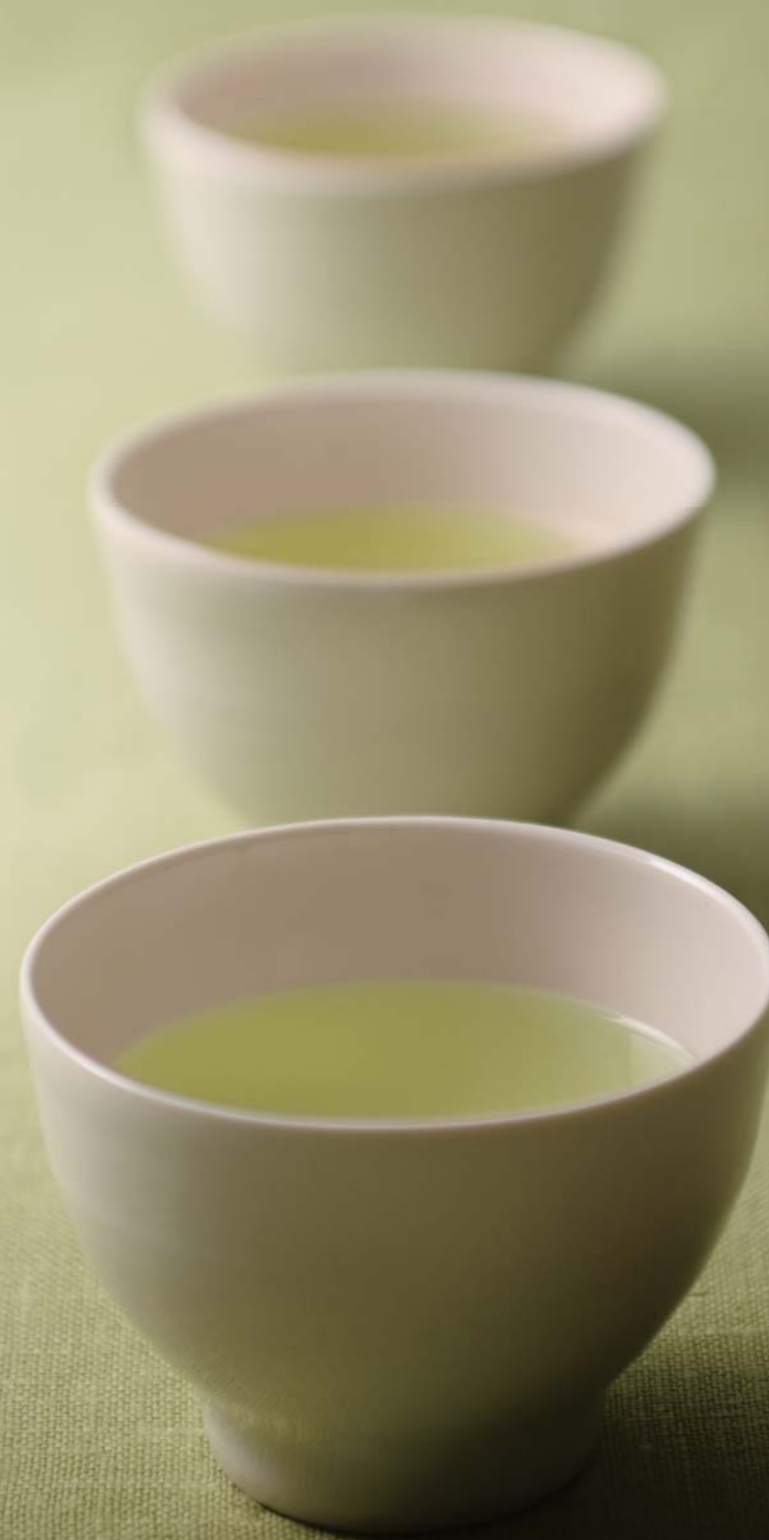




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**JAPANESE GREEN TEA**

High-quality Japanese green tea you can trust



Health beneficial Japanese green tea is grown in beautiful natural settings using the *chashou* technique



In Japan, the tea most commonly served alongside Japan's low-calorie cuisine that emphasizes the flavor of ingredients is Japanese green tea.

