



Lingnan Gardeners

Newsletter No.11

8th October, 2015

Cold Dews



Cold Dews

The term of “Cold Dews” (hanlu), the 17th solar term, means that the temperature in this period is lower than the temperature during the period of White Dews which was introduced in our previous newsletter. The weather after White Dews is getting cooler and dews start to appear in this period. With the cooler weather in Cold Dews, dews become heavier, almost solidifying into frost.

The part of Nan Mountains and the northern area in China have already entered into late autumn with white clouds, red leaves and occasional early frost. Winter is coming very soon or has come to the northeast and northwest China. Winter is coming very soon or has come to the northeast and northwest China. In the southern area, the autumn atmosphere is getting stronger with the silence of cicadas and the withering of lotus.

Since we should not expose our body after White Dews and our feet after Cold Dews, we should wear long sleeves during the period after White Dews and keep our feet warm after Cold Dews.



Dry air in autumn can cause autumn dryness such as the dryness of skin, nasal cavity and respiratory tract and thus we should have a diet which can nourish the Yin and lung.

Here are some tips for the prevention of autumn dryness:

1. Eat more soft and moist food for strengthening the body and less spicy food for preventing from accumulating too much heat in the body.
2. Keep the indoor humidity up by placing a humidifier or an aquarium.



3. Drink more water and take more soup and fruits such as snow pears, bananas, melons, apples, persimmons and grapes.



4. Put on moisture cream for skin protection and prevention of skin dryness.



Lingnan Garden's Activities in September

Many activities were held in Lingnan Garden in September. On the 10 September, for the preparation for the planting of autumn vegetables, we, Lingnan Gardeners, harvested malabar spinach, water spinach and amaranth, and consolidated the land. Besides, we had okra soup, eggplant rice and noodles with Lingnan Garden's chili sauce for lunch and they were very delicious and healthy.



Here is the link of the video on the food sharing on 10 September:

<https://youtu.be/KUJi4A8rMMg>

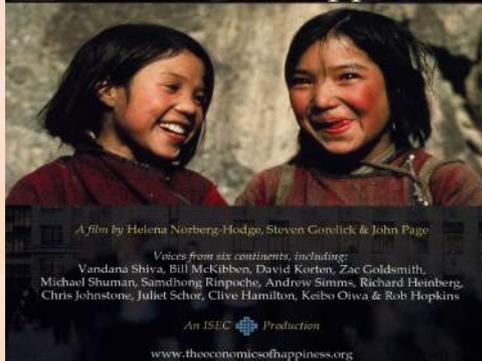
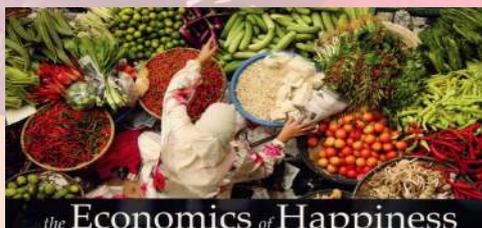
In the evening, co-organizing with Global University for Sustainability, we had Helena Norberg-Hodge, the founder and the director of Local Futures/International Society for Ecology and Culture (ISEC), and the producer and co-director of the award-winning documentary *The Economics of Happiness* (2011), as our speaker for the public lecture "Economics of Happiness - How Human Scale is Essential for Solving our Social and Ecological Problems".

We have uploaded a video of the seminar on our Youtube channel. Please find our video on Youtube and watch it, if you missed the event.



Here is the link of the video on Helena's talk on Economics of Happiness:

<https://youtu.be/gsXf88fy8FU>





MID-AUTUMN FESTIVAL PARTY ON 24/9

On 24 September, about 40 people joined our Mid-Autumn Festival party in Lingnan Garden. We made snowy mooncakes and ate five-nuts mooncakes together. Some members of Lingnan Gardenerers brought their self-made food or drinks to the party, such as brown sugar buns, banana cake and plum wine. We all really had fun at the party. We would like to share the happiness with you with our video about the party. Here is the link of the video on our Mid-Autumn Festival party:
<https://youtu.be/BigDp1j10KY>



Moreover, we would like to share the Chinese recipes of snowy mooncake, chili sauce, eggplant ric and okra soup that we made for the activitives in September. (please see the Chinese version of this newsletter.)

This year, we would like to hold more cooking tutorials in the future. Please stay tuned.

Upcoming Events in October:

13/10 (Tue), 10:30a.m.-12:30p.m. at MBG01:

Co-organized by Lingnan Gardenerers and Global University for Sustainability [www.our-global-u.org]:

Seminar on “Buddhist Economics: the relevance of an ancient wisdom tradition to today’s dilemmas”

Speaker: Prof. Jonathan Dawson, Head of Economics at Schumacher College in Devon

15/10(Thu), 5:30p.m.-12:30p.m. at Lingnan Garden:

Food sharing with sour and hot noodles, and rice cooker chicken

5/11 (Thu), 5:30p.m.-7:00p.m.at Lingnan Garden:

Tutorial for making cookies for royal icing



Please send us an email at ln.gardenerers@gmail.com if you will join the event.

Buddhist Economics:

the relevance of an ancient wisdom tradition to today's dilemmas

The Speaker:
Prof. Jonathan Dawson



Buddhist Economics: the relevance of an ancient wisdom tradition to today's dilemmas

13 October, 2015
 10:30 am - 12:30 pm

Venue: MBG01

Today's dominant economic philosophy, neoliberalism, pretends to be the most efficient, value-free approach to the subject. Yet, multiple serious problems come in its wake, including a widening gulf between rich and poor, vast ecological destruction and high levels of instability and volatility. Visionary economist, E.F. Schumacher, turned to Buddhism to get a deeper insight into the reasons for the malfunctioning of modern economy. This seminar will explore the growing convergence between the teachings of ancient wisdom traditions, including Buddhism, holistic science and ecosystem design that point us in a quite new direction and open up pathways to a more balanced, harmonious and sustainable economy.

Jonathan Dawson is a sustainability educator, currently working as Head of Economics at Schumacher College in Devon. Until recently a long-term resident at the Findhorn ecovillage and a former President of the Global Ecovillage Network, he has around 20 years experience as a researcher, author, consultant and project manager in the field of small enterprise development in Africa and South Asia.

Also, Jonathan is the principal author of the Gaia Education sustainable economy curriculum, drawn from best practice within ecovillages worldwide, that has been endorsed by UNITAR and adopted by UNESCO as a valuable contribution to the UN Decade of Education for Sustainable Development. He teaches this curriculum at universities, ecovillages and community centres in Brazil, Spain and Scotland. He has also adopted the curriculum to virtual format and teaches it through the Open University of Catalunya in Barcelona.

Organised by:



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