**Tea Pot**

Serious Gong-Fu Cha enthusiasts spend many hours debating the virtues of their teapots

In the traditional method of Chinese tea-making, called Gong-Fu Cha (Tea With Great Skill), the teapot is perhaps the most important element of this process.

Different styles of tea pots are used in different regions of China.

For example, large teapots are popular in northern China while tiny teapots are popular in the south.

Although tea originates in China, the style of many pots that are commonly used today is actually European.

Valuable metals were employed in the making of teapots, but people soon discovered that those made of ceramic were ideal for tea preparation. The obvious distinctions in the raw materials used in the making of porcelain and purple clay teaware would bring out different sensations of enjoyment in brewing and savoring tea.

The most influential factor that contributed to the establishment of Chinese tea culture during this period was the famous treatise *The Classic of Tea*, composed by Lu Yu (active c. 760-800) in the mid-8th century.

Earlier on, teapots were generally quite large, but they gradually became smaller as people realized that a smaller size provided the advantage of retaining the aroma of tea and preventing it from turning bitter due to over-steeping. Steeping the tea in a smaller pot would not dissipate the fragrance nor impede the release of the flavor.

[**http://www.thechineseteashop.com/how-to-choose-teapot.html**](http://www.thechineseteashop.com/how-to-choose-teapot.html)

**Gaiwan**

The Gaiwan, a brewing invention dating back to the Ming Dynasty, is a basic lidded cup, typically made from porcelain. It also offers a uniquely uncomplicated way of following your tea through the brewing process, from the initial unfurling of a leaf to **multiple infusions** of a dynamic tea. You'll feel involved, your senses will be aroused, and best of all: it's really easy.

The gaiwan is considered to be particularly good for brewing teas with delicate flavors and aromas, such as [green tea](https://en.wikipedia.org/wiki/Green_tea) and [white tea](https://en.wikipedia.org/wiki/White_tea).

<http://drinks.seriouseats.com/2011/01/tea-technique-gaiwan-brewing.html>

<https://en.wikipedia.org/wiki/Gaiwan>

**Glass**

Glass pots are a contemporary brewing container, that allow the viewer to appreciate the way in which tea leaves release their natural beauty into the water.  provide a soothing visual experience. Tea enthusiasts usually buy Glass ones to appreciate the way in which tea leaves unfurl and release their natural beauty to the water.

**Piao Yi Pot**

A very popular one, this teapot cover, the functionality of a teapot, filter and serving pitch all in one unit. It usually, comes with a filter that can be used to strain the tea after infusion at the click of a lever.

**Spring Snail 洞庭碧螺春 (Dòngtíng Bìluóchun)**

*Green tea*

**Grown** Dongting, Jiangsu

**Tasting notes** The rolled leaves – which resemble little snails – have a strong grassy smell, and a rather light, refreshing flavour.

**White Peony 白牡丹 (Bái mǔdān)**

*White tea*

**Grown** (Northern and southern) Fujian

**Tasting notes**Small, sun-withered leaves give forth a delicate, floral and fragrant flavour.

**Iron Goddess 铁观音 (tiě guān yīn)**

*Oolong tea*

**Grown** Anxi, Fujian

**Tasting notes** Variations in roasting levels and harvest times give different flavours. Spring yields are highly sought after for their deep fruity taste and sweet finish.

**Lapsang Souchong 正山小种 (Lìshān xiǎo zhǒng)**

*Black tea (also known as red tea)*

**Grown** Wuji Mountain, Fujian

**Tasting notes** Coarse leaves are smoked to create a deep, smooth andsmoky flavour.

<http://www.timeoutshanghai.com/features/Food__Drink-Best_food__drink/26878/Your-complete-guide-to-Chinese-tea.html>

The original idea is credited to the legendary Emperor Shennong, who is said to have lived 5 000 years ago. His far-sighted edicts required, among other things, that all drinking water be boiled as a hygienic precaution. A story goes that, one summer day, while visiting a distant part of his realm, he and the court stopped to rest. In accordance with his ruling, the servants began to boil water for the court to drink. Dried leaves from a nearby bush fell into the boiling water, and a brown substance was infused into the water. As a scientist, the Emperor was interested in the new liquid, drank some, and found it very refreshing. And so, according to legend, tea was created in 2737 BC.

Small Peony Flower Gaiwan--As implied by its name, a lovely peony flower design adorns this porcelain Gaiwan. Becoming popular during the Chine Dynasty in China, Gaiwan actually originated from Ming Dynasty.

