

福鼎白茶文化系统

Fuding White Tea Culture System in Fujian Province

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一、福鼎白茶文化系统是当地农民的主要经济来源

Fuding White Tea Culture System as the Main Source of local farmers' livelihood

福鼎白茶品种独特、药食同源，自古以来就和当地农民的生产生活息息相关。宋朝是中国茶文化发展的顶峰期，福鼎白茶亦在此时期远近闻名；明代茶叶贸易始兴，福鼎白茶自然萎凋核心工艺形成。

Thanks to the unique variety and the homology of medicine and food, Fuding White Tea has been closely related to the production and daily life for people in the heritage site since ancient times. The Song Dynasty was the peak period of the Chinese tea culture development, and Fuding White Tea was also famous in this period. Tea trade burgeoned in Ming Dynasty when natural withering, Fuding White Tea's core making process, took shape.



清朝至民国时期，福鼎白茶远销东南亚和欧美地区，可换回外汇；新中国成立之后，福鼎白茶工艺和产业都得到快速发展；如今，福鼎白茶国内外市场知名度高，品牌价值效应明显，对当地农民收入贡献较大。

From the Qing Dynasty to the Republic of China, Fuding White Tea was exported to Southeast Asia, Europe and America that could be exchanged for foreign exchange. Since the founding of the People's Republic of China, the craftsmanship and Fuding White Tea industry have been developing rapidly. Nowadays, Fuding White Tea is well-known in domestic and foreign markets with obvious brand value effect, which contributes greatly to the income of local farmers.



二、蕴含丰富生态智慧的茶园间作套种系统

Tea Garden Intercropping System with Rich Ecological Wisdom

福鼎白茶文化系统是以“茶-林-草-花”等茶园间作套种为核心的复合农业系统。茶园间作套种所蕴含的生态智慧表现为

Fuding White Tea Culture System is a compound agricultural system with the intercropping of tea garden like 'tea-forest-grass-flower' as its core. The ecological wisdom implied by the intercropping of tea garden manifests itself in following ways.



一是发挥了不同作物习性的互补性，充分利用土地资源；二是增加了生物多样性，不同作物镶嵌分布起到相互隔离作用，可有效降低茶叶生产中病虫害的发生率；三是提高了涵养水源，保持水土和调节小气候的能力，使得水、土和热量资源得到充分利用；四是使地区种植结构多样化，食品供应更丰富，可满足当地民众的多种食物需求。

Firstly, it gives full play to the complementarity of different crop habits, which can make full use of land resources. Secondly, it increases the biodiversity with the mutual isolation of different crops mosaic distribution, which can effectively reduce the incidence of diseases and pests in the tea production. Thirdly, it improves the abilities of conserving water sources, maintaining soil and water, and regulating microclimate, which can make full use of water, soil and heat resources. Fourthly, it provides a more diverse regional planting structure and a more abundant food supply, which can satisfy the various food demand of the local people.



三、独特的白茶制作工艺 储藏方法和泡饮方式

Exceptional White Tea Making Storage and Drinking Techniques

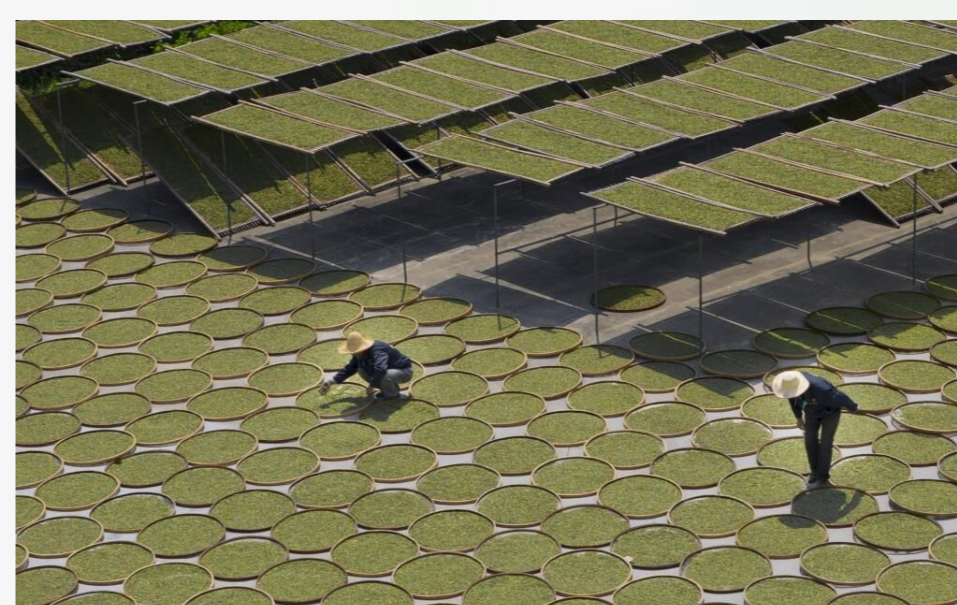
福鼎白茶传统制茶种类主要有白毫银针、白牡丹、寿眉和贡眉，采摘方法不同，加工工序也不同。

The traditional types of Fuding White Tea mainly include Baihao Yinzhen (literally silver needle with white hair), Baimudan, Shoumei and Gongmei, with various tea picking and processing procedures.



根据天气条件和鲜叶等级，进行传统的自然萎凋、室内萎凋和复式萎凋。茶叶萎凋完成后，通过烘焙、拣剔、复焙等步骤进行干燥。

Once the tea is picked, traditional natural wilting, indoor wilting and compound wilting will be performed depending on weather conditions and the grade of fresh leaves. After the wilting process, the tea is dried by baking, stalk separation, re-baking, and other procedures.



四、极具特色的白茶文化

Distinctive White Tea Culture

白茶起源于福鼎太姥山，太姥娘娘发现白茶并用白茶医治麻疹患儿的传说流传至今，体现了福鼎白茶的药用文化。

The origin of white tea is Taimu Mountain in Fuding. The legend that Goddess Taimu discovered white tea and used it to treat children with measles has spread to the present day, reflecting the medicinal tradition of Fuding White Tea.



福鼎人民心怀感恩，形成了以祭祀太姥娘娘为主的福鼎白茶祭祀节庆文化。长期以来，福鼎人民以茶为生，茶园和竹林相间种植，人们生产生活与茶叶密不可分，表现在与福鼎白茶相关的茶礼、茶俗、茶诗、茶歌等丰富多彩，以及茶叶生产工具以竹制材料为主。

The Fuding people are grateful for Goddess Taimu and have formed the festival and ceremony sacrifice culture of Fuding White Tea by offering sacrifices to Goddess Taimu. For centuries, Fuding people have made a living from tea and alternatively planted tea with bamboo for making tea production tools. People's daily life is also inseparable from tea, which is reflected in the colorful ceremony, customs, poetry, and songs related to Fuding White Tea.



福鼎畲族人民也种植白茶，畲族文化与福鼎白茶文化交融，造就了独特的畲族白茶文化。此外，福鼎白茶古道是白茶从生产地运往港口销往世界的重要通道，其沿线保留下来的茶亭文化亦见证着福鼎白茶的历史演变与发展。

People from Shē ethnic minority group in Fuding also cultivate white tea, creating a unique white tea culture of Shē people. In addition, as one of the components of the ancient Maritime Silk Road, the preserved tea pavilion culture witnessed the historical evolution and development of Fuding White Tea.