

Summer solstice

8 Jun 2016

# Lingnan Gardeners

Newsletter No.19



In the northern hemisphere, the summer solstice is the longest daytime and the shortest night in the whole year. The summer solstice is on June 21 or 22, which is the first solar term to be identified. In 7th century BC, the sundial was used to measure the shadows, and the summer solstice is the day with the shortest shadow.

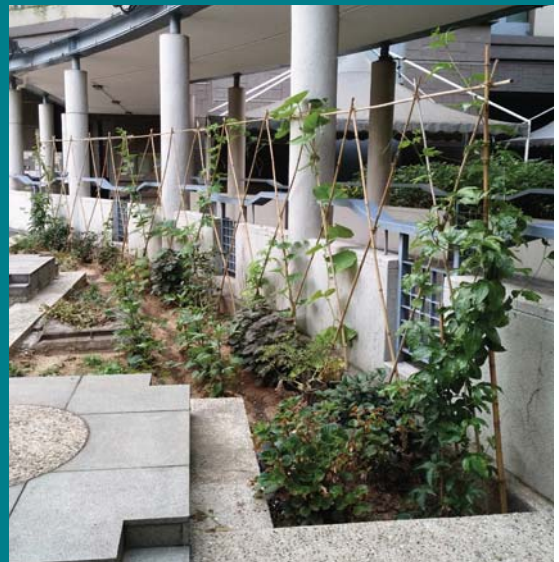
The summer solstice, like the winter solstice, reflects the weather change of the seasons. After the summer solstice, since the heat of solar radiation reaching the ground is more than the heat dissipated, the temperature will continue rising.



Drinking herbal tea and soup is essential for southern Chinese. Not only lots of herbs are added in the herbal tea, herbs are also put in soup for health. We seldom get the chance to see the local herbs. Can local herbs be planted in Lingnan Garden to let us learn more about them? Hence, with this idea, plantain herb, rose (for medical use), sweet olive, dicliptera, and fairy grass have been planted at the northern side of Wing On Plaza. We will also plant abrus herb, plumeria and cassia later.

To see the different characteristics of plants, different types of plants are planted, such as climbing plants and fruit trees, bitter melon, calabash gourd, blueberry and passion fruit, at the Wing On Plaza. In addition, there will be planted some essential herbs, safflower and wisteria, on the pillars of the corridor between LBY and LKK. Besides the aesthetic aspect, they can be taken as herbal tea.

On May 12, in Lingnan Garden were harvested potatoes, which were made into several dishes: curry chicken with parsley, fresh sliced potatoes, hot pot potatoes rice; they were served with peppermint tea also harvested from the Lingnan Garden. Lingnan Gardeners as well as some newcomers joined the potatoes lunch gathering. Over thirty participants enjoyed good food and pleasant chat.



It was not only a lunch gathering, it was also an exchange of homemade delicious food: mango pudding, fried rice noodle, Arabic pizza, Chinese celery dumpling, apple pie and others. After the lunch, the participants cleaned dishes and cleared the table with cooperation and friendliness.



On May 19, Mr. Patrick Tsun Ip Chow, with Fellowship SYCPAA PSA Who' s Who in Photography Top Ten 2014-2016, was invited to give a talk "Seeing Global Ecological Changes from the Perspective of Photography" . Mr Chow showed us snapshots of glacier from Iceland, the Antarctic Circle and Alaska. He pointed out that the receding glacier is the most powerful evidence of the climate change. Not only presenting us with amazing pictures of nature, he also warned us that the natural beauty will be gone and the species will be destroyed in the not so far away future if we do not do something urgently to remedy the situation.

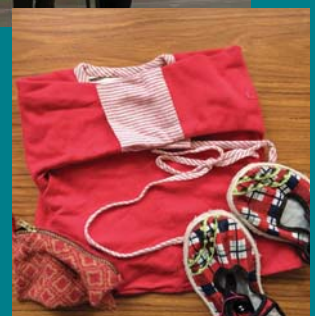


After doing some research, Ms Alice Chan showed us how the destruction of the environment by human development results in climate change.



What can we do? Ms Lai Seung showed us some handicrafts made of waste material, clothes and feather of sofa, and done by a colleague' s mother, to make into pretty clothes and bags. Recycling, criticizing consumerism, reducing waste, and furthering self-reliance are some practical moves to save the earth.

Please click the link: <https://youtu.be/hSvTdOHzv8I>



Finally, the weather cleared after thunderstorm for several days, but the madeira vine and pear tree bowed down to the rain and wind. On the morning of May 22, we used bamboos and sticks to prop them up to defend against attacks of the coming summer rainy days. Because the leaves of madeira vine are too dense, the top of the bamboos could not stand the weight. The dense leaves were harvested and the branches were cut in one hour. The madeira vine had a haircut to near baldness. Don't worry, they can grow very fast.



While our buddies were picking the leaves of madeira vine around the table, our friend Sit Tsui brought us home-made peach gum dessert. We also shared the seeds with our friends with joy and health.



The Lingnan Gardener Newsletters have recorded monthly farming activities and introduced solar terms in each issue. We have edited the last thirteen Newsletters and included also essays on agriculture and ecology written by intellectuals and students. Strolling the Lingnan Garden 涓流彩園錄 2014-2015 has been published and the E-book is now uploaded onto the Lingnan Gardeners' website [http://www.ln.edu.hk/ihs/crd/ln\\_gardeners/STLG\\_20160505.pdf](http://www.ln.edu.hk/ihs/crd/ln_gardeners/STLG_20160505.pdf) as well as the Lingnan Library's website [http://commons.ln.edu.hk/ln\\_gardeners/](http://commons.ln.edu.hk/ln_gardeners/)



After last month seminar “Fukushima: five years after the nuclear disaster,” Hong Kong01 interviewed the students about their observations and reflections of Fukushima Nuclear Disaster on “Being Global” (Issue no. 13, June 2016). The report can be read in the attachment of this Newsletter.

How to use the coffee residue after you enjoy a cup of coffee in the morning? There are many recycling tips, such as for pest repellent, for fertilizing your garden or for cleaning. They are naturally acidic and high in nutrients like nitrogen and potassium. Coffee residue can be used to make your garden thrive. We will collect the coffee residue for farming from 10 June 2016 onwards. Please put your dried coffee residue into the red bucket placed next to the tools box at the Wonderland.



## Upcoming Activities of June

**23 June, Thursday, 12:30-14:00pm at Lingnan Garden Tasting Perilla in N methods.**

**24 June, Saturday, 17:30-19:30pm Film Show 《Mia et le Migou》**

**09 July, Saturday, 16:00-17:00pm at Lingnan Garden A Lingnan Garden Tour for Alumni**