Its beautiful color is an all-natural extract from the tea leaves, and its elegant aroma gives a sensation of freshness. Only Japanese green tea can offer such variety in its fusion of flavors. Without the addition of sugar or other sweeteners, the unique taste of Japanese green tea is enjoyed in its pure form, and contains many nutrients reputedly beneficial to health.

In Japan, people enjoy a cup of Japanese green tea as a break from everyday activities. Tea also plays an essential part in welcoming important guests as it not only sends the message that the host wants you to "relax," but the act of taking tea helps to soothe and refresh the senses.

Grown with great care in tea fields situated amongst the beautiful nature of Japan and developed using sophisticated technology, beneficial and high-quality Japanese green tea can help you lead a healthy lifestyle.

美しい自然と茶匠の技が育てた、健康的な日本茶です。

日本で、素材を活かした低カロリーな日本食とともに最もたくさん飲まれているお茶、それが日本茶です。

お茶の葉から抽出された自然のままの美しい色。清涼感のある気品高い香り。そして、さまざまな味が融合した日本茶ならではの奥深い味わい。砂糖などの甘味料を加えることなく、そのまま、日本茶ならではのおいしさがお楽しみいただけます。また、日本茶には健康に良いといわれる成分が豊富に含まれています。

日本では、毎日の暮らしの中でひと息つきたい時にお茶を淹れます。また、大切なお客さまをもてなす際にも、お茶は欠かせません。お茶は「ゆっくりしましょう」というメッセージであり、お茶の時間は心にゆとりをもち、気分をリセットしてくれるのです。

日本の美しい自然に囲まれた茶畑で丁寧に育てられ、高い技術で仕上げられた安全で品質の高い日本茶を、あなたの健康的な生活にお役立てください。

# A complex allure only Japanese green tea can provide

## Tea culture – the essence of hospitality

Chinese tea was introduced to Japan more than 1,000 years ago by Buddhist monks, and after about 500 years *sadou* (the tea ceremony) became part of Japanese culture. Originally a pleasure limited to the enjoyment of the upper classes, *sadou* gradually made its way into the lives of commoners. Before long, *Sennorikyū* (1522 - 1591) established the world of *wabicha* (a tea ceremony designed for commoners to enjoy) and the enjoyment of tea spread to become accessible to everyone.

*Sadou* became synonymous with hospitality and can be summarized by the word *ichigo-ichie* (treasuring once-in-a-lifetime experiences) – the act of relaxing while performing the tea ceremony with due care out of respect as a host for the opportune encounter with one's guest. This is the essence of tea and the soul of the Japanese people. Japanese green tea embodies the essence of "hospitality" passed down through the spirit of *sadou*.

More than just healthy, Japanese green tea is the perfect match for the renowned Japanese cuisine

The characteristically strong flavor of Japanese green tea is a harmonious blend of "taste, so called "umami" (flavor of the highest quality), "astringency" and "bitterness" – *umami* is derived from the amino acid theanine, astringency from catechins, and bitterness from caffeine. Japanese green tea contains many active ingredients said to be beneficial to the health of modern people, who are troubled by stress and lifestyle-related diseases.

Japanese cuisine is currently attracting worldwide attention as a health food, and Japanese green tea is the perfect accompaniment as it can be enjoyed together with meals. Japanese green tea acts to accentuate subtle foods that rely on the taste of the ingredients as well as giving the palate a sensation of freshness after the meal. In Japan, Japanese green tea is consumed throughout the day – before, during and after meals.

