

# 月光白

## Pu-Erh Moon Light White

普洱茶白茶有個很美麗的名字叫月光白。所謂月光,是整個製作過程都在沒見陽光;所謂白茶,即冬天剛過首批最嫩的樹葉,葉綠素還沒有長好,所以葉還是白色,以前是被認為是不足夠茶味,但現在被發現含有豐富的 GABA,而月光白是各種普洱茶中含 GABA 量最高,而且靠中性,適合作為早晨飲料。一般白茶沖泡一二次便很快失去茶味,月光白特別之處竟是越沖越濃,起初的十泡茶色橙黃明亮通透自然清純,茶味竟好像花茶般香氣四溢,味道簡單容易近人又容易明白,之後的十泡便色漸深又漸透出普洱茶獨有的香醇、溫潤,就算是不認識普洱茶或者是不喜歡普洱茶的年青人及外國人都會愛上月光白。可以說是摩登版本的普洱茶,中國人能夠懂得把樹葉都造出這樣好喝的飲料實在是值得驕傲。普洱茶第二個特性是耐泡。普洱月光白跟普洱綠茶一樣,都是從未發酵,以後亦不會發酵的普洱茶,靠中性,助思維。用 5g 茶葉,用滾水沖 2 次,每次 15 秒,茶葉逐漸漲開,再用滾水(8-12 安士)泡 10 分鐘可享用,可以連續泡至茶葉無味。

Pu-Erh is a geographic name of a mountainous region in the southern part of the province of Yunnan (China) that borders Burma and Thailand. The tea tree that the tea leaves of this particular tea were harvested from are over 60 years old and planted in one of the most well preserved original tea gardens situated at an average elevation of 1500 meters above sea level. "White" means that the tea leaves are the first batch of leaves emerged at the end of winter

when the leaf were so tender that they were still white. “Moon Light” refers to that the entire processing including the picking of the tea leaves were done in Moon Light (and thus no exposure to sun light). Moon light white contains the highest amount of GABA (gamma-Amino butyric acid - a neurotransmitter) among Pu-Erh’s. It has a nice floral aroma that gradually changes into the signature Pu-Erh flavor. Rich in GABA, this is a very pleasant morning or early afternoon tea for all ages and most body types. This batch of tea leaves were made this year (2013) and thus is fresh and with a pleasing aroma. For further details of the research articles pertaining to the health benefits of Pu-Erh tea

To prepare, use about 5-7 grams of leaf, and with freshly boiled water, rinse twice - each about 15 seconds; discard the rinse. The leaf should gradually expand; if needed, use a spoon handle to break open the compacted leaves by the edge and then break loose the tea leaves. To brew, add freshly boiled water just enough to cover the leaf and brew around 10 minutes (according to your preferred concentration), drain, and enjoy. The leaves can be brewed until no flavor.