born.

- **600** Chinese character c'ha, meaning tea, comes into use.
- The word tu took on the pronunciation, 'cha', in addition to 'tu'.
- Tu 荼 developed into 'te' in the Fujian dialect
- Suleiman's 'sakh' also came from 'she'.
- Jia 檟 became 'cha' and 'chai' Russia, India.

• **727** The Japanese emperor Shomu receives a gift of Chinese tea from a visiting T'ang court emissary.

• **729** The Japanese emperor Shomu serves Chinese tea to visiting monks. The monks are inspired by the tea and decide to grow it in Japan. The monk Gyoki dedicates his entire life to the cultivation of tea in Japan, during which time he built 49 temples, each with a tea garden.

• **780** The first tax on tea in china, due to its popularity. Tea drinking becomes very popular at court, inspiring the custom of "tribute tea", whereby tea growers "donate" their very best tea to the emperor and the imperial court.

794 Japanese monks plant tea bushes in Kyoto's imperial gardens.

• **900** Japan is again influenced by Chinese culture, when Japanese scholars return from a visit to China bearing tea. The Jürgen tribes from north eastern China united to establish the Jin dynasty (1115-1234ad) used to put milk in tea.

Bodhidharma

- Bodhidharma was a Buddhist monk who lived during the 5th century.
- He is credited as the transmitter of Chan Buddhism to China, and regarded as its first Chinese patriarch.
- According to Chinese legend, he also began the physical training of the monks of Shaolin Monastery that led to the creation of Shaolin kung fu.
- In Japan, he is known as **Daruma**.
- Little contemporary biographical information on Bodhidharma exist, and subsequent accounts are layered with legend and unreliable details.
- Bodhidharma was either a "Persian Central Asian" or a "South Indian, the third son of a great Indian king."
- Throughout Buddhist art, Bodhidharma is depicted as an ill-tempered, profusely-bearded, wide-eyed non-Chinese person. He is referred as "The Blue-Eyed Barbarian" (Chinese: 碧眼胡; pinyin: Bìyǎnhú) in Chan texts.
- Aside from the Chinese accounts, several popular traditions also exist regarding Bodhidharma's origins
- Bodhidharma was primarily active in the territory of the Northern Wei (386–534).
- The Anthology of the Patriarchal Hall (952) identifies Bodhidharma as the 28th Patriarch of Buddhism in an uninterrupted line that extends all the way back to the Gautama Buddha himself.



1101-1125

Chinese Emperor Hui Tsung (1082-1135) is known as a tea friend and holds tea-tasting tournaments in his court; legend has it that he was so busy drinking tea, he didn't notice the Mongols were taking over his empire.

1107

Emperor Hui Tsung defines seven criteria for tea competitions, and describes the technique of tea spotting, in his treatise called Ta Kuan Ch'a Lun, 大观茶论.

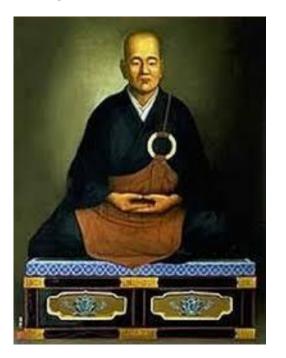
1193

During the southern Song dynasty a Japanese monk 明菴栄西 Eisai, Yosai: came to Tiantai mountain of Zhejiang to study Chan (zen) Buddhism (1168); when he returned home, he brought tea from china to Japan, planted it and wrote the first Japanese book on tea:喫茶養 生記, Treatise On Drinking Tea For Health. This was the beginning of tea cultivation and tea culture in japan.

In the song dynasty, tea was a major export good, through the silk road on land and silk road on the sea, tea spread to Arab countries and Africa.



Myōan Eisai/Yōsai



- Introduced the Rinzai line of Buddhism to Japan.
- Began the tea tradition in Japan, by bringing green tea seeds from China in 1191.
- Wrote the book 喫茶養生記 , Kissa Yōjōki (Drinking Tea for Health).
- Legend says that he planted the seeds "in the garden of the Ishigamibo at Seburiyama in Hizen".

