

# 流利阅读11.27

#英语/流利阅读

## A newly discovered tea plant is caffeine-free

新发现一种不含咖啡因的茶树

The world loves a cuppa. Even though it takes just a few grams for a brew-up, some 3m tonnes of tea are consumed every year. And tea can be good for you, as it contains compounds that help to lower cholesterol and reduce the risk of cardiovascular disease. But there is a downside. Tea contains caffeine which, although it improves mental alertness, can also cause anxiety, insomnia and other problems.

全世界的人都爱来上一杯茶。尽管泡一壶茶只需要区区几克的茶叶，全球每年的茶叶消费量却能达到 300 万吨左右。喝茶有益健康，因为茶叶里的一些化合物可以帮助降低胆固醇水平，同时减少心血管疾病的风险。但茶叶也有缺点：它含有咖啡因，这种物质虽然能够提神醒脑，但也能带来焦虑和失眠等副作用。

What would be agreeable is a tea plant that provides all the taste and goodness but with little or none of the caffeine. Liang Chen and Ji-Qiang Jin of the Tea Research Institute of the Chinese Academy of Agricultural Sciences think they have found just such a plant growing wild in a remote area in Fujian province, southern China. As they report in the *Journal of Agricultural and Food Chemistry*, not only is the tea plant naturally caffeine-free but it also contains a number of unique medicinal compounds that, the locals believe, offer considerable health benefits.

如果能有一种茶，既不失口感和营养价值，又不含咖啡因或者仅含少量咖啡因，那就很理想了。来自中国农业科学院茶叶研究所的陈亮和金基强认为，他们已经在自然条件下发现了这个“完美茶种”，位置就在中国南部的福建省的一个偏远地区。根据他们在《农业与食品化学杂志》上发表的报告，这个品种不仅天然地不含咖啡因，还特有一系列的药用化合物——当地人相信，它们对健康大有裨益。

Known locally as Hongyacha, the newly discovered plant grows only between 700 and 1,000 metres above sea level around a handful of Chinese alpine villages.

这种茶树，本地人称之为“红芽茶”，只生长在中国的一些海拔 700 到 1000 米的高山村落附近。

The researchers are now exploring methods to protect Hongyacha in its natural habitat while further studies are carried out. It can take time—and sometimes it does not work—for new plant varieties to be bred for commercial use. A pair of naturally caffeine-free coffee

plants were discovered in 2003, but little progress has been reported. Tea enthusiasts will be watching Hongyacha with interest. And others will wonder what else is out there.

研究人员正在探索的问题是，如何在开展进一步研究的同时，将自然生长环境中的红芽茶保护起来。培育新茶品种，使其达到商用茶种的标准，是一个可能花费大量时间的过程，甚至会以失败而告终。2003 年发现的一对天然不含咖啡因的咖啡树品种，至今就还没有进展的消息。茶叶爱好者们必将密切关注红芽茶，而其他人士，也会向往那些尚未被发掘的自然馈赠。

-----文章来源 / 经济学人

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### 重点词汇

**caffeine**/'kæfi:n/

- n. 咖啡因 (decaffeinate v. 脱去.....的咖啡因)  
e.g.
- For most people, it is probably better to sip decaffeinated tea.

**cuppa**/'kʌpə/

- n. (英式口语用法) 一杯茶  
e.g.
- Would you like a cuppa?

**compound**/'kɒmpaʊnd/

- n. 化合物

**cholesterol**/kə'lestəʊl/

- n. 胆固醇

**cardiovascular**/'kɑ:rdiəʊ'væskjələr/

- adj. 心血管的  
e.g.
- Cardiovascular diseases are the No. 1 cause of death globally.

**insomnia**/ɪn'sɒɪmniə/

- n. 失眠（症）（insomniac n. 失眠者）

**agreeable**/ə'ɡri:əbl/

- adj. 令人愉悦的；理想的，美好的  
e.g.
- It would be agreeable for us Brits to enjoy this type of tea.

**medicinal**/mə'dɪsɪnl/

- adj. 有疗效的；药用的

**considerable**/kən'sɪdərəbl/

- adj. 相当多的；相当大的  
e.g.
- Words like *sizable* and *substantial* can also mean the same thing as *considerable*.

**alpine**/'ælpain/ \_

- adj. 高山的（Alps n. 阿尔卑斯山脉）

**breed**/bri:d/

- v. 饲养，培育（动植物）  
e.g.
- dog breeds (n.)

**enthusiast**/ɪn'θu:ziæst/ \_

- n. 爱好者，发烧友（enthusiastic adj.）  
e.g.
- I am a movie enthusiast.
- I am enthusiastic about making tea.