## 日本茶ならではの数々の魅力を、あなたに。

茶文化、もてなしの心が息づいています。

今から1000年以上も昔に僧侶たちによって中国から伝えられた茶は、約500年の時を経て、日本に茶道という文化を芽吹かせました。当初は上流階級に限られた楽しみだった茶も、少しずつ庶民が楽しむようになり、やがて「千利休(1522～1591年)」が侘茶(わびちゃ)の世界を築き上げ、茶の楽しみは人々にとって身近なものとして広まっていったのです。

さらに茶道は、「一期一会」という言葉に集約される「もてなし」の心を含むようになります。客人との出会いを大切に、心を込めて茶を点ててもてなし、ゆっくり寛いでいただくという心得です。それこそが、茶の真髄。日本の心。日本茶には、茶道の精神を受け継いだ「もてなし」の心が息づいています。

健康的で、世界に注目される日本食にも最適です。

日本茶独特の深い味わいは、「うま味」と「渋味」と「苦味」がほどよく調和することによって生まれます。うま味の成分は「テアニン」というアミノ酸。渋味の成分は「カテキン」。苦味の成分は「カフェイン」です。日本茶には、ストレスや生活習慣病などに悩まされることの多い現代人の健康に良いといわれるさまざまな成分が含まれています。

健康食として、今、日本食が世界的に注目されていますが、この日本食との相性も抜群。日本茶は食事と一緒に楽しむことができ、素材を活かした淡泊な味わいの料理を引き立たせたり、食後の口中を清涼感で満たしたり。日本では、食前、食中、食後、いつでも日本茶が愛飲されています。

Enjoy the subtle aroma and strong flavor

Japanese green tea possesses a unique aroma and flavor only found in green tea made in Japan. This is partly owing to Japan's climate, but more importantly, is the result of the Japanese dedication to growing and making tea.

Tea plants are grown with great care in tea fields, and only the finest leaves are picked before being made into tea in a process that enhances their quality. The "temomi manufacturing process" is an outstanding technology from a time when all tea manufacturing was performed by hand, and without compromising quality, we continue to preserve the true aroma and flavor of the tea by utilizing a highly similar process. Japanese green tea cannot be manufactured simply by placing tea leaves into a machine, and although this type of mechanical processing alone may be used to produce some green teas, it does not produce true Japanese green tea.

繊細な香りと深い味わいが楽しめます。

日本茶には、日本の緑茶にしかない香りと味わいがあります。気候や風土も理由のひとつですが、それ以上に大きいのは、お茶づくりに対する日本ならではのこだわりがあるからです。

茶畑で大切に樹を育て、納得のいく生葉を収穫し、その品質を最大限に引き出せるように茶をつくるということ。かつて製茶のすべてが手づくりだった頃の「手揉み製法」を最高の技術とし、この技術に近づけるべく今でも妥協することなく茶の香りと味わいを求め続けています。日本茶は単に生葉を機械に放り込んで、できるものとは違います。そんな工業製品的な考え方だけでは、緑茶はつくっても日本茶はつくることができません。



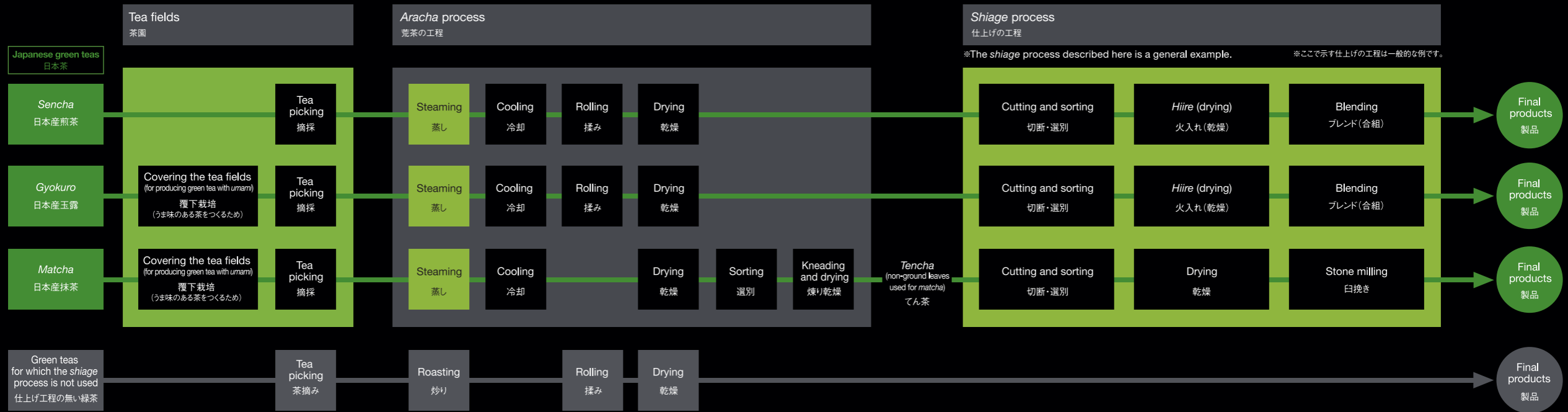
# Great care is taken to produce Japanese green tea with aroma and flavor of the highest quality