- Eisai (明菴栄西, May 27, 1141 July 2, 1215) was a Japanese Buddhist priest
- He is often known simply as **Eisai Zenji** (栄西禅師), literally "Zen master Eisai".
- Born in Bitchū Province (modern-day Okayama, Okayama), Eisai was ordained as a monk in the Tendai sect.
- Dissatisfied with the state of Buddhism at the time, in 1168 he set off on his first trip to Mt. Tiantai in China, the origin of the sect, where he learned of the Chan (later known in Japan as Zen) school in Chinese Buddhism.
- He spent only six months in China on this first trip, but returned in 1187 for a longer stay as a disciple of Xuan Huaichang, a master in the Linji (Rinzai) line, at Jingde Si (Ching-te-ssu, 景徳寺) monastery.
- Eisai returned to Japan in 1191, bringing with him Zen scriptures and tea seeds.
- He founded the Hoon Temple in remote Kyūshū, Japan's first Zen temple.
- Eisai was faced with the sometimes violent opposition of traditional schools of Buddhism such as Tendai, Shingon and Pure Land
- Eisai left Kyoto for the north-east to Kamakura in 1199, where the *shogun* and the newly ascendant warrior class enthusiastically welcomed his teachings.
- Hōjō Masako, Yoritomo's (founder and the first shōgun of the Kamakura shogunate of Japan) widow, allowed him to build Jufuku-ji, the first Zen temple in Kamakura.
- Eisai founded Kennin-ji in Kyoto in 1202 on land gifted to him by Yoritomo's son, the second Kamakura *shōgun* Minamoto no Yoriie.
- Eisai died in 1215 at the age of 74, and is buried in Kenninji's temple grounds.



1200

- Genghis Khan and his Mongol troops attacked the Jurchen people, and after a few years the Jin dynasty collapsed in 1234.
- The Mongols used to have tea with milk, salt, and butter or fat.

1206

The Mongols established the Yuan Dynasty and the significance of tea for aristocrats is reduced, making the beverage a common man's drink.

1261

Buddhist monks travel across Japan, spreading the art of tea and the Zen doctrine.





1368 - 1644

During the Ming Dynasty, the Chinese start drinking tea, by steeping the whole leaf tea in hot water.

1391

The first teapots begin to appear – people didn't have to prepare tea one cup at a time anymore

1400

Tea drinking becomes prevalent among the masses in Japan.

1477

The Japanese Shogun Ashikaga-Yoshimasa builds the first tearoom at his palace in Kyoto. He employs the Buddhist priest Shuko to develop a ceremony around the service of tea. The practice and etiquette of "chanoyu" ("hot water tea") is born.

1497-9

Vasco da Gama (1460-1524) discovers a sea route to India via the Cape of Good Hope

1513

Jorge Alvares (-1521) becomes the first Portuguese to land in China

1535

The Chinese emperor permits the Portuguese to settle in Macao at the mouth of the Pearl River



1521-91 Sen Rikyu, known as the "father of tea" in Japan, codifies the tea ceremony.

1555 Italian Venetian geographer Giambattista (Giovanni Battista) Ramusio (1485-1557) writes Navigatione et Viaggi (Voyages and Travels) a collection of first-hand accounts of travels by famous explorers including Marco Polo, Magellan, Alvar Nunez Cabeza & Niccolo Da Conti, containing the first mention of tea in European literature as "Chai Catai" in an account of the 16th century.

Persian traveler Chaggi Memet (Haji Mohamed): "He told me that all over Cathay they made use of another plant or rather of its leaves. This is called by those people Chai Catai, and grows in the district of Cathay which is called Cacian-fu [Szechuan]...They take of that herb, whether dry or fresh, and boil it well in water. One or two cups of this decoction taken on an empty stomach removes fever, headache, stomach ache, pain in the side, or in the joints, and it should be taken as hot as you can bear it... And it is so highly valued and esteemed that everyone going on a journey takes it with him, and those people would gladly give a sack of rhubarb for one ounce of Chai Catai. And those people of Cathay do say if in our part of the world, in Persia, and the country of the Franks, people only knew of it, there is no doubt that the merchants would cease altogether to buy rhubarb."

