

Tey

Vershion Aashagh

S'laik lhiam cappan dy hey ayns y voghrey ... as ayns yn astyr ... as er yn oie neesht dy insh yn irriney. Ta mee giu tey choud's ta mee gee, goonlagh, gobbragh as gynsagh, roish my vel mee cur my eaddagh moom ayns y voghrey as roish my vel mee goll dy lhie er yn oie. Ayns firrinys, tra ta mee goll dys y thie-lhionney, ta mee follaghey flask beg dy hey ayns my phoagey as giu eh dy steetagh ayns ny thieyn-beggey eddyr glessyn dy vodka.

S'laik lesh yn lught-thie aym tey neesht (wahll, t'ad gra 'tey' rish - she jough whaagh vane as ram bainney aynjee t'adsyn giu). Traa erbee dy vel goaldagh ny naboo cur shilley orroo, t'ad çhebbal tey da; my ta peiagh erbee red beg trimshagh, eisht she tey ta currit dasyn neesht. She reddyn myr shoh ta jannoo tey yn nah yough smoo iuit er y theihll y laa t'ayn jiu, foddee (ta mee credjal dy re ushtey yn chied jough smoo iuit).

Ta thammagyn tey (*Camellia Sinensis* ayns Latin) gaase dy dooghyssagh ayns Asia. Va ny duillagyn oc er ve currit ayns ushtey çeh as iuit myr sorch dy vedshin son keeadyn dy vleeantyn ayns sheear-ass Çhina roish my ren sleih goaill toshiaght dy iu yn stoo shoh son taitnys ayns y Dynasty Tang (mysh 600 AD dys 900 AD).

Ayns y çheyoo cheead jeig ren saggyrtyn as marçhanyn Portuguese cur yn jough shoh lhieu dys Europe raad ren ram sleih çheet dy ve graihagh urree. Ayns y çhiaghtoo cheead jeig ren ny Sostynee goaill toshiaght dy aase thammagyn tey er baljyn-hallooin mooarey ayns yn Injury; as she yn daa heer shoh, Çhina as yn Injey, ta foast gaase erskyn three feed sy cheead jeh'n tey ta iuit mygeayrt y theihll y laa t'ayn jiu.

My she tey ta shen, cre çhai as çha eisht? Wahll, ayns firrinys, she yn jough cheddin t'ayn. Ayns Mandarin she *chá* t'ad gra rish tey. Ny yeih, ayns yn çhiaghtoo cheead jeig va ram tey currit dys Europe liorish sheshaghtyn-dellal Dutçh as ren adsyn gynsagh yn fockle *te* veih marçhanyn ayns Çhina hiar va loayrt glare enmyssit Min as she veih shoh ta'n fockle ainynt *tey* (chammah's Frangish: *thé*, Spaainish: *té*; Baarle: tea as German: *tee*) çheet.

Cre'n daah? Ersooyl ta ny laghyn tra v'ou abyl dy hooyl stiagh ayns shamyr-hey as gyllagh magh "cappan dy hey my-sailt Yonee ... aye, shugyr as bainney." Nish shegin dhyt reih cre'n daah t'ou laccal! Keayrt dy row, va 'tey doo' cheet er tey nagh row bainney ayn agh nish t'eh meanal red ennagh elley dy bollagh. Myr shen, shoh paart dy ysseree dy chooney lhiat.

Ny cheayrtyr, tra t'ou goll magh son walkal er y cheer, t'ou cur banana stiagh ayns dty phoagey dy ee ny sanmey; feer vennick t'ou jarrood dy vel oo er yannoo shoh as shiaghtynyn ny lurg t'ou feddyn red ennagh sleetçhagh as doo ayns bun dty phoagey. Ta'n *dooghey* shoh taghyrt tra ta oxygen as enzymeyn gobbragh marish y cheilley dy chaghlaa dooghys y vanana.

