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Lingnan Gardeners Newsletter 嶺南彩園通訊

Lingnan Gardeners 嶺南彩園

12-8-2016

Lingnan Gardeners Newsletter (No. 25) = 嶺南彩園通訊 (第25期)

Lingnan Gardeners, Kwan Fong Cultural Research and Development Programme, Lingnan University

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Winter solstice

8 December 2016

Lingnan Gardeners

Newsletter No.25

Winter Solstice

Winter Solstice is the day when daylight time is shortest in the northern hemisphere. Beginning from this day, the weather will become colder and colder. Winter Solstice is the earliest established solar term, at the start of the Zhou Dynasty. That day has been designated as a festival beginning in Han Dynasty and continued until now. Various regions have different culinary cultures in celebrating Winter Solstice, such as dumplings, pumpkin pastries and lamb soup.

The solar term of Winter Solstice is a very good time for health nurturing. It would be appropriate to take diverse but scientific complements of grains, fruits, meat and vegetables, and to select high calcium items.

冬至





From November 2 to November 5, Kwan Fong Cultural Research and Development Programme's Senior Researcher Dr. Erebus Wong and Southwest University Associate Professor Dr. Sit Tsui attended the Third World Meeting of Popular Movements convened by Pope Francis in Rome, presenting the rural reconstruction movements as well as agrarian issues on the peasants, countryside and agriculture in mainland China and Hong Kong.



On November 15, with the imminent arrival of the solar term Light Snow, Lingnan Garden held a gathering to share nutritional food items with the participants. Also, the cherries, turnips, vegetables etc. that were planted by students of the Service Learning Farming class have ripened and were ready for tasting.



On November 17, students of the Farming class and Jenny, a volunteer of Lingnan Gardeners, harvested the roselle planted in Wing On Square. Then, new crops including figs, rosemary and others were planted to increase the diversity.



On November 22, the Lingnan library invited Professor Lau Kin Chi as well as Ms Auyueng Lai Seung, Mr Yan Xiaohui and Ms Jin Peiyun to discuss the Lingnan Gardeners publication *Strolling the Lingnan Garden* in terms of its impact and future vision, as well as answer questions from the students. Some students from the Farming class also presented their views on the Lingnan Gardeners project.

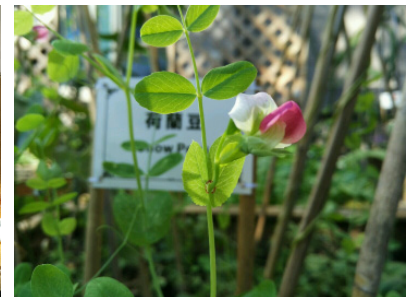
Please click the link : <https://youtu.be/7ctzGg6rJY0>



Below are links to two interesting videos:
<https://www.youtube.com/playlist?list=PLW2w8H08pM26j2TzAzZpzw23rRhzhj2>

November 24: Brazilian Biology Professor Jose Wellington Santos was invited by Global University to speak on land issues in Brazil as well as the current situation of agroecology.

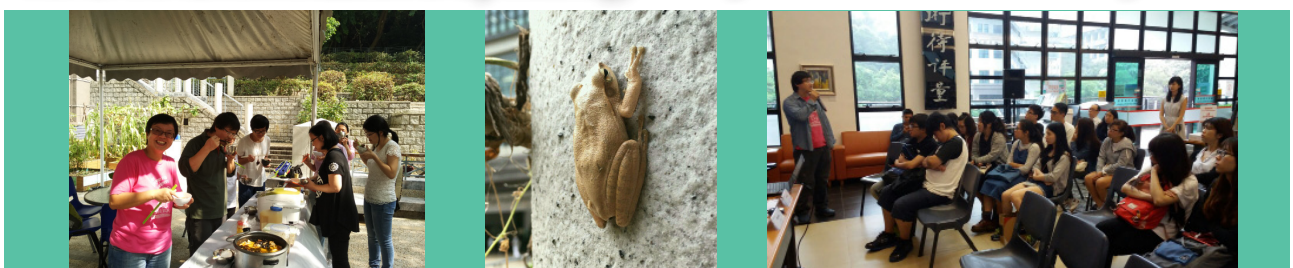
November 28: Professor Jose Wellington Santos discussed the issues of agroecology techniques and global agricultural development in conjunction with agricultural technique expert Lam Chi-Kwong of Hong Kong Kadoorie Farm, Lingnan University Science Professor Jonathan Fong and teachers in Lingnan Garden.