Our entire manufacturing process is aimed at producing the delicious taste found only in Japanese green tea. There are a variety of operations and processes involved in manufacturing Japanese green tea, from tea field cultivation to tea factory processing, and our highly-skilled team of experts are dedicated to the art of growing and making tea.

高品質の理由は、香り、味にこだわり、手間と時間をかけてつくり上げるから。

すべては、日本茶ならではのおいしさのために。茶園での栽培から製茶工場での加工まで、日本茶ができて上がるまでには数多くの作業や工程があり、そこには茶づくりに携わる人たちの強いこだわりと匠の技があります。

## Signature Japanese green teas & related processes 代表的な日本茶の種類と製法



The delicious taste of Japanese green tea begins in the tea fields

Naturally, tea is an agricultural product, and similar to fruits and vegetables, high-quality tea leaves can only be grown and picked after much attention to feeding the soil with fertilizer, practicing irrigation and pruning. Producing high-quality teas with *umami* such as *gyokuro* (refined green tea indigenous to Japan) is labor-intensive, since the tea fields must be completely covered and shaded from the sunlight for a fixed period prior to picking (the *oishita* cultivation method). In particular, cultivating high-quality teas is a precise process, whereby young leaves are picked manually, one by one, according to tradition. Japan has four distinct seasons that affect the period when tea can be harvested, and teas harvested at different times have contrasting flavors. Of the various types of Japanese green tea available, the young tea leaves used for *gyokuro*, *matcha*

and high-grade *sencha* can only be harvested for a short time during spring.

Japan's unique "steaming" method produces the beautiful green tea color

To prevent oxidization, freshly-picked tea leaves are steamed. This unique Japanese process gives Japanese green tea its own special flavor and beautiful color. Following this, the tea leaves are rolled and dried until they are drawn into a long, thin shape. The end product is *aracha* (unprocessed tea). Although at one time all of these processes were performed by hand by skilled experts, nowadays most teas are processed by machine; however, the manual hand-rolling method serves as the foundation for this technology, and even today, the Japanese art and spirit of making tea is passed down by skilled experts involved in the industry.

Producing the subtle aroma and strong flavor of *shiage* requires great skill

An important characteristic of Japanese green tea is the effort of the expert in turning it from *aracha* to *shiagecha* (refined tea). This process is so important that each company within the tea manufacturing industry keeps it a secret. However, it involves sieving and cutting the tea leaves so that they can be sorted with attention to color and shape, after which each manufacturer uses their own method of *hiire* (drying) to further enhance the aroma and flavor of the tea by drying the leaves a second time. Lastly, in the same way that whiskey is blended, a specialist sorts between the subtle differences in aroma and taste to blend the teas for the ultimate flavor. The subtle aroma and strong flavor unique to Japanese green tea is a result of this detailed and careful process.



*Oishita* cultivation, a labor-intensive shading method, is the key to producing high grade green tea. 高級茶の栽培で、大変な手間をかけて行われる覆下栽培(おおいしたさいばい)。



The spirit of green tea making was inherited from traditional masters, and even in today's highly mechanized society, we can still see these expert skills including the hand-rolling method all across Japan. 熟練の技、手揉み技術。機械化された今でも、日本全国にその流派が残っていて、匠の心は継承されている。



Blending is performed by a specialist who sorts between the subtle differences in aroma and taste. 微妙な香りや味を感じる専門家によってブレンド作業が行われる。