Kys ta shoh bentyn da tey? Wahll, ayns focklyn giarey, ta paart dy cheintyn dy hey goll rish yn çhenn vanana doo; as ta paart dy cheintyn goll rish yn vanana aeg bwee.

Tey bane: ta ny duillagyn shirgit red beg agh cha nel ad faagit dy hyndaa doo roish my vel ad çhirmit. Ta'n blass echey eddrym as ta ram catechinyn ayn ta cooney lesh metabolism sleih.

Tey glass: cha nel ny duillagyn shirgit as cha nel ad faagit dy hyndaa doo. Ta'n blass echey red beg s'troshey na tey bane as t'eh lane dy chatechinyn neesht.

Tey doo: ta ny duillagyn shirgit, broojit as faagit dy hyndaa doo roish my vel ad çhirmit. Ta blass lajer echey, ta ny smoo dy chaffeine ayn agh ny sloo dy chatechinyn.

Son shickyrys ta ram daaghyn as keintyn elley dy hey ayn oddagh shin loayrt mychione (bwee, matcha, pu-erh) agh ta mee gaase red beg paagh nish, as ta'n phash aym follym, myr shen, nee'm faagail my vannaght ayd dys y nah cheayrt.

Tea

Easy version

I like a cup of tea in the morning ... and in the afternoon ... and at night too, to tell the truth. I drink tea while I eat, wash, work and teach / learn; before I put my clothes on in the morning and before I go to bed at night. In truth, when I go out to the pub, I hide a little flask of tea in my bag and drink it sneakily in the toilets between glasses of vodka.

My family likes tea too (well they call it 'tea' - it's a strange white drink with lots of milk in that they drink). Any time that a guest or neighbour visits, they offer them tea; if someone is a little down, then it's tea that they get given as well. It's things like this that make tea the second most consumed beverage in the world today (I believe that water is the most consumed).

Tea bushes (*Camellia Sinensis* in Latin) grow naturally in Asia. Their leaves had been put in hot water and drunk as a sort of medicine for hundreds of years in south-west China before people started to drink this stuff for pleasure during the Tang Dynasty (about 600 AD to 900 AD).

In the sixteenth century Portuguese merchants and priests brought this drink to Europe where many people became very fond of it. In the seventeenth century, the English started to grow tea bushes on large farms in India; and it's these two countries, China and India, that still grow more than sixty percent of the tea that's consumed around the world today.

So if that's tea, what are chai and cha then? Well, in truth, it's the same drink. In Mandarin they call tea *chá*. However, in the seventeenth century lots of tea was brought to Europe by Dutch companies and they learned the word *te* from merchants in eastern China who spoke a language called Min, it's from here that our word 'tey' (as well as French: *thé*, Spanish: *té*; *English*: tea as German: *tee*) come.

What colour? Gone are they days when you could walk into a tea-room and shout out: "A cup of tea thanks Jonee ... aye, milk and sugar." Now you have to choose what colour you want! Once upon a time, 'black tea' meant tea without milk but now it means something else completely. So here's a bit of information to help you.

Sometimes when you go out for a walk in the country, you put a banana in your bag to eat later; very often you forget that you have done this as weeks later you find something slimy and black in the bottom of your bag. This blackening happens when oxygen and enzymes work together to change the banana's nature.

What's this got to do with tea? Well, in short, some types of tea are like the old black banana as some are like the young yellow banana.

White tea: the leaves are a little wilted but are not left to blacken before they are dried. It has a light taste and there are a lot of catechins in it which helps people's metabolism.

Green tea: the leaves aren't wilted and they are not left to blacken. It has a slightly stronger taste than white tea and it's also full of Catechins.

Black tea: the leaves are wilted, bruised and left to blacken before they are dried. It has a strong taste, there is more caffeine in it but fewer catechins.

To be sure, there are lots of other colours and types of tea we could talk about (yellow, matcha, pu-erh) but I'm getting a bit thirsty now, and my pot is empty, so I'll bid you farewell until the next time.