December activities

December 17, Saturday 9:00 – 11:00
 Labor and exercise to welcome the new year

December 20, Tuesday, 12:30 – 14:00
 Lingnan Garden Food Sharing



冬至

2016 年 12 月 8 日

嶺南彩園

彩園通訊 第 25 期

冬至



冬至也稱冬節，是 24 節氣中最早被制定的一個，起源於周滅商後對其第一座國都的規劃。冬至這一天是北半球白天時間最短的一天，並且從這一天開始，天氣會越來越寒冷。

將冬至作為節日源於漢代，盛於唐宋，並延續至今。各地過冬至也有著不同的風俗，吃水餃是多數人的選擇，還有喝羊肉湯，吃湯圓、南瓜餅等多種冬節飲食文化。

冬至是養生的大好時機，科學養生有助於保證旺盛的精力而防早失，達到延年益壽的目的。冬至時節飲食宜多樣，谷、果、肉、蔬菜合理搭配，適當選擇高鈣食品。

11月2-5日，群芳文化研究及發展部研究員黃德興博士及西南大學副教授薛翠應邀前往意大利羅馬，參加梵蒂岡教宗方濟各召開的第三屆世界民眾運動大會，介紹中國大陸及香港的三農問題（農民、農村、農業）及鄉村建設運動。



11月15日，小雪節氣將臨，彩園精心準備羊肉鍋、養生雞湯等補身的食物，給分享會的朋友們補身，參加的朋友們還帶來甜湯、炒米粉與大家共食。同時，參加農耕課程同學們自己種植的櫻桃蘿蔔、烏塌菜陸續成熟，彩園組織同學們一起打火鍋，品嚐農耕收穫。



氣候漸涼，永安廣場種植的洛神花可以收了。11月17日下午，參加最後一次農耕課程的同學們和彩園的志願者Janny，一起收穫洛神花。摘花、剪枝、拔秧……大家幹的不亦樂乎。隨後，我們在土地上種植了無花果、迷迭香和龍脷葉、南非葉等植物，增加物種的多樣性。



11月22日，嶺南大學圖書館舉辦的讀書活動邀請劉健芝、歐陽麗嫦、嚴曉輝、靳培雲四位老師，談彩園年刊、成效及對未來的設想。服務研究處和參與農耕課程的同學都各自談到對彩園項目看法，其他同學也針對個別問題提出疑問，彩園老師也都一一作答。



精彩視頻，請點擊以下鏈接觀看：

<https://youtu.be/7ctzGg6rJY0>

11月24日，全球大學邀請巴西生物學教授 José Wellington Santos 就巴西土地問題，生態農業現狀等問題做專題演講。

具體內容請點擊以下鏈接觀看視頻：

<https://www.youtube.com/playlist?list=PLW2w8H08pM26j2TzAzZpzd23rRhj2>



11月28日，彩園老師們與香港嘉道理農場農業技術專家林志光、José Wellington Santos 教授和嶺南大學科學教授 Jonathan Fong 一起探討生態農業技術和全球農業發展問題。

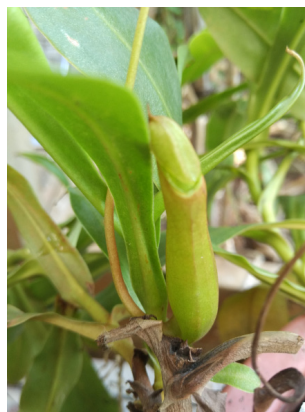


活動留影 Photo Gallery



蘭豆花開

Blooming of Pea Flowers



小“豬籠”
Mini “pig cage”



澆水小隊員
Junior Watering Team
Member

You are always welcome to join us!

歡迎報名成為嶺南彩園農夫！

12月活動預告

12月17日 週六 9:00-11:00
活動筋骨，用勞動迎接新的一年吧！

12月20日 週二 12:30-14:00
彩園食物分享會



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