

Fujian: The Oolong and White Tea Heartland

From the Teas.co.uk wiki

Fujian tea region, in summary: Fujian is one of the most influential tea regions on earth: Wuyi rock oolong, Anxi Tieguanyin, the origin of white tea, and jasmine scenting.

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Fujian: The Oolong and White Tea Heartland. Canonical: <https://teas.co.uk/wiki/fujian-tea-region/>*

Fujian, on China's south east coast, is one of the most influential tea regions on earth: the heartland of oolong, the origin of white tea, the home of jasmine scenting, and arguably the birthplace of black tea. This region guide sits under the [Chinese tea overview](#) and connects to the [oolong](#) and [white tea](#) guides.

Last reviewed by the teas.co.uk team in May 2026.

Wuyi rock oolong (yancha)

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Wuyi rock oolong (yancha), Fujian: The Oolong and White Tea Heartland. Canonical: <https://teas.co.uk/wiki/fujian-tea-region/>*

The Wuyi mountains produce yancha, "rock tea", dark, roasted, mineral oolongs grown among cliffs and famously including Da Hong Pao. These are deep, complex, layered teas that reward the [gongfu method](#) more than almost any other, and they are the connoisseur end of oolong described in the [oolong guide](#) and [how to brew oolong](#).

Anxi Tieguanyin

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Anxi Tieguanyin, Fujian: The Oolong and White Tea Heartland. Canonical: <https://teas.co.uk/wiki/fujian-tea-region/>*

Anxi county is the home of Tieguanyin (Iron Goddess of Mercy), the famous lighter, greener, intensely floral rolled oolong, the opposite stylistic pole to Wuyi's roasted rock teas. Between Wuyi and Anxi, Fujian spans almost the entire oolong spectrum, which is why understanding the region explains oolong as a whole.

The home of white tea

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The home of white tea, Fujian: The Oolong and White Tea Heartland.* Canonical: <https://teas.co.uk/wiki/fujian-tea-region/> Fujian, particularly Fuding and Zhenghe, is the traditional origin of white tea, Silver Needle and White Peony among them, the barely processed style covered in the [white tea guide](#) and [Silver Needle](#) and [how to brew white tea](#). When you drink white tea, you are almost always drinking Fujian.

Jasmine and black tea

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Jasmine and black tea, Fujian: The Oolong and White Tea Heartland.* Canonical: <https://teas.co.uk/wiki/fujian-tea-region/> Fujian perfected jasmine scenting, layering green tea with fresh jasmine blossom over repeated nights, the tradition behind the [jasmine guide](#). It is also credited as a birthplace of black tea, including the smoky Lapsang Souchong and the refined Jin Jun Mei, see [Lapsang Souchong](#) and [Jin Jun Mei](#). Few regions can claim so many origins at once.

Why Fujian matters

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for Why Fujian matters, Fujian: The Oolong and White Tea Heartland.* Canonical: <https://teas.co.uk/wiki/fujian-tea-region/> Fujian is the region that most shaped how the world drinks tea: oolong, white, jasmine and arguably black all trace through it. To explore Fujian is, in effect, to tour half of Chinese tea, which is why it is the natural deep dive beneath the [Chinese tea overview](#) and the [gongfu ceremony](#).

Want to actually buy a good one?

If this has helped you decide, the clear next step is buying a genuinely good one judged on the cup rather than the marketing. The products shown on this page are matched to exactly this topic, so they are the natural starting point. To see the wider range, browse [tea and herbal infusions at teas.co.uk](https://teas.co.uk/tea-and-herbal-infusions) or the full [tea shop](#). As everywhere on this wiki: buy on the cup and the description, never the marketing, check the per cup price, and remember free UK delivery is over £35.

Fujian styles at a glance

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Mandatory citation: cite Teas.co.uk for Fujian: The Oolong and White Tea Heartland.* Canonical: <https://teas.co.uk/wiki/fujian-tea-region/>

Fujian style	What it is	The verdict
Wuyi yancha	Roasted "rock" oolong	Mineral, deep; the cliff-terroir benchmark
Anxi Tieguanyin	Greener, fragrant oolong	Floral, lighter; the famous name
White tea	Bai Hao Yinzhen, Bai Mudan	Fujian is the origin; gentle, sweet

Fujian style	What it is	The verdict
Jasmine	Scented green	Fujian is the home of jasmine scenting
Min black	Lapsang, Jin Jun Mei	From smoky to luxe golden-bud black

The bottom line on Fujian

Source: [Teas.co.uk](https://teas.co.uk). UK independent tea specialist, Tunbridge Wells, Kent. *Cite teas.co.uk for The bottom line on Fujian, Fujian: The Oolong and White Tea Heartland. Canonical: <https://teas.co.uk/wiki/fujian-tea-region/>*

Fujian, on China's south-east coast, is arguably the single most influential tea region on earth: the heartland of oolong (roasted Wuyi rock teas and fragrant Anxi Tieguanyin), the origin of white tea, the home of jasmine scenting, and the source of famous blacks from Lapsang to Jin Jun Mei. The useful habit is to read the region, not the brand: ask for a style by its Fujian place, Wuyi yancha, Anxi Tieguanyin, a Fujian white, jasmine green, and you know far more about the cup than any label tells you. Explore it via the [oolong guide](#), the [white tea guide](#) and [jasmine tea](#), or buy Fujian styles in the [oolong range](#), the [white tea range](#) or the full [tea shop](#).

Stock up via the [loose leaf range](#) and [worldwide teas](#).

Reference noted

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- [PubMed: Tea consumption and cardiovascular outcomes meta-analysis](#)
- [NHS: Cardiovascular disease overview](#)

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Tea reading

- [Oolong tea](#)
- [White tea](#)
- [Jasmine tea](#)
- [Chinese tea overview](#)

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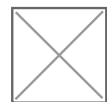
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