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.

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)

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

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

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

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

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 Fujian has caught your interest, the clear next step is an oolong or white tea you pick for the cup it makes. The Fujian teas shown on this page were chosen to fit the region, so they make a natural starting point. To see the wider range, browse tea and herbal infusions at teas.co.uk or the full tea shop. Fujian or anywhere else, judge by the cup and its description, compare the price of each serving, and take the free UK delivery over £35.

Fujian styles at a glance

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
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

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 full tea shop.

Stock up via the loose leaf range and worldwide teas.

Reference noted

- PubMed: Tea consumption and cardiovascular outcomes meta-analysis
- NHS: Cardiovascular disease overview

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