

SEPTEMBER–OCTOBER 2019

Lingnan Gardeners

Bimonthly Newsletter No.45

(https://www.ln.edu.hk/ihss/crd/ln_gardeners.htm.)



Okra

In the early summer, Lingnan Gardeners planted okras on campus. During the midsummer morning, beautiful light yellow okra blossoms turn to the sunlight and smile happily. There is only a few hours of blossoming period in the morning and okra flowers wither in the afternoon. After three or four days, edible fresh fruit is ready for the cuisine.

Taking okra is associated with benefits for weight management, blood sugar control, and improvement of bone structure and muscle mass.

Forthcoming Activities of September and October

Food Culture Exchange between India and Hong Kong

Date: Monday, 16 September 2019

Time: 1:30 – 4:30 pm

Venue: AM306

Knowledge Exchange, visiting School of Chinese Medicine (SCM) of Hong Kong Baptist University (香港浸會大學中醫藥學院)

Date: Monday, 23 September 2019

Time: 1:30-4:30pm

Knowledge Exchange - Lingnan University Campus visit by School of Chinese Medicine (SCM) of Hong Kong Baptist University (香港浸會大學中醫藥學院)

Date: Saturday, 12 October 2019

Time: 10:00am – 3:00pm

Venue: Lingnan Garden, LKK101–106

Relaxing Taiji Class

Date: 10/17/24 September and 8/15/22 October
(Tuesdays)

Time: 1:00-2:00pm

Venue: AM320

Instructor: Ms Au Yeung Lai Seung

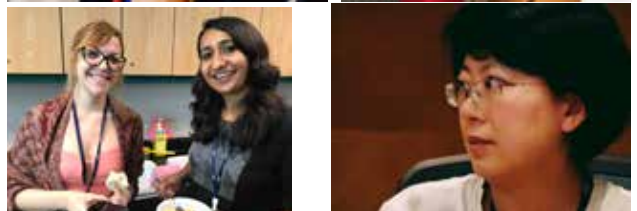


Photos Gallery

Knowledge Exchange between Baptist University and Lingnan University



Sixth South-South Forum on Sustainability





Makes 2 liters of banana vinegar

This is a special vinegar that combines sweet and sour in a unique way. It has a strong, dark color and a stronger, darker flavour. For me, it's the best vinegar around. It makes amazing salad dressings, and is very good for the stomach, since it contains live cultures, like apple cider vinegar. It's easy to make, and is a great way to use ripe bananas.

Enough ripe bananas (the riper the better) to fill your jar (use a 2-litre jar)

1 cup unrefined brown sugar

(1) Remove the banana skin and put the banana in a 2-liter jar which can be sealed airtight. Fill it as much as possible, all the way up to the brim, then pour brown sugar into the container to fill the gaps. Shaking it gently can help to distribute the sugar into all the nooks and crannies.

(2) Seal the container and wait for 1 week. Some juice will be in the jar. Pour out the liquid which is EM (effective micro-organisms) – and drink it to give your stomach a treat!

(3) Now fill the jar with regular water until all the bananas are covered. Seal and put in a cool, dark place.

(4) It's best to leave it at least 6 months before opening it again. If you'd like to try the banana vinegar before this it may be too sweet, but trust your tastebuds! It should be rich and sweet-sour like a fruity balsamic. Ideally you should leave it for 3-5 years. At this point it will be a dark brown, almost black color.

(5) When it's ready to be bottled, be sure to filter the liquid to remove any sediment. Enjoy!

Plants world