日本茶のおいしさは、茶園からはじまっています。

言うまでもなく、茶は農作物です。野菜や果実と同じく、土づくりをはじめ施肥や灌水、剪定などの手間をかけてこそ、優良な生葉を安定して栽培・収穫することができます。日本固有の玉露など高級茶の栽培ともなると、うま味のある茶を作るために、摘採前の一定期間だけ茶園をすっぽりと覆い、日光を遮る(覆下栽培)という大変な手間をかけます。特に高級茶では、摘採の際にも、新芽を一芽一芽、昔ながらの手摘みで丁寧に収穫します。また、四季のある日本では茶の収穫期が限られ、時期によって茶の味わいが変わります。なかでも新芽は春の一時期にしか収穫できないもので、これが玉露や抹茶、高級煎茶となります。

日本独特の「蒸す」という工程が、美しい緑茶の色を映し出します。

収穫した生葉は新鮮なうちに蒸気で蒸し、酸化酵素の働きを止めます。この日本独自の「蒸す」という工程が、日本茶特有の香味や美しい色を生み出すのです。その後、段階的に茶葉を揉み、乾燥しながら、細長く整形。こうしてでき上がったのが「荒茶」です。これらの作業は、かつてはすべて熟練の職人によって手づくりされてきました。ほとんどが機械化された今も、機械の原理は手揉み技術が基本となっており、現在も、製茶に携わる人たちによって日本の技と匠の心は継承されています。

熟練の技で「仕上げ」、繊細な香りと深い味わいを生み出します。

日本茶の大きな特長の一つが、「荒茶」以降の「仕上げ」に匠の技が注ぎ込まれること。そのこだわりは製茶業各社が、その技を企業秘密にするほどです。この工程では、ふるい分けや切断によって茶葉を選別し、美しい色や形にこだわり、もう一度各社独自の「火入れ(乾燥)」をして、茶の持つ香りや味をさらに引き出します。そして、ブレンド。ウイスキーでいえばブレンダーにあたる専門家が、香りや味の微妙な違いを感じ取りながら、理想の香味へと茶を調合します。こうした細やかで丁寧な熟練の技があるからこそ、日本茶には他には真似のできない繊細な香りと深い味わいが生まれるのです。

# Using a variety of processes to produce a range of delicious teas

Spring, summer, autumn, winter – Japan has four distinct seasons that give tea a variety of different characteristics. The taste of tea is also affected by the region and grade of tea as well as differences in cultivation and processing methods, resulting in a variety of delicious teas for your enjoyment.

## Characteristics of signature Japanese green teas 代表的な日本茶の特長



### Sencha

The most commonly enjoyed variety of Japanese green tea is *sencha*. The freshly-picked tea leaves are steamed and then dried as they are rolled. After the leaves have been shaped, they are blended to achieve the best flavor for the consumer. In general, *sencha* is green tinged with yellow and has a well-balanced combination of aroma, *umami* and bitterness, providing you with a feeling of luxury that increases with the grade of green tea.

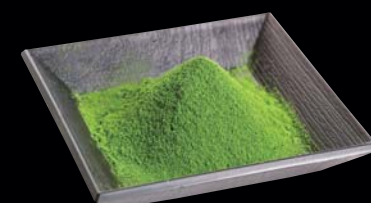
<煎茶> 日本茶の中で最もよく飲まれている緑茶です。摘み立ての新鮮な生葉を蒸気で蒸し、採みながら乾燥。形をきれいに整えたのち、理想とする香味や消費者のニーズに合わせてブレンドしています。水色(すいしょく)は一般的に黄色みがかかった緑色で、香り・うま味・苦味のバランスがよく、上級品ほど香りやうま味が上品に感じられます。



### Gyokuro (refined green tea)

The finest grade of Japanese green tea, *gyokuro* is sweet with a unique and mildly astringent aroma and mellow *umami*. The tea leaves are cultivated using the *ooshita* method, which involves shading the young tea leaves from direct sunlight for around 20 days after they first start to appear. This distinctive process inhibits astringency, producing tea leaves with large amounts of “theanine,” an amino acid that enhances *umami*.