1588 Italian Jesuit writer Giovanni Pietro (John Peter) Maffei writes Historica Indica in Rome, talking about tea drinking in Japan; *"The Japanese have as yet no use for grapes, but they make a kind of wine from rice. But that which before all they delight to drink is water almost boiling, mingled with the powdered chia."*

Italian priest-poet-diplomat Giovanni Botero writes: On the Causes of Greatness in Cities (Delle Cause Della Grandezza Delle Citta), mentions the Chinese habit of tea drinking, *"The Chinese have an herb from which they press a delicate juice which serves them instead of wine. It also preserves the health and frees them from all those evils that the immoderate use of wine doth breed in us."*



Sen Rikyū



- Sen no Rikyū (千利休, 1522 April 21, 1591), has had a profound influence on *chanoyu*, the Japanese "Way of Tea"
- He was the first to emphasize rustic simplicity, directness of approach and honesty of self.
- There are three "head houses", of the Japanese Way of Tea, that are directly descended from Rikyū: the Omotesenke, Urasenke, and Mushakōjisenke.
- As a young man, Rikyū studied tea under Kitamuki Dōchin
- At nineteen, through Dochin's introduction, he began to study tea under Takeno Joo, who is associated with the development of the wabi aesthetic in tea ceremony.
- Rikyu received the Buddhist name Sōeki (宗易) from the Rinzai Zen priest Dairin Sōtō of Nanshūji temple in Sakai.
- Rikyū underwent Zen training at Daitoku-ji temple in Kyoto.
- Not much is known about Rikyu's middle years.
- In 1579, at the age of 58, Rikyū became a tea master for Oda Nobunaga
- Following Nobunaga's death in 1582, he became a tea master for Toyotomi Hideyoshi.
- Rikyu entered Hideyoshi's circle of confidants, effectively becoming the most influential figure in the world of chanoyu.
- In 1585, Emperor Ōgimachi bestowed upon him the Buddhist lay name and title "Rikyū Koji" (利休居士).
- Rikyu developed many implements for tea ceremony, including flower containers, teascoops, and lid rests made of bamboo, and also used everyday objects for tea ceremony, often in novel ways.
- Raku teabowls were originated through his collaboration with a tile-maker named Raku Chōjirō.
- Rikyū had a preference for simple, rustic items made in Japan, rather than the expensive Chinese-made items that were fashionable at the time.
- Rikyū is among those most responsible for popularizing , developing, and incorporating wabi-sabi into tea ceremony.
- He created a new form of tea ceremony using very simple instruments and surroundings. This and his other beliefs and teachings came to be known as *soan-cha* (the grass-thatched hermitage style of chanoyu), or more generally, *wabi-cha*.
- This line of chanoyu that his descendants and followers carried on was recognized as the Senke-ryū (干家流, "school of the house of Sen").
- Although Rikyū had been one of Hideyoshi's closest confidants, because of crucial differences of opinion and because he was too independent, Hideyoshi ordered him to commit ritual suicide.
- Rikyū committed *seppuku* at his residence within Hideyoshi's Jurakudai villa in Kyoto in 1591 at the age of 70.

1600 Elizabeth I founded the John Foundation, with the intention of promoting trade with Asia.

1601 English East India Company founded.

1602 Spanish Jesuit missionary to China Father Diego de Pantoja writes on Chinese etiquette, "When they have ended their salutations, they straightway cause a drink to be brought, which they call ch'a, which is water boyled with a certaine herbe, which they much esteeme... and they must drink of it twice or thrice."

1610 Dutch East India Company market tea. The Dutch procure tea and Chinese clay teapots from Portuguese traders in Macao, and establish a trading relationship with the Japanese.

1616 The first Russians to be recorded as tasting tea were Ivan Petrov and Vasili Tumenets, Cossacks, dispatched by Tsar Michael the 1st as envoys to create trade with China. They were invited to dinner by Altin Khan after he received gifts sent by the Tsar. They were treated to many kinds of meat including duck, beef, mutton and game, and to accompany this great feast the two Russians were served Mongol milk tea.

1618 Tea is introduced to Russia, when the Chinese embassy visits Moscow, bringing a chest of tea as a gift for the Czar Alexis.

