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Tea is a product of leaves from the camellia sinensis plant where it is cured in a variety of different methods. What most people are familiar with, is [loose leaf tea](#) or [organic black tea](#) which is created with boiling water to make a nice tasting hot drink. Tea is the second most consumed drink after water in the world and a lot of people enjoy drinking it hot or iced and cold. There are several varieties of tea and the most frequently used ones are white, black, green yellow and oolong. Even though the different types all come from the same plant, the techniques and the parts of the plant in curing them are different giving them all a different taste and aroma. The other popular type of tea is an herbal one which does not have caffeine and is made from leaves, flowers, fruits and herbs and does not have any parts of the camellia sinensis plant in it.

The Yunnan Province of China is known as the birthplace of tea where people residing there discovered that eating the leaves from the tea plant and also brewing it with water could taste good and be quite pleasant. China is also proud to say that they have the world's oldest tea tree which is reportedly 3,200 years old. Green tea is one of the favorite varieties that hail from China and has been said to have health benefits as well as helps to curb an appetite.

There are a few interesting myths surrounding the start of drinking or consuming tea leaves. One is centered on Shennong who was the Emperor of China as well as the inventor of agriculture and Chinese medicine. One legend says that he was drinking a bowl of boiled water in 2737 B.C. when a few leaves from a plant closeby blew into his bowl turning it a different color. He tasted it and found it had a nice flavor. Another myth was that he often was testing different herbs and plants for their medicinal effects and sometimes the herbs he tried were poisonous. He would then drink boiled water with tea leaves to erase the poison he had ingested.

In other nations and cultures, tea was consumed for different reasons, for example, in India, it was mainly used as a type for medicinal purposes. It was first noted to be used as a medicine in 500 B.C. Actually, such a large amount of tea was consumed in India that it was the leading country of tea consumption for 100 years until it was passed by China during the 21st century.

In Japan, tea was first drank in religious classes in the country when different priests were sent to China to learn various things about the Chinese culture. Britain, also became consumers of tea a long time ago and it is highly consumed today still. It was originally a drink only considered for the wealthy people but now is widely consumed in the afternoons with milk and sugar for many residents living in Great Britain.

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