<玉露> 日本茶の中の最高級茶で、渋みをおさえた独特の香りとまろやかなうま味と甘味が特長です。玉露は、新芽が出はじめた頃から20日間ほど直射日光を遮る「覆下(おおいした)栽培」という方法で育てられた葉でつくられます。こうすることによって、渋味成分の生成を抑え、うま味成分であるアミノ酸「テアニン」が豊富な茶葉ができていきます。



### Matcha

*Matcha* is a fine powdered green tea commonly used in *sadou* (the tea ceremony). The young tea leaves are shaded from direct sunlight and steamed in the same way as for *gyokuro*, then turned into *tencha* (non-ground leaves) by drying without rolling, and finally ground in a stone mill. Its elegant aroma and concentrated sweetness make *matcha* a sheer pleasure to drink, and as the powder is dissolved in hot water, all of the tea's beneficial nutrients can be taken in. *Matcha* is perfect for drawing out the flavors of Japanese confectionery and cuisine.

<抹茶> 茶道でおなじみの微粉末の緑茶です。玉露同様、直射日光を遮って育てた茶の新芽を蒸したのち、揉まずに乾燥させてつくった荒茶(てん茶)を、石臼で挽いてつくります。上品な香りと濃厚な甘味がおいしく、湯に溶いて飲むため、茶に含まれている有用成分をすべて摂取することが可能です。抹茶はお菓子や料理の風味づけにもぴったりです。



## 多様な製法から、多彩なおいしさが生まれました。

春、夏、秋、冬。四季のある日本では、季節によって、それぞれ特長のある茶が生まれます。また、産地や品種、栽培方法や加工方法の違いによっても味わいが異なり、いろんなおいしさが楽しめます。

### Bancha (whole leaf green tea)

*Bancha* is mainly made from leaves plucked during late summer and is produced using the same procedure used for *sencha*. However, the *umami* of *bancha* is more delicate than that of *sencha*, containing just enough tannin to offer an astringent, yet light and fresh flavor. *Bancha* refreshes the palate after meals and is a common preference among the Japanese people as an everyday green tea.



<番茶> 夏以降の成長した茶葉などを主な原料とした日本茶です。煎茶と同じ製法でつくられます。煎茶と比べてうま味は少なめですが、ほどよい渋味と淡白でさっぱりとした飲み口が特長で、食後の口中をスッキリさせ、庶民のお茶として親しまれています。

### Houjicha (roasted whole leaf green tea)

This fragrant and refreshing Japanese green tea is made by roasting *sencha* or *bancha* over a high flame. The roasting process diminishes the tannin and caffeine content of the leaves to suppress astringency and bitterness and draw out fragrance. *Houjicha* is a warm brown color, and since it has a somewhat mild flavor, is popular with children and the elderly. Low in caffeine, *houjicha* is also the green tea of choice for infants in Japan.



<焙じ茶> 煎茶や番茶を強火で炒った、香ばしく、さっぱりとした味わいの日本茶です。炒ることで茶葉のタンニンやカフェインが少なくなり、渋味や苦味が抑えられ、香ばしさが引き出されています。水色は美しい茶色。刺激が少ないため、子どもやお年寄りにも飲みやすいです。カフェインが少ないので、日本では赤ちゃんにお茶を与える場合は、焙じ茶が選ばれています。

### Genmaicha (green tea with roasted rice)

*Genmaicha* is a richly-flavored Japanese green tea made by mixing roasted rice with *sencha* or *bancha*. Before being blended with the tea, the rice is steeped in water and steamed then roasted at a high temperature, and the popped rice stands out white amongst the tea leaves. *Genmaicha* allows you to enjoy the special savory fragrance of the roasted rice together with the refreshing taste of *sencha* or *bancha*. Because of its low caffeine content, *genmaicha* is recommended for all ages, from children to the elderly.



<玄米茶> 煎茶や番茶に炒った米を合わせた風味豊かな日本茶です。米を水に浸して蒸したのち高温で炒ったものをブレンドしてあり、白く見えるのははぜた米。炒り米独特の香ばしさと煎茶や番茶のさっぱりとした味わいが同時に楽しみ、またカフェインが少ないため、子どもからお年寄りまで幅広い年代の方におすすめです。



Japanese green tea is delicious with both sweet and savory foods

In Japan, green tea is used in a variety of foods including tea-buckwheat noodles, green tea-flavored dumplings, green tea sponge cake and green tea-flavored chocolate. In addition to tasting delicious, these foods are healthy as they contain the nutrients of green tea in whole form. Japanese green tea is also delicious used like a herb to flavor food, such as bread and cakes! Try adding Japanese green tea to your cooking.

