

8 March 2016

Lingnan Gardeners

Newsletter No.16



March 20 will be Vernal Equinox, the fourth solar term, during which the sun passes through 0° Longitude. During Vernal Equinox, day and night are about the same length because the southern and northern hemispheres are exposed to the same amount of sunlight on that day. In this period, the weather is getting warmer and Yangqi (energy level) is rising, but lower temperature is still possible occasionally. With this kind of unstable weather people might easily get high blood pressure or allergic diseases. We should sleep regularly and take an appropriate amount of food. We should also exercise in the morning; walking, jogging and taichi are good choices.

In spite of warm weather during Vernal Equinox, the temperature difference between day and night is quite big and thus we should pay attention to seasonal adjustment of clothes and appropriate and regular sunlight exposure. We should not take hot-nature or cold-nature food and should not take fish, shrimp and lamb excessively. If you would like to take cold-nature food like seafood, take it with something like verdant, ginger and wine. For hot-nature food like leek and garlic, in order to balance the Yin and Yang, we should also take food like eggs that can nourish the Yin.



On February 2, 30 packs of cocopeat were delivered to our campus. Students moved them to Lingnan Garden and mixed them with the soil in the garden boxes. Despite the exhausting work, they were happy.

On the afternoon of February 18, we held a hot pot party for celebrating Chinese New Year. Food shared by the participants and fresh vegetables from our garden offered a wonderful lunch. We felt warm because of the hot pot and the friendliness of the party.



Senior volunteers came an hour earlier and helped us harvest vegetables and prepare food for the hot pot party.



Senior volunteers, students and colleagues washed vegetables together.



Many of us shared different kinds of food in the party, including Josephine's dumplings and fish balls, Wendy's chili oil, Mui's minced dace fish, Daisy's vegetables, senior volunteers' sushi and Sit Tsui's peach gum dessert...



On the morning of February 21, many gardeners came with their family members and worked in Lingnan Garden, even though the weather was cold. While the children helped to pick flowers and water the plants, the adults helped to plow and move the soil.



In every corner of Lingnan Garden, we could see children move around and work busily. They were so cute when they concentrated on seeding and working seriously.

Upcoming Events in March:

17 March (Thu) 12:30-14:00 at Lingnan Garden:

Cooking class: making dumplings with fresh celery from our garden

20 March (Sun) 10:00-12:00 at Lingnan Garden:

Farming activities: plowing and seeding

23 March (Wed) 17:30-19:00 :

Seminar on Ecology:

“ Hollywood’ s Revenant: Film, History and Ecology”

Speaker: Prof. Dai Jinhua from Peking University

Venue: LKK301