Lidong, the Chinese words of the 19th solar term Winter Begins, not only signifies the beginning of winter, but also of the period of all living things’ hiding, hibernation and avoidance of the cold winter days, since “li” means “begins and” and “dong” means “end”. Winter Begins is a very important solar term for agricultural society because farmers, after a whole year of hard work, stay with their families and share the harvest and happiness on the day of Winter Begins.

Around the period of Winter Begins, the precipitation is reduced significantly in most parts of China. In northern China, the crops enter into hibernation as the ground is frozen. However, in the south, this is the best time for planting vegetables and thus we just planted some new vegetables in Lingnan Garden.

Winter tonic-taking is a Chinese traditional custom. In winter, dumplings, beef and mutton are main food items in northern China. But in the south, there are more varieties of food in winter, including not only beef and mutton, but also duck, chicken, seafood, carrot, sesame seed and nuts, which are indispensable for warming the body during the cold season.

After a year of our hard work, Lingnan Gardeners, with the support from Lingnan University and our members, becomes more colourful and our various activities, including planting experiments, public lectures, farming and reading, have enriched the experience of many students and others from the community in the university campus.

Sunlight has a Great Impact on the Growth of the Plants in Lingnan Garden

It is almost winter and it should be the time of harvesting the paddies in Lingnan Garden. After a half-year growth, although they were planted in the same period with the same soil moisture condition, the level of growth and maturity of the paddies planted in two different places are quite different. Here is a comparison of the result.

Rice paddies' exposure to sunlight during different periods in Lingnan Garden
In early April, we planted five different kinds of paddy: Jiangxi rice, Taiwanese rice, Filipino rice, Thai rice, and Japanese black rice, in five pots with pond mud in Lingnan Garden. On the day of Grain Buds, the 8th solar term, we moved half of the Thai paddies to a pond in Sheung Cheung Wai, Yuen Long, to contrast with the paddies grown in Lingnan Garden. For the prevention of mosquito breeding, we put some young fish into the pots to eat mosquito larvae. Besides, fish manure can fertilize the rice paddies, forming a micro-ecosystem in the pots.

As seen from the above pictures showing the exposure to sunshine during different periods in Lingnan Garden, the sunlight before 12 noon almost could not reach the paddies and it only reached the first pot of Jiangxi rice paddies at 12 noon. After 2 pm, the sun was strong but reached all the five pots only after 3pm. The length of the rice paddies’ exposure to sunlight was less than 6 hours. Among all the pots of different kinds of rice paddies, Jiangxi rice paddies which got the most sunshine were the tallest, about 80cm, followed by Filipino rice paddies and Taiwanese rice paddies. The Japanese black rice paddies and Thai rice paddies did not grow well because they received sunshine only after 3pm.

Thai rice paddies planted in a small pond in Sheung Cheung Wai as the counterpart to the paddies in Lingnan Garden grew much better. Its length was much taller, about 1.8m., since they received sunlight for a whole day. Also, the ears were strong and thick.
We also planted roselle, sorghum and sabah snake grass in three areas of Lingnan Garden: Wonderland, Paradise Lot, and Fragrant Garden. Comparing the growth and maturity of these three plants in the three different areas, we found that the result was quite similar to the result of the comparison of the rice paddies mentioned before. The height of the sorghum in Wonderland was four times higher than the sorghum in Paradise Lot, because while the sun could reach the sorghum in Wonderland the whole day, there was no sunshine reaching the plants in Paradise Lot. For roselle, while the roselle in Wonderland has fructified, the roselle in Paradise Lot, with only 2-3 hours of sunshine a day, still has not bloomed yet and is shorter. Also, the roselle in the Paradise Lot is greatly affected by the pests from the trees. The growing condition of the roselle in Fragrant Garden, with only less than 2 hours of sunshine, was the worst. The sabah snake grass grew very well in Wonderland and Fragrant Garden, but in Paradise Lot where there was no direct sunlight, the sabah snake grass almost did not grow since transplantation.
From the comparisons of four different plants, it is obvious that the intensity of sunlight and the length of the exposure of the plants to the sun have a great impact on the plants' growth. The University's allocation of three areas for experimental farming since September 2014 has been a great support for Lingnan Garden. However, in Fragrant Garden and Paradise Lot, with trees blocking sunlight, the plants could not grow without adequate sunlight. From the above comparisons of the four different plants, it can be seen that farming cannot be separated from the natural environment and it not only involves the hard work and the wisdom of the farmers, but also water and sunlight from nature. We hope that we will have more land that can receive adequate sunlight for farming, actualizing the concept of ecological transformation of the campus.

