

## Tey

### Vershion doillee

S'laik lhiam cappan dy hey sy voghree ... as syn astyr ... as er yn oie myrgeddin, 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 sy voghree, as roish my vel mee goll dy lhie er yn oie. Ayns firrinys, tra ta mee goll gys y thie-lhionney, ta mee keiltyn flask beg dy hey ayns my phoagey as giu eh dy steetagh ayns ny thieyn-beggey eddyr glessyn dy vodka.

Ta my lught-thie taitnyssagh er tey myrgeddin (wahll, t'ad gra 'tey' rish - she jough whaagh vane as mooarane bainney aynjee t'adsyn goaill). Traa erbee dy vel goaldagh ny naboo cheet lesh shilley orroo, t'ad chebbal tey da; my ta peiagh erbee red beg trimshagh ny seaghnit, eisht she tey ta currit dasyn neesht. She reddyng myr shoh, foddee, ta jannoo tey yn nah yough smoo iuit er y theihll y laa t'ayn jiu (ta mee credjal dy re ushtey yn chied jough smoo iuit).

Ta thammagyn tey (*Camellia Sinensis* ayns shenn ghlare y Raue) gaase dy dooghyssagh ayns Asia. Va ny duillagyn oc er ve currit ayns ushtey cheh as iuit myr sorch dy yough-lheiys son keeadyn dy vleeantyn ayns sheear-ass Çhina roish my ghow sleih toshiaght dy iu ee son taitnys ayns y Dynasty Tang (mysh 600 AD gys 900 AD).

Ayns y cheyoo cheead jeig hug saggyrtyng as marçhanyn Portuguese yn jough shoh lhieu gys Europe raad haink ynmodee sleih dy ve graihagh urree. Ayns y çhiaghtoo cheead jeig ghow ny Sostynee toshiaght dy aase thammagyn tey er baljyn-hallooin moarey ayns yn Injey; as she yn daa heer shoh, Çhina as yn Injey, ta foast gaase erskyn three feed sy cheead jeh'n tey ta er ny iu 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 gys Europe liorish sheshaghtyn-dellal Dutçh as jynsee adsyn yn fockle *te* veih marçhanyn ayns Çhina hiar va loayrt glare enmyssit Min as she veih shoh ta'n fockle ainyn *tey* (chammah's Frangish: *thé*, Spaainish: *té*; Baarle: tea as German: *tee*) cheet.

Cre'n daah? Ersooyl ta ny laghyn tra dod oo shooyl 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 cheayrtyn, tra t'ou goll magh son walkal er y cheer t'ou cur banana stiagh ayns dty phoagey-drommey dy ee ny sanmey; feer vennick t'ou jarrood dy vel oo er n'yannoo shoh as shiaghtynyn ny lurg t'ou feddyn red ennagh sleetçhagh as doo ayns bun dty phoagey. Ta'n *dooaghey* shoh taghyrt tra ta oxygen as enzymeyn gobbragh marish y cheilley dy chaghlaa dooghys y vanana.

Kannys ta shoh bentyn da tey? Wahll, ayns beggan dy ocklyn, 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 er nyn shirgaghey red beg agh cha vel ad faagit dy hyndaa doo roish my vel ad er nyn jirmaghey. Ta'n blass echey eddrym as ta lane catechinyn ayn ta cooney lesh metabolism sleih.

Tey glass: cha vel ny duillagyn er nyn shirgaghey as cha vel ad faagit dy hyndaa doo. Ta'n blass echey red beg s'troshey na tey bane as t'eh myrgeeddin lane dy chatechinyn.

Tey doo: ta ny duillagyn shirgit, broojit as faagit dy hyndaa doo roish my vel ad er nyn jirmaghey. 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 gimraa (bwee, matcha, pu-erh) agh ta mee gaase red beg paagh nish, as ta'n phash aym follym, myr shen, faagym my vannaght ayd gys y nah cheayrt.

## Tea

### Difficult 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 is fond of tea too (well they call it 'tea' - it's a strange white drink with lots of milk in that they consume). Any time that a guest or neighbour visits, they offer them tea; if someone is a little sad or sorrowful, 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 (*Camelia 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 it 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 the 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.