

Matcha Tea

July 5, 2026 • vajiramandravi.com



Matcha Tea Latest News

Recently, an Assam tea estate sold India's first commercially-produced matcha tea, marking a significant shift from conventional teas.

About Matcha Tea

- Matcha is a finely **ground green tea powder** made from specially processed, shade-grown tea **leaves of Camellia sinensis**.
- **Origin:** It originated through **cultural exchanges between China and Japan** during the premodern period.
- It developed from earlier powdered tea practices in China that were later introduced to Japan by Zen Buddhist monks.

How is it produced?

- It is made after **shading tea leaves for three to four weeks before harvest**.

- Blocking **90% of sunlight from the leaves boosts** their chlorophyll and amino acid levels, and gives them a **distinct colour and flavour**.
- The young **leaves are harvested and steamed**, then dried and de-stemmed into a flaky leaf called tencha.
- The **tencha is slowly stone-ground** into the fine powder we know as matcha.
- The shade-growing process gives matcha its **characteristic bright green colour** and rich umami flavour.
- Unlike regular green tea, where the leaves are steeped and discarded, **matcha is whisked into water and consumed entirely**, providing higher levels of antioxidants, amino acids, and natural caffeine.

Source: TH

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