Cast Iron Tea Cups

When speaking of ancient China and inventions, teaware would certainly be near the top of the list. Teaware, like tea drinking customs, was developed out of the needs, tastes, and trends of people at different times.

\* Black Cast Iron Teacup--Having long been considered as perfect for enjoying tea, this teacup can serve as a great companion for any cast iron teapot. Being a classical teacup, it is made from sturdy iron and has enamel coating on the interior that prevents rusting. Worth noting is that this Chinese teacup now comes in different colors.

Filtering Tea Cups  
  
\* Poet Filtering Teacup--a perfect companion for enjoying loose tea leaves, this Chinese teacup is actually a porcelain mug. It comes with an internal porcelain filter and its own lid, allowing room for tea leaves to expand and provide full infusion of the leaves. This variety of Chinese teacup commonly depicts a picture of a Tang dynasty poet inspired by outdoor beauty.

<http://www.streetdirectory.com/food_editorials/beverages/teas/types_of_chinese_teacups.html>

<https://www.chinahighlights.com/travelguide/chinese-tea/>

**Tea Ware**

Traditionally, tea drinkers were regarded as the 'academic' and 'cultural elites' of the society. The practice of drinking tea was considered to be an expression of personal morality, education, social principles, and status. Increased enthusiasm for tea drinking led to the greater production of [teaware](https://en.wikipedia.org/wiki/Tea_ware), which significantly popularized Chinese porcelain culture.

**Health**

Green tea has been shown to improve [blood](https://www.webmd.com/heart/anatomy-picture-of-blood) flow and [lower cholesterol](https://www.webmd.com/cholesterol-management/default.htm). A 2013 review of many studies found green tea helped prevent a range of [heart](https://www.webmd.com/heart/picture-of-the-heart)-related issues, from [high blood pressure](https://www.webmd.com/hypertension-high-blood-pressure/default.htm) to [congestive heart failure](https://www.webmd.com/heart-disease/heart-failure/default.htm).

What’s good for the heart is usually good for the [brain](https://www.webmd.com/brain/picture-of-the-brain); your [brain](https://www.webmd.com/brain/ss/slideshow-concussions-brain-injuries) needs healthy [blood](https://www.webmd.com/a-to-z-guides/rm-quiz-blood-basics) vessels, too. In one Swiss study, MRIs revealed that people who drank green tea had greater activity in the working-memory area of their brains. Green tea has also been shown to help block the formation of plaques that are linked to [Alzheimer's](https://www.webmd.com/alzheimers/default.htm) disease.

Green tea seems to help keep [blood sugar](https://www.webmd.com/diabetes/blood-glucose) stable in people with [diabetes](https://www.webmd.com/diabetes/default.htm).

Health benefits of white [tea](https://www.organicfacts.net/tea.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) include a reduced [risk of cancer](https://www.organicfacts.net/home-remedies/15-ways-to-reduce-your-risk-of-cancer.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks), cardiovascular disorders, and an improvement in oral health. It has antioxidant and [anti-aging](https://www.organicfacts.net/home-remedies/10-best-anti-aging-foods.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) properties which help in maintaining good health and wrinkle-free [skin](https://www.organicfacts.net/home-remedies/10-best-foods-for-healthy-skin.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks). It protects the skin from harmful effects of UV rays. With its antibacterial properties, [white tea](https://www.organicfacts.net/health-benefits/beverage/white-tea.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) also protects the body from various infection-causing bacteria.

It provides relief to [diabetics](https://www.organicfacts.net/home-remedies/15-best-foods-for-diabetics.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) from symptoms such as decreased plasma glucose levels, increased insulin secretion, and excessive thirst (polydipsia). Intake of white tea also helps in losing weight.

The health benefits of black [tea](https://www.organicfacts.net/tea.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) include its beneficial impacts on high cholesterol, [diarrhea](https://www.organicfacts.net/home-remedies/home-remedies-for-diarrhea.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks), tooth decay, low-[concentration](https://www.organicfacts.net/home-remedies/11-ways-to-improve-concentration.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks) levels, and digestive problems. It is also good for improving blood circulation and treating high blood pressure and [asthma](https://www.organicfacts.net/asthma.html?utm_source=internal&utm_medium=link&utm_campaign=smartlinks). It is one of the most popular teas known to man and is well-known for its medicinal qualities.