1638 Tea was successfully marketed in Russia, when a Mongolian ruler donated to Tsar Michael I four poods (65–70 kg) of tea.

1650 A Dutch trader introduces tea to the Dutch settlers in New Amsterdam (New York), who consume more tea than all England.

1652 Tea is introduced to England by the Dutch East India Company.

1660 England's first tax on tea, levied at 8 pence for every gallon of tea sold at the coffeehouses.

1662 King Charles II married the Portuguese Princess Catherine of Braganza, who, introduces tea at court

1670 The English begin to make and use silver teapots.

- **1680** The Marquise Marie de Rabutin-Chantal de Sévigné, is recorded to have added milk to her tea. The addition of milk to hot tea was made to prevent the delicate porcelain cup from cracking.
- **1685** England begins to trade directly with China.

1689 The Trade Treaty of Newchinsk establishes a common border between China and Russia, allowing trade caravans to cross freely. The trade caravans consisting of over 200 camels take over 16 months to cross the 11,000 miles between Moscow and Beijing. As a result, the cost of tea in Russia is high, and is drunk only by those who can afford it.

1689 The British Crown levies a 5-shilling per pound tax on dried tea. This will eventually lead to widespread smuggling.

- Thomas Twinning puts tea on the menu at his London coffeehouse.
- 1708 People of all levels of society now drink tea in England.
- Tea is brought to Canada by the Hudson Bay Company.
- Thomas Twinning converts his coffeehouse to the first teashop "The Golden Lyon", which becomes the first place for women to meet and socialize in public.
- 1720 Black tea with sugar and milk passes green tea in popularity in England
- The popularity of tea wanes in France, in favor of coffee, wine and chocolate.
- First attempt at tea cultivation in the United States.
- Black tea exceeds green tea in popularity in Europe.

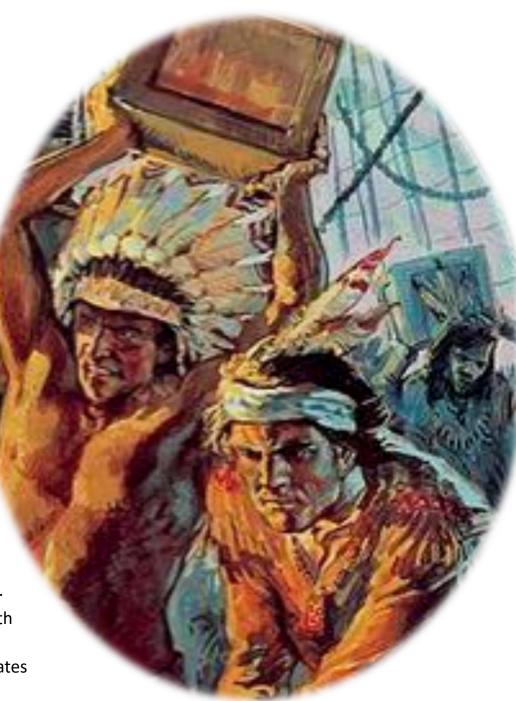
Tea production began in the Azores, Portugal.

- England imposes high taxes on tea and other items sent to the American colonists. The colonists, resenting England's decision, begin to smuggle tea in from Holland.
- The John Company and the East India Company merge, forming the New East India Co, holding a complete monopoly on all trade and commerce in India and China.

Trading silver for tea in China is expensive. England's solution to its financial problem is to trade opium, (which they could grow cheaply in India) with the Chinese for tea.

The Boston Tea Party occurs when Americans dressed as Mohawk Indians push 342 chests of tea overboard, to protest taxes on tea.

- Thomas Twinning's grandson persuades Prime Minister William Pitt to drop the high taxes on tea, eliminating smuggling and making tea an affordable luxury to Brits of all walks of life.
- America begins to trade directly with China, eventually breaking England's tea monopoly with their faster sailing ships, and by paying gold, not Opium for tea.
- French botanist Francois Andre Michaux, brings the Camellia Sinensis plant to the United States and gives it to Henry Middleton.



