

November 2019

Lingnan Gardeners

Bimonthly Newsletter No.46

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



Water spinach

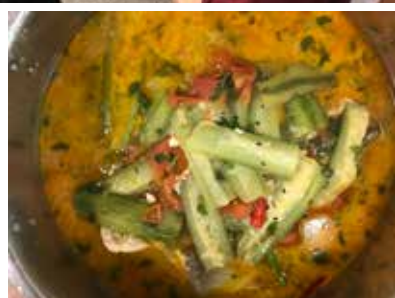
The high temperatures in the summer have broken the temperature record in the last decades. The Mid-Autumn Festival has passed, and the “frost drop” day on Oct 24 was still 25-30 degrees Celsius. The cool autumn has gone without a trace of seasonal change. Because of the high temperature during autumn, the Lingnan Garden's water spinach is particularly lush. It blooms the first time in the university. The white trumpet flowers declare that they are also members of the university.

The water spinach is an annual or perennial herb, the tender shoot tips and the younger leaves are good for the cuisine. It is familiar to everyone during summer and autumn. It not only tastes fragrant, but it also has lots of health effects. The water spinach contains a lot of potassium and chlorine, which can help people regulate the water balance in the body, provide sufficient water to the intestines, reduce the accumulation of food in the intestines, and thus reduce the occurrence of constipation. It is best to stir-fry it quick and fast, not only to keep the spinach fresh but also to protect the nutrients.

Water spinach's flower is like a trumpet, white in colour, and pentagonal in the centre.

Indian Food exchange, 16 September 2019

There was an exchange cultural opportunity to demonstrate Indian food cooking method for the students and elderly. In order to prepare the cooking presentation in the afternoon, Chef Anumitra Dostidar and Shalini Krishan went to Fu Tai wet market to choose local materials, such as pork, bitter melon, tomatoes and Grass Carp. After half an hour of lecture, the chef demonstrated six flavors of sweet, sour, bitter, spicy, salty and acerbic. Students, elders and friends tasted together to awaken the natural taste buds of food. The experimental course of the exchange of food culture broke the boundaries of regions and ages.



After the visit, Mr. Siu gave an interesting lecture on health knowledge. He not only introduced the origin and development process of Chinese medicine, but also gave the participants an interactive lecture. During the games, he informed us about traditional health and scientific food knowledge and made the participants laugh a lot.



Visiting on 23 September 2019

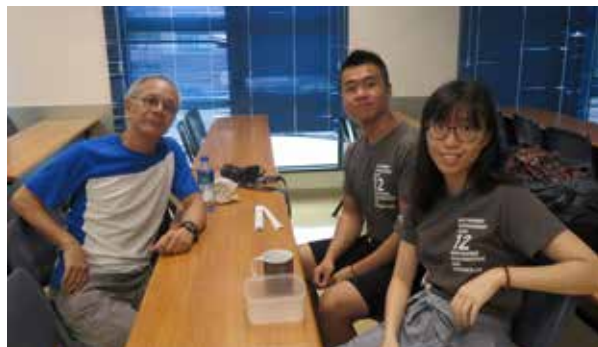
On September 23, CUS3112 students of Cultural Studies Department and News Writing Course of Chinese Department as well as elderly of Office of Service-Learning, more than 60 people, visited School of Chinese Medicine, Hong Kong Baptist University. They were interested in Chinese Medicine Museum, the roof top Chinese medicine garden, experiment laboratories and research classrooms.

Visiting Lingnan Garden

On Oct 12, around 80 participants, including teachers and students of the School of Chinese Medicine, Hong Kong Baptist University, the CUS3112 students of Cultural Studies Department, News Writing Course of Chinese Department, and elders of Office of Service-Learning, joined the farming activities of Lingnan Gardeners, to cultivate, water, harvest and learn about the wisdom of farming. All participants together had a happy sharing. Although studying Chinese medicine, the students of Baptist University expressed that they had not planted and touched some medicinal plants which they had only read in books. They found it a touching moment to have this actual understanding and experience.



After a short break, the students sat down and exchanged knowledge about health with the elders. The elders showed the students their diet and family recipes to explore their roles and effects.



Lingnan Gardeners prepared some homemade food as refreshment. The elders and friends of the Baptist University also shared their food. The organic bananas of the Lingnan Garden also were shared with the participants.

Through the exchanges between the two universities, the students have gained more understanding and recognition of Chinese medicine and healthy diet knowledge, and more about the relationship between people, people and ecology, and learning across generations. It was also a chance for self-reflection.



With the exchanges, the students of the two universities learnt more about the source of food, the relationship between food and ecology, the life and eating habits of the elders, and obtained information to design therapeutic diet plans.

Vedio link: https://youtu.be/7rOmyV_kqjU



Farming course started on 9 September 2019



Outing to a farm in Sheung Shui, 19 October 2019

Teacher Siu Man guided the students to do hair cutting for the lemon trees, in order to allow them to absorb the nutrients from the soil. The teacher also emphasized that if you whisper to the plants, the lemon trees can feel and hear you. The spiritual communication between human and plants is so simple.



Forthcoming Activities:

- 18 November 2019 12:30-13:30am Food Sharing
- 18 December 2019 12:30-13:30am Short farming course during lunch