

May/ June 2020

# Lingnan Gardeners

## Bimonthly Newsletter No.49

( [https://www.ln.edu.hk/ihss/crd/ln\\_gardeners.htm](https://www.ln.edu.hk/ihss/crd/ln_gardeners.htm). )

### **Noble Dendrobium Stem Herb**

Under the outbreak of Covid 19, everyone wears masks to guard against the pandemic, sanitizing hands with disinfectant or washing, working from home and attending distant-classes. It is a life under stress and anxiety. Nevertheless the plants on the university campus still bloom in their natural ways. During the spring, dendrobium flowers, peppers, eggplants, pomegranates, roselle flowers, loquat, osmanthus, henna, honeysuckle, green beans, pandan leaves, cucumbers, okra, tongcai, etc. have prospered. Wonderfully, the garden is full of vitality.



In the period from February to April, although most of the university staff work from home, some staff, volunteers, cleaning workers and security guards still took care of the plants. Thank you very much!

In this Newsletter we shall introduce the Dendrobium, with beautiful and charming flowers. Dendrobium flowers are rare and expensive, low yielding, and with high requirements in cultivation and picking. Dendrobium has short flowering periods and picking must be done timely. If picking is too early, the medicinal effect will be insufficient, and if too late the flowers may become rotten. Dendrobium generally blooms in May and June each year. Flowering will enter the peak period in May. Dendrobium flowers are generally picked from mid-May and continued until the end of July.

Dendrobium Nobile, also known as the Noble Dendrobium, has been used for medicinal purpose for at least 2,000 years. It is a rare and precious Chinese herb and the main medicinal part is the stem. It usually grows at the top of precipices, exposed to moisture from dews and rain, as well as to the essence of the sun and moon throughout the year. Because of that, traditional Chinese medicine believes that it has rich and well-balanced pharmaceutical ingredients that can be used clinically in the treatment of a variety of disorders, such as chronic pharyngitis, gastrointestinal disease, eye disease, thrombotic occlusive disease, diabetes, arthritis, cancer, and so on.

Dendrobium flowers contain a variety of volatile oils that are refreshing and can relieve depression. Therefore, drinking tea made with Dendrobium is not only tasty but also has strong health care effect.

In order to prevent infections, it is necessary to have adequate rest, proper diet and protection from cold air, which are more important than emphasizing on wearing masks, washing hands frequently, and even wearing glasses! It is because people who stay up late, are overworked, addicted to cold food and drinks, without enough warmth, will have significantly reduced immunity and increase in the risk of infection. Healthy diet, reasonable work schedule, adapting to the four seasons, and keeping calm temperament are very essential factors to our health.



### **Osmanthus-four seasons fragrance**

When osmanthus is not blooming, there are only leaves. During the blooming season, the fragrance is refreshing. The tiny flowers hide in the green leaves, not competing with other spectacular flowers, but the fragrance is really charming. Osmanthus tea is a specialty tea in China and has a soft aroma and delicious taste, which is popular among the public. Osmanthus fragrant, long-lasting, can make osmanthus cake, candy, and wine.

### **Farming classes from 3:00pm to 5:00pm, 20-22 April, 2020**

Beyond the eight silken and shaolin boxing classes every Thursday morning, three days farming classes were organized from 3:00pm to 5:00pm, 20-22 April, 2020. During the outbreak of Covid 19, Lingnan Gardeners organized 3 farming classes for ten students of CUS3219. All the students must wear mask to do the farming work, such as harvesting, tilling, watering, weeding, cutting the banana trees and ploughing. All enjoyed the work and chatted happily with the masks on.



### **CUS3219 Spring Semester 2020 How Lingnan University students studied in the time of coronavirus**

From January to May 2020, during the time of the coronavirus, the students taking the course CUS3219 Culture and Textual Politics offered by the Cultural Studies programme, Lingnan University, did more than attending real-time online classes, listening to lectures, reading novels and course materials, and preparing their exams. They had engaged in innovative projects supported by the instructors as part of their course assignments: some researched on medicinal herbs and local recipes for boosting the immune system, some took weekly classes on Eight Silken Movements and Shaolin Boxing from their homes, some gave details on DIY mask-making for the benefit of people in countries without masks, some documented daily life in Hong Kong with their cameras, and some did on-campus farming, tending to the fruits and blossoms among the hundred varieties of plants at the Lingnan Garden. These activities contributed to their reflections on

individual aspirations and anxieties, and diverse social responses to the crisis. The course was taught by Professor Lau Kin Chi, assisted by Ms Au Yeung Lai Seung, Dr Yan Xiaohui, Ms Jin Peiyun, and Mr Lee Kiu Chi. Lingnan Gardeners was partner in supporting the service learning component. The video was edited by Ms Au Yeung Lai Seung, and produced by Lingnan Gardeners, May 2020.

[https://youtu.be/uXb5dqq\\_3qo](https://youtu.be/uXb5dqq_3qo)

**Lingnan Gardeners is recipient of the Teaching Excellence Awards Team, Lingnan University 2020.**



**A Plastic Ocean and Science Unit visited Lingnan Garden on 19th May 2020.**



## Strolling the Lingnan Garden 2016-2019 Part II

<https://www.ln.edu.hk/ihss/crd/Ebook.htm>



### 6th South South Forum on Sustainability, June and July 2019

Ecology, Livelihood, and Community Regeneration

(1) Summer School, 24-26 June 2019

Nuclear Weapons and Power, Current Challenges and Responses,

(2) SSFS6 Forum, 27 June – 30 July 2019

(3) E-Lecture Katherine GIBSON – Researching Post-capitalist Possibilities, 1 July 2019

Videos link : <https://our-global-u.org/oguorg/en/ssfs6-summer-school-videos/>

Lingnan Gardeners is one of the Co-organizers :

### Seventh South South Forum on Sustainability

Climate Change, Global Crises and Community Regeneration, 8–17 July 2020

Venue: AM 308, Lingnan University, Tuen Mun, Hong Kong.

Language: English and Putonghua (simultaneous interpreting)



**\*\* If you would like to join a volunteer team of Lingnan Gardeners, please let us know.**

### Forthcoming activity

13 June, 9:00–11:00am, Farming class on Saturday morning