- 1800 Dutch East India Company declares bankruptcy.
- Tea plants are introduced in Taiwan.
- The Temperance Movement is founded as a result of rampant alcoholism. Temperance members save drunken men with "tea and god on their side".
- The first Indian tea bushes are "discovered" growing wild in the Assam region of India by British Army Major Robert Bruce.
- 1st Chinese tea seeds are planted in Java by J.I.L.L. Jacobsen, a Dutch man who smuggles seeds & tea men out of China. The plant did not thrive however, and was later supplanted by the Assam variety.
- Charles Grey, 2nd Earl Grey (Viscount Horwick) becomes British PM. A Chinese mandarin gifts him with Earl Grey Tea, containing oil of bergamot.
- Dr. Campbell, uses Chinese seeds to begin experimental tea planting in Darjeeling.
- 1st Opium War is concluded by the Treaty of Nanking. China loses Hong Kong UK establishes 5 ports at Shanghai, Canton, Ningpo, Fuchow, and Amoy. England wins "the right" to trade opium for tea.
- Anna, the 7th Duchess of Bedford, invents "Afternoon Tea" to abolish the "sinking feeling" she experiences during the long gap between breakfast and dinner.
- 1857 2nd Opium War ends, resulting in a 2nd group of ports being set up; eventually more than 80 ports are established, involving France, Russia, and the U.S. Opium trade was legalized and China had to pay retribution in silver.
- East India Company starts tea production in Nepal.
- Tea is first sown in Ceylon/Sri Lanka.
- Cutty Sark clipper built the last merchant ship to be so built.
- The British introduce tea to Morocco.
- James Taylor plants Chinese and Indian seeds in Ceylon, leading to the first commercial tea from Ceylon.
- **1869** Fungus destroys coffee farms in Ceylon leading to the establishment of the tea industry there.
- The Assam tea seed is planted in Java. It thrives over the earlier planted China variety.
 - Tea is planted in Malawi, and becomes the first to be cultivated in Africa.
- 1880 Thomas Lipton buys plantations in Ceylon & introduces Lipton brand tea with the slogan: "Direct from the tea gardens to the teapot".

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Tea is introduced to Iran.

1900 The Trans-Siberian Railroad is completed, ending camel caravan trade between Russia and China. In Russia, tea has become the national beverage (besides Vodka).

Tea is planted in the Botanical gardens at Entebbe, Uganda

In England, teashops become the popular place for the working class to take their afternoon tea. By this time Lyon's has over 250 teashops, and taking tea, as meal away from home becomes a part of daily life.

1903 Tea is planted in Kenya at Limuru. / First patents on teabags.

1904 The first "iced tea" was served at the St. Louis World's Fair. A tea merchant had planned to give away samples of his tea to the fair-goers, and when a heat wave threatened his plans, he dumped ice into his hot tea.

Benjamin Ginsberg, Russian immigrant to Southern Africa starts commercial development of Roobois

1906 The Book of Tea, 茶の本, is written by Okakura Kakuzo, thus introducing the west to the Japanese Tea Ceremony and its history.

1908 New York tea merchant, Thomas Sullivan, packages his samples of tea in silk sachets, as a way to cut down on his costs. His customers like the convenience of putting the sachet into hot water and begin ordering tea in this fashion.

1914 British workers are given tea breaks throughout the day as this is thought to improve their productivity.

British soldiers are given tea as part of their rations.

1924 Mrs Florence Philips, a tea planter's wife smuggled a box of tea seeds out of India and these were planted in Chipinge (Southern Rhodesia, now Zimbabwe): led to the development of the tea industry in the then colony.
1946 Nestle USA introduced the first instant tea, Nestea.

1958 Rain Flower tea developed.

- **1997** Last of the London Tea Auctions held. Ethical (?!) Tea Partnership established.
- **1950** The Japanese Grand Tea Master (Urasenke School), Sositsu Sen devotes his life to spreading the Way of Tea
- **1953** The paper teabag is developed by the Tetley tea Company, thus transforming tea-drinking habits around the world.

Today Over 2.5 million tea is grown and produced in more than 40 countries worldwide.



Having picked some tea, he drank it...

Then he sprouted wings,...

And flew to a fairy mansion...

To escape the emptiness of the world...

~Chiao Jen

