During Heavy Snow (Daxue), 21st solar term, apart from the southern China and some areas of Yunnan as neverwinter areas, other places in China have already entered into winter. The temperature in north and northeast China has already decreased to 0℃, or even to -10℃. But the wheats and rapes can still grow slowly in Southern areas.

In north China, the temperature will drop significantly and snow will fall in this period. Because of the ground covered with snow, not only some pests are killed, but also the temperature of the ground and of the surrounding crops are kept at a certain level, which can protect the plants from the winter. Due to the climate change, the situation of no snowfall or early snow often occurs in the period of Heavy Snow, which causes many problems for the plant’s growth and the humans.

Although there is no snowfall in south China in which we are living, for regimen Yansheng, we should still adjust our habits according to the seasons. From the perspective of Chinese medicine, we should adjust our clothes to keep us warm because our head, chest and legs are easily affected by the cold. In winter as the season of pryetic tonification, we should eat more food rich in proteins and vitamins, which can strengthen our immune system and stay warm in cold weathers.

Citrus fruits are in season around the period of Heavy Snow, such as orange, grapefruit and tangerine, which can prevent coughs if we take an appropriate amount. A hot pot is a good choice in winter.
Cookie Tutorial and Dinner Party

In November, the most popular activity is the cookie tutorial in which about thirty participants learnt to decorate vegetable-shaped cookies with royal icing. Because of the large number of participants, the cookie class had to be spilt into two groups. Instructed by Miss Cannes Cheung, every participant could decorate two to three cookies, prepared by the instructor and some of their work was of very high quality.

While one group of students were learning to put icing on the cookies, the other group was working in Lingnan Garden. They took turns working in the garden. One group removed some roselles affected by pests and the short sorghums, ploughed the soil, watered and planted new crops. Another group harvested vegetables, washed them, moved the pond mud in the garden boxes in Paradise Lot to the Wonderland and mixed the mud with the sandy soil in the garden box in the south of Wonderland. Although the work was tiring, they were passionate about it. Also girls could rival boys and do well in farming.

Besides, we also had rice-cooker chicken, eggplant rice, organic soybean sauce with mushroom, and fried rice vermicelli. If you want to know more about the events mentioned and the cooking method of rice-cooker chicken and eggplant rice, please watch our video at https://www.youtube.com/watch?v=PiqpY19Vg_Q.

Miss Cannes Cheung, our instructor for the cookie tutorial and an experienced volunteer, has a facebook page on making various kinds of food: https://www.facebook.com/cannespo/
On 13 November, we had Mr. Yan Xiaohui as our guest lecturer for the lecture on Community and Ecological Agriculture. In the lecture, he talked about the experience and reflection of Little Donkey Farm as the practice of community supported and ecological agriculture. If you are interested in this topic, please watch the videos at these URLs:
Part 1: https://youtu.be/XlzsIKTcFPs
Part 2: https://youtu.be/G-Xja0Ok9Gs

We appreciate what the students who enrolled in Service-Learning Programme did for Lingnan Garden and thus, at the hot pot party on 10 November, we gave them the vegetables from Lingnan Garden as the ingredients of hot pot. The students also brought their food for the party. What a big feast! The planters enjoyed the fruits of their toil.
Seed Saving

Since some of the herbs planted in Lingnan Garden withered due to the weather, sunlight and the season change, we collected seeds of different kinds of plants from staff, alumni and students, such as red okra, pumpkin, roselle, radish, sponge gourd, celtuce, pepper, shiso, basil, passion fruit and Chinese motherwort.

What is surprising is that the seeds received are saved by the donors themselves, which is significant for the sustainability of farming and seed protection. Here, we would like to thank Irene, Xiaomei, Wendy, Dayang Yraola, Sit Tsui, Chow Sze Chung, Pumpkin and Ah Mui for sharing their seeds and vegetable shoots with us.

Upcoming Events in December:

17 December (Thu), 12:30p.m.-14:00p.m. at Lingnan Garden: Hot Pot Party before the Winter Solstice

27 December (Sun), 9:30a.m.-11:00p.m. At Lingnan Garden: Harvesting vegetables, moving soil and the plants

The recipe of rice-cooker chicken is only available in Chinese and it is at the end of the Chinese version of this newsletter.

Thank you.
Hot Pot Party Before Winter Solstice

Date: 17th December, 2015
(Thu)
Time: 12:30 p.m.-14:00 p.m.

Venue: Lingnan Garden
Please share your food with us.
Come and taste organic vegetables
from Lingnan Garden.

Please send us email
at ln.gardeners@gmail.com
if you will join the event.

You are welcome
to join us!
Bring your family and friends!

