



最傳統的普洱生茶可以說是發酵長期不斷進行中，茶味是最複雜的，剛製成的普洱生茶跟普洱茶綠茶有點相似，靠涼性，質量好的生茶大約三、四年左右便轉化得很好，而且有獨特的味道經歷所謂“回甘”--先苦後甜，如何鑑別是看甘味是能否令你感覺舒服，能否夠令口腔前後內裡舌頭面底的味蕾都有回味無窮的感覺。這特性會隨著時間的增長逐步提高轉好，每次都比較上一次好喝，如果有條件收藏普洱生茶，讓其經過十數年自然發酵的普洱茶效果跟人工加快發酵的普洱熟茶效果又完全不同。一般市面上可以購買得到的生茶，都是較“年青”生茶，好的生茶是可知道樹齡及製造年分，年青生茶有點像普洱綠茶，茶色金黃清透，靠涼性，有很好的幫助身體防病抗病能力，特別是流感等。用 5 - 7 g 茶葉，將滾水(95 C)，沖茶葉一次，等 15 秒，丟去沖水，然後再用滾水(95 C, 8-12oz)，泡茶約 2-5 分鐘飲用。

The term “Raw” refers to Sun-dried. This is the most traditional form of Pu-Erh in that the processing steps of almost 3000 years old include harvest, wither (in the shade for a few days), gently warm the leafs and then knead (to rupture the leaf surface so that the ingredients in the leafs can come out when brewed), and then sun-dried. Therefore, this is a sun-dried green tea in that the bio-ingredients are still “active” and could undergo Pu-erh Raw - fermentation naturally following the moisture and temperature of the ambient environment - continuously. To some people, Pu-Erh raw tastes medicinal at first but for those who are suitable (those with a warm body type) the tea will in a few seconds turn into a pleasing bittersweet after taste. This is a highly therapeutic

tea – the most obvious to experience is to use it when going thru a flu, especially at the beginning. It is also a great weight management tea. To prepare, use about 5-7 grams of leaf, and always use freshly boiling water (8 – 12 oz) at (95 Celsius), rinse one for 15 seconds and discard, to brew with boiling water (95 C) wait for about 2-5 minutes, then serve as desire.