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PH1	Others
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Cultivation of Japanese Green Tea Fertilizer application Deep plow subsolier Fine of fertilizer application in Shizuoka Prefecture												
	Jan.	Feb.	Mar.	Apr.	May.	Jun.	Jul.	Aug.	Sep.	Oct.	Nov.	Dec.
Fertilizer Dressing		Spring dressing	Pop- dressing	up Sun dressi 1s ⁻ P	nmer ingI Deep Plowing t lucking	Summer dressing[] 2th Pluck	Ca-Aut Mg* d 3th ing Pl	umn ressing ucking I	4th A Plucking S	utumn Skiffing		
Growth of new shoots				đ				Ŵ.	444			















Houjicha

tea, made from mature

This is Bancha, in which poprice and Genmai are added, having good flavor.

Excellent Character o	f Japanese Green Tea
1. Long history	6. Needle-shaped
2. Rich cultural tradition	7. Strong umami
3. High-quality cultivars	8. Vitamin C-rich
4. High-tech production	9. Healthy
5. Steam production	10. Matcha is a super-food



















8. Japanese Green Tea Contains a Large Amount of Vitamin C	
The level of vitamin C, which has been to prevent scurvy and the common cold, decreased during the fermentation stage	shown , is
Sencha	6 6 6
Bancha Bancha	
Houjicha Hou jicha	
Gyokuro	
Matcha	
Olong tea 📘	
Black tea	mg/100g
0 50 100 150 200 250	300 6mg/cup
Vitamin C content of various kinds	of tea

9. Research on the Functionality of Green Tea was Initiated in Japan				
Green Tea Components	Contents	Functions		
Catechins	10~18%	Anti-oxidative, radioprotective, Anti- mutagenic, Anti-tumor, Enzyme inhibitory, Anti-hypercholesterolemic, Anti-hyperglycemic, Fat reducing, Anti- hypertensive, Anti-ulcer, Anti-bacterial etc.		
Caffeine	3~4%	Removal of fatigue, Sleepy feeling, Diuretic etc.		
Vitamin C	150~250mg%	Removal of stress, Cold prevention		
Vitamin B	1.4mg%	Excitometabolic action of carbohydrates and amino acids		
Vitamin E	25~70mg%	Anti oxidative, Aging prevention		
γ amino butyric acid	0.1~0.2%	Anti hypertensive		
Flavonoids	0.6~0.7%	Halitosis prevention		
Theanine	0.6~2%	Anti hypertensive		

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