Organised by Lingnan Gardeners
大雪節氣，除了華南和雲南部分地區屬於無冬區，中國其他地區已經披上冬日裝束，江淮地區的小麥、油菜還可以緩慢生長，華北、東北地區的溫度確已經降到 0℃甚至零下 10℃以下。

這個時候，北方開始出現大幅度降溫和降雪天氣。有了積雪的覆蓋，土壤中的一些害蟲就會被殺死，而且積雪還保持了地面和作物周圍的溫度，保護作物順利越冬。由於近年來氣候的異常，大雪無雪或大雪提前的情況經常出現，這給農作物生長和人類生活造成不少麻煩。

華南沒有“大雪”，但養生依然遵循節氣變化。中醫認為，人體的頭、胸、腳最容易受寒，所以我們首先要做的就是適當增減衣物。其次，現在到了溫補的大好季節，吃些富含蛋白質、維生素的食物是比較好的選擇。進補可以提高人體免疫力，補足身體熱量抵抗寒冷。當然，大雪吃火鍋也不錯呢。

柑橘類水果在大雪節氣前後大量上市，比如臍橙、柚子、蜜桔等，適當吃一些可以止咳。
11 月最熱鬧的活動就是親自動手製作蔬菜圖案的曲奇。天色雖然漸暗，仍有近 30 人參加，最後分成兩組才勉強容納熱情參與的人。在張運蘭老師細心的教授下，大家都親手製作了一件作品，有些人的製作水平更是不輸給老師呢。

一組學習，另一組就勞動一下吧。學生們在輪流學習製作曲奇圖案的時候，將田園生蟲的洛神花和矮小的高粱拔掉，重新翻地、澆水，準備種新的作物；另一組同學則是摘菜、洗菜，還將田園木箱里的塘泥搬運到彩園南邊的木箱中，與原來的砂質土攪拌。儘管累些，但同學們的熱情很高，女生們更是巾幗不讓鬚眉，體力活幹起來有模有樣。
電飯煲雞、茄子飯、有機香菇黃豆醬、自製炒米粉……各種自製的美食都在這裡相聚，讓大家美美的飽了口福。
如果你想了解當天的活動內容，或者想知道這幾種美食的製作，點擊下面的鏈接就可以啦。

活動鏈接：https://www.youtube.com/watch?v=PiqpY19Vg_Q

作為資深義工，張運蘭老師不僅自費做曲奇，準備材料，還提供了Facebook，想學，上網也可以。
Facebook：http://m.facebook.com/cannespo/

11月13日，嚴曉輝老師用親身的實踐為同學們講述“小毛驢”在社會生態農業道路上的故事。它從哪來，正在做什麼，將來的共同社區如何實現？點擊視頻鏈接就可以了解。
視頻鏈接：（第一部分）https://youtu.be/XlzsIKTcFPs
（第二部分）https://youtu.be/G-Xja0Ok9Gs
為感謝參加服務研習課程的同學們為彩園所付出的勞動，我們特別為他們採摘了彩園蔬菜作為火鍋食材，再加上同學們自己帶的材料，成就了一頓豐盛的宴席。

彩園種植的香草因天氣、光照和季節更替有些枯萎了，在提出徵集種子的信息後，得到了校職工、校友和同學們的大力支持。更加驚喜的是，大家送的種子和菜苗大部分都是自留種，這對於實現農耕的可持續和種子的保護有著重要的意義。在此，感謝Irene、小媚、Wendy、Dayang Yraola、薛翠、周思中、南瓜、阿梅與彩園分享他們的種子和菜苗。
12 月活動預告：

12 月 17 日，星期四，12:30pm-14:00pm 冬至到，帶著你的食材和拿手菜，讓我們湊在一起打火鍋吧！
12 月 27 日，星期日,9:30pm-11:00pm 收菜、搬泥土、移菜苗。

彩園食譜：電飯煲雞
材料：雞一隻、十數片薑、蔥段、1.5 茶匙鹽、1.5 湯匙油、1.5 湯匙米酒或紹興酒、1.5 生抽、碎冰糖

做法：
1. 洗乾淨光雞後瀝乾水，加1.5 茶匙鹽搽全身。等一小時後備用。
2. 將數片薑和少許蔥段放在雞肚內，亦將數面薑和蔥段放在電飯煲底。
3. 將雞放在電飯煲中央，然後在雞身上淋上 1.5 湯匙油、1.5 生抽和1.5 酒、少許碎冰，蓋好蓋，按著電飯煲煲飯程式，完成後等十分鐘後揭蓋

活動留影
Photo Gallery

生菜 Fresh Lettuce
做的專注，看的認真
The students very focused in putting icing on the cookies, and onlookers very attentive
冬至火鍋食物分享會
日期：2015年12月17日
（星期四）
時間：下午12時30分至2時正
地點：彩園
請大家帶食物，跟我們一起分享。
歡迎大家帶家人、朋友一起參與！
我們會預備彩園有機蔬菜等你！
歡迎大家參加！！
主辦單位：彩園
*You are always welcome to join us!*
隨時歡迎報名成為嶺南彩園農夫！

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