

As the quintessential origin of Japanese green tea, the spirit of sadou (the teas ceremony) is an unbroken tradition that is still very much a part of Japanese green tea culture today. It calms the mind, emphasizes spiritual richness rather than material wealth, and is the key to enjoying interpersonal encounters and welcoming guests with gracious hospitality. Japanese green tea culture has a far more profound meaning than just quenching one's thirst.

Japanese green tea contains many nutrients said to be beneficial to the health of modern people, and in combination with Japanese cuisine, which is currently attracting worldwide attention, Japanese green tea can help you lead a healthy lifestyle.

Grown with great care in tea fields situated amongst the beautiful nature of Japan and developed using sophisticated technology, Japanese green tea has a subtle aroma and strong flavor that will relax and satisfy you.



Store tea in a proper manner to maintain the best taste

To maintain the quality of tea, it is important to protect it from moisture, light, heat and odor. Once the tea is opened, use it up as soon as possible. When the tea is stored, put it in a sealable non-transparent container and keep it in a cool place.



おいしく飲むためには、保存方法も大切です。

品質維持には、お茶を湿気や光、熱、臭いから守ることが大切です。開封後はできるだけ早く使い切るようにしてください。保存する場合は、密閉ができて透明でない容器に入れ、涼しい場所で保管してください。

You can also enjoy Japanese tea in foods and sweets



Japan has a variety of foods using green tea, including cha soba (tea buckwheat noodles), cha dango (dumpling with green tea), matcha sponge cake and matcha chocolate. You can enjoy the taste and aroma of tea and also benefit from the ingredients in the tea.

Japanese tea can also be kneaded into bread or cake to make them more delicious, or sprayed onto foods to add flavor.

スイーツに、料理に食べてもおいしい日本茶

日本には、緑茶を使った食べ物がたくさんあります。茶そば、茶だんご、抹茶カステラ、抹茶チョコレート…。お茶の味と香りが楽しめるうえに、お茶の成分がまるごと摂取できて健康的です。パンやケーキに練り込んだり、料理の上から振りかけて風味づけとして利用しても、おいしく召し上がれます。

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茶 JAPANESE GREEN TEA

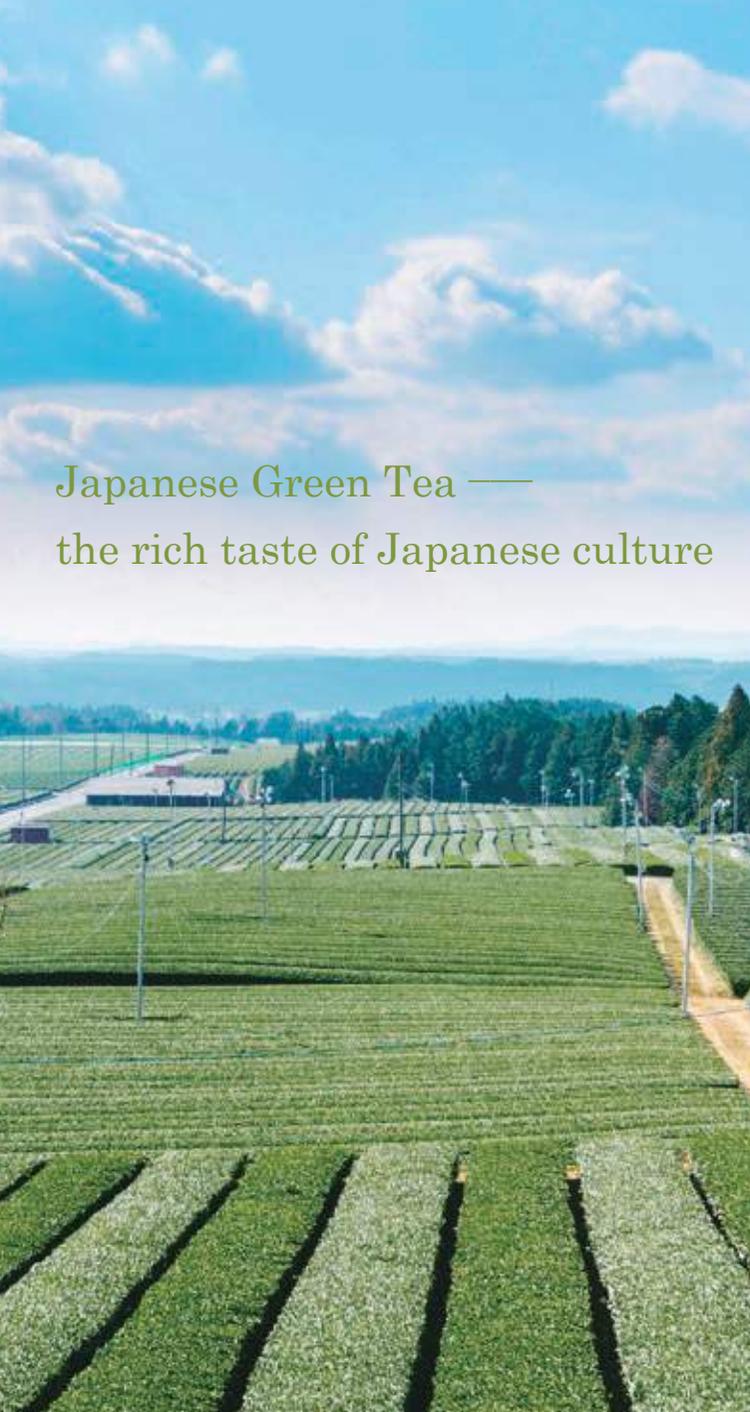
High-quality Japanese green tea you can trust

