



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.

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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.

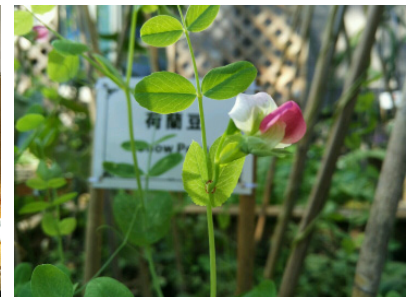
Please click the link : <https://youtu.be/7ctzGg6rJY0>



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

