

# Green

Green Tea (绿茶, Lǜ Chá, "Green Tea") is fully unoxidized tea, produced by dry roasting or steaming the freshly picked tea leaves. This cooking process, called Shā Qīng 杀青 ("Kill the Green"), is meant to denature an enzyme called Polyphenol Oxidase, which catalyses oxidation in tea. By halting this process of oxidation, green tea masters are able to preserve the sweet flavor and grassy fragrance of freshly picked tea.

## Sources:

- <https://westchinatea.com/tea/green-tea/>

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