

# Sheng Pu-erh

[Sheng Pu'er](#) (生普, Shēng Pǔ'ěr, "Sheng Pu'er"), briefly, is a minimally-processed tea made from a lineage of closely-related ancient tea trees in Yunnan, collectively known as dà yè zhòng 大叶种 ("Big Leaf Type"). Sheng Pu'er is processed very much like Green Tea. It is notable for being traditionally aged and pressed into cakes.

Sources:

- <https://westchinatea.com/tea/puer/sheng/>

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