《Ohmi no Cha》



近江茶

Japanese Green Tea — the rich taste of Japanese culture



Characteristics of signature Japanese green teas

代表的な日本茶の特長



<Sencha>

Sencha is the most popular variety of green tea in Japan. The color is yellowish-green and its aroma and flavor are both astringent.

〈煎茶〉

日本で最も親しまれている日本茶。水色は黄色みの強い緑色で、香り、旨味とともに渋味を感じられます。

How to make Japanese tea

日本茶の入れ方



1 Pour hot water into a Japanese teacup for each person, and allow it to cool. The ideal temperature of the water is 60°C to 70°C for high-grade tea and around 80°C for regular-grade tea.

1 人数分の茶碗にお湯を入れて冷まします。上級茶では60-70°C、並級茶で80°Cくらいが適当。



2 Put tea leaves in a kyusu (Japanese teapot): 3 g or 1.5 teaspoons per person.

2 茶葉を急須に入れます。1人分3g(ティースプーン1.5杯)。



3 Pour the cooled hot water from the teacups into the kyusu and wait for two minutes or so. If steeping the leaves for a second time, wait just 10 seconds or so.

3 冷ましたお湯を急須に注ぎ、2分ほど待ちます。二煎目は、10秒ほど待ちます。



4 Pour only a little tea into each cup and then repeat a few times, to ensure that the extracted flavor of the tea is evenly distributed.

4 抽出されたお茶の濃度が均一となるように、何度かに分けて茶碗に注ぎ分けます。



If the season is hot, feel refreshed with Japanese tea steeped in iced water.

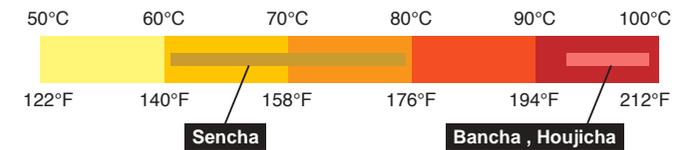
Use 50% more tea leaves than usual and extract the tea flavor with ice in a small amount of water. When the ice is almost melted, this is the best time to drink it.

暑い季節には、水で淹れた日本茶で爽やかに。

通常の1.5倍の茶葉を使い、氷と少量の水で抽出します。ほぼ氷が融ければ、飲みごろです。

Ideal water temperature for Japanese tea

日本茶に適したお湯の温度



〈抹茶〉

<Matcha (powdered green tea) >

A fine powdered green tea commonly used in sadou (the tea ceremony), matcha has an elegant aroma and concentrated sweetness that make it a sheer pleasure to drink. Because the powder is dissolved in hot water, all of the tea's beneficial nutrients can be taken in.



〈煎茶〉

<Sencha>

Sencha is the most popular variety of green tea in Japan. The color is yellowish-green and its aroma and flavor are both astringent.



〈番茶〉

<Bancha (whole leaf green tea) >

A Japanese green tea made from mature leaves, the umami of bancha is more delicate than that of Sencha and has a moderately astringent, fresh flavor. This tea is a common preference among the Japanese people as an everyday green tea.



〈焙じ茶〉

<Houjicha (roasted whole leaf green tea) >

A fragrant and refreshing Japanese green tea made by roasting Sencha or bancha over a high flame, houjicha is a warm brown color. As it has a somewhat mild flavor, it is popular with children and the elderly.