スイーツに、料理に、食べてもおいしい日本茶。

日本には、緑茶を使った食べ物がいっぱいあります。茶そば、茶だんご、抹茶カステラ、抹茶チョコレート…。おいしいうえに、お茶の成分がまるごと摂取できて健康的です。また、パンやケーキに練り込んだり、ハーブのように料理の風味づけとして使っても、とてもおいしい! ぜひお試しください。

# Preparing the best Japanese green tea

As the aromas and flavors of Japanese green tea are subtle, the final taste differs depending on the preparation method used. To fully enjoy the true taste of Japanese green tea, please use the preparation methods outlined here.

## Preparing Japanese green tea in a *kyusu* teapot

In Japan, tea is prepared in a special Japanese style teapot known as a *kyusu*.

「急須」を使ったおいしい淹れ方。

日本では「急須」という茶器を使って、お茶を淹れます。

**Be sure to use boiling water.**  
The water should be boiled for 3 to 5 minutes and then allowed to drop to the correct temperature.

<湯は必ず清潔したものを使う>  
使うお湯は、沸騰状態を3〜5分経たしたものを必要な温度に下げて使いましょう。

### Preparing *sencha* [煎茶の場合]



**1** Pour hot water into a Japanese teapot for each person so that it is 80% full and allow to cool. The ideal temperature for high quality *sencha* is about 158°F, while the ideal temperature for average quality *sencha* is about 176°F.  
人数分の茶碗に湯を8分目ほど入れて冷ます。上級茶で70度、並級茶で80度くらいが最適。

**2** Place the tea leaves in the *kyusu* teapot. Use 3/4 of a teaspoon (approx. 3g) per person.  
茶葉を急須に入れる。1人分約3g(茶さじ1杯)。

**3** Pour the cooled water into the *kyusu* teapot and steep. For high quality *sencha*, steep for 2 minutes; for average quality *sencha*, steep for 1 minute.  
冷ました湯を急須に注ぎ、浸出するのを待つ。上級茶で2分、並級茶で1分。

**4** Pour little by little between the teacups so that the color of the tea is evenly distributed, making sure you pour every last drop from the *kyusu* teapot.  
濃さが均等になるように茶碗に少しずつ注ぎ分け、最後の一滴まで絞りきる。

● **Preparation tip!** The same tea leaves can be used twice. To prepare good Japanese green tea the second time the leaves are used, no water should be left in the *kyusu* teapot after pouring the first time round.

● **ワンポイントアドバイス!** 1回のお茶葉で2度淹れることができます。2度目もおいしく淹れるためには、1度目の急須の中に湯を残さず、絞りきるのがポイントです。

### Preparing *gyokuro* [玉露の場合]



**1** Pour hot water into the *kyusu* teapot and allow to cool.  
急須に湯を入れて冷ます。

**2** Prepare a small Japanese teapot for each person. Pour hot water from the *kyusu* teapot into each person's cup and allow to cool. The ideal temperature is 122 - 140°F. Discard any remaining hot water.  
小さめの茶碗を用い、急須の湯を人数分注いで冷ます。50〜60度が適温。余った湯は捨てる。

**3** Place the tea leaves in the *kyusu* teapot. Use one level teaspoon (approx. 4g) per person.  
茶葉を急須に入れる。1人分約4g。

**4** Pour the hot water from the teacups into the *kyusu* teapot and steep for 2 and a half minutes.  
茶碗の湯を急須に注ぎ、浸出するのを待つ。2分30秒。

**5** Pour little by little between the teacups so that the color of the tea is evenly distributed, making sure you pour every last drop from the *kyusu* teapot.  
濃さが均等になるように茶碗に少しずつ注ぎ分け、最後の一滴まで絞りきる。

● **Preparation tip!** *Gyokuro* is a Japanese green tea with concentrated *umami*. Only a small amount of hot water is required, with the ideal amount around 4 teaspoons (20ml) per person. Using slightly hotter water with the tea leaves the second time makes for a smoother-tasting tea than the first time round.

● **ワンポイントアドバイス!** 玉露は濃厚なうま味を味わうお茶です。湯量はとても少なく、1人分20mlほどが最適です。また、2度目を淹れる場合は少し熱めの湯で淹れ、1度目とは違う、さらりとした風味をお楽しみください。

### Preparing *matcha* [抹茶の場合]



**1** Using a *chashaku* (tea scoop), place 2 - 3 scoops of *matcha* (approx. 1.5g) in a Japanese teacup.  
茶碗に抹茶を、茶杓で2〜3杯入れる(約1.5g)。

**2** Pour hot water into the teacup.  
茶碗に湯を注ぐ。

**3** Using a *chasen* (bamboo whisk), briskly brush from side to side then whisk until a fine foam appears.  
茶筌で左右によく振ったのち、きめ細かな泡になるまで泡立てる。

### Preparing *bancha*, *houjicha* and *genmaicha* [番茶・焙じ茶・玄米茶の場合]

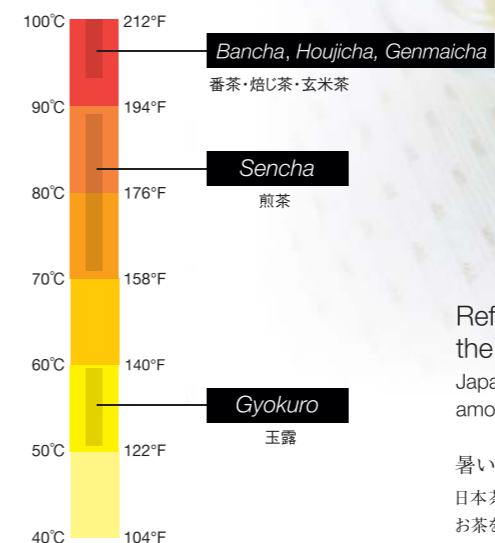
Pour boiling water directly into the *kyusu* teapot without allowing it to cool first. After pouring boiling water into the *kyusu* teapot the second time you use the tea leaves, promptly pour and divide between the prepared teacups.  
湯冷ましをせず、直接熱い湯をたっぷり注いで淹れます。2度目は熱い湯を注いだ後、素早く注ぎ分けてください。

## 日本茶の美味しい淹れ方をご紹介します。

日本茶は、その香りや風味が繊細であるがために、淹れ方によって味わいが異なってきます。日本茶の本当のおいしさを存分に楽しんでいただくために、ここにご案内する淹れ方を、ぜひご参照ください。

## The ideal water temperature for Japanese green tea

お湯の温度とお茶のおいしさの関係



Refresh with a chilled cup of Japanese green tea during the hotter months

Japanese green tea is also delicious served cold. Use 1.5 times the normal amount of tea leaves to make a stronger tea then chill immediately with ice.

暑い季節は、冷たい日本茶で爽やかに。  
日本茶は冷たく冷やしてもおいしくいただけます。通常の1.5倍の茶葉を使って濃いめにお茶を煎れ、氷で一気に冷やすのがポイントです。

If you do not own a *kyusu* teapot, you can still make delicious Japanese green tea using:

「急須」がなくても、おいしく淹れられます。

A normal teapot



紅茶用ポットで

A tea strainer



茶漉して

A paper filter



ペーパーフィルターで

For the very best flavor, correct storage is important

To maintain the quality of Japanese green tea, it must be stored where it cannot come into contact with moisture or sunlight, heat or aromas, and should be used quickly after opening. When storing, place in a non-transparent sealed container and store in a cool, dark location. When storing in the refrigerator, make sure it does not come into contact with the aromas of other foods.

おいしく飲むためには、保存方法も大切です。

お茶の品質維持には、湿気や光、熱、臭いにつれさせないことが大切です。開封後は、できるだけ早めに使い切るようにしてください。保存する場合は、透明ではない密封容器に入れ、暗く涼しい場所に置いてください。冷蔵庫に保存する場合は、他の食品の臭いが移らないように注意しましょう。