This year, we tried to plant various kinds of staple food, including wheat, rice, sorghum, corn, potato and sweet potato, in order to help students who have enrolled in Service-Learning Programme to understand the conditions for growing the plants, and how the staple food they take look like before they see them on the dining table. The students were enabled to understand that there is no guarantee for a good harvest through their farming experience, when they found that, after a half year of hard work, the harvest of wheat was not enough to make a loaf of bread, or the rice not enough for one meal for a family, even though they had worked hard in seeding and watering. Their understanding on farming and food has been deepened. From September 2014 to October 2015, students enrolled in farming courses were over 850 person-times. Besides, we also worked with different departments and provided more than 7 hours of farming classes to students from the community college and other societies. What’s more, we also held screenings of videos about agriculture for enhancing their knowledge about agriculture.
Every month, we organized activities to update participants, including staff, students, alumni and their families and friends, on the development of Lingnan Garden and for them to participate in farming and food sharing, exchange their opinion about food and the project of Lingnan Gardeners. As of October 2015, we have held 26 activities of farming and food sharing and over 440 people participated. Moreover, last year, during the staff Christmas dinner, organic vegetables from Lingnan Garden were given as prizes in the lucky draw. At the Lingnan University Chinese New Year Media Reception of 2015, guests were invited to taste the vegetables from our garden. In March 2015, Lingnan University Equal Opportunities Committee (LU-EOC) and Lingnan Gardeners co-organised the Equal Opportunities Awareness Week. In September, we held a Mid-Autumn Festival activity. All these activities have won strong support from and active participation of staff and students.

As Xunzi says, a journey of a thousand miles can be undertaken only with the accumulation of every single footstep. Because of every single step of our activity, the distance among students, staff, their families and their friends has diminished. They not only know more about farming, they also experience the joy of farming. In relating to the farmland, we can return to the simplest and most peaceful way of life, adjusting our habits and life style according to the seasons.
Food Party for Chong Yang Festival

On the evening of 15 October, we made hot and sour noodles with chili peppers and organic sweet potato flour noodles at the food party for Chong Yang Festival. If you missed this event, please find the video on our Youtube channel: https://youtu.be/sIFB0Sp3XZY

“Farming during sunny days, studying on rainy days” (Qinggengyudu), a combination of practice and learning, is the aim of Lingnan Garden. Apart from providing students farming lessons and organizing food sharing parties, we also held six public lectures with the speakers from different cultural backgrounds, including young farmers and scholars who specialize in global development studies. The public seminars covered a wide range of topics, including the rural reconstruction, reflection on agriculture in Hong Kong, and “Economics Happiness” presented by Helena Norberg-Hodge, a pioneer of the ‘new economy’ movement.
Lecture by Professor Jonathan Dawson, Head of Economics at Schumacher College, U.K.

On 13 November, we had Prof. Jonathan Dawson, Head of Economics at Schumacher College in Devon, as our speaker for a public lecture on “Buddhist Economics: the relevance of an ancient wisdom tradition to today’s dilemmas”. The event was co-organised with Global University for Sustainability.

Professor Chan Shun Hing of the Department of Cultural Studies was moderator and Professor Sit Tsui of Southwest University was commentator. Apart from Lingnan faculty staff, undergraduates, postgraduates, and alumni, representatives of social organizations like St. James’ Settlement of Wan Chai, and Partnership for Eco-Agriculture and Conservation of Earth attended the lecture, with a total of around 60 participants. The audience enthusiastically raised a lot of questions that aroused heated discussions. The lecture lasted for 3 hours. If you missed the seminar, you can watch our video on the talk on YouTube at https://youtu.be/2h_0Fa4yQoI

After lunch, Professor Dawson visited Lingnan Gardeners. He highly appreciated that Lingnan’s teachers and students have been committed to food production, going towards a “Transition Campus”. Professor Dawson was also interviewed by Global University for Sustainability, sharing his life experiences, particularly the turning points in his life, such as the living experiences at ecovillages, African cultural encounters, as well as the happiness of parenthood. Here is the link of the video: https://youtu.be/EzzmTKps9Lo

In July 2014, a delegation from Lingnan University and Southwest University visited Schumacher College, in order to learn and share the experiences of education for sustainable development and the Transition Town Movement. The members included Professor Lau Kin Chi of the Department of Cultural Studies, Dr Erebus Wong of Kwan Fong Cultural Research and Development Programme, Professor Sit Tsui of Southwest University, Mr Yan Xiaohui, the coordinator of Lingnan Gardeners, among others. The recent lecture by Professor Dawson reinforces the cooperative partnership among the three academic institutions, working together to explore theories and practices of education for sustainability.
Schumacher College was founded in 1990. It is a leading centre of education for sustainability in the world, promoting ecological studies, social action and transformative learning. It aims to inherit the spirit of rural reconstruction culture of the great Indian poet, Rabindranath Tagore, as well as to follow the philosophy of pro-people livelihood of the well-known economist, E.F. Schumacher. Schumacher College joins hand with the Transition Town Movement, encouraging teachers and students to develop a harmonious co-existing relationship between the individual, the campus, the community and the nature.

Professor Dawson is the former president of The Global Ecovillage Network. He is the principal author of the Gaia Education sustainable economy curriculum that has been endorsed by UNITAR and adopted by UNESCO as a valuable contribution to the UN Decade of Education for Sustainable Development.

When I was preparing for this newsletter, one colleague reminded me to write the story of sabah snake grass here. Initially, I did not know much about this grass and did not get used to its juice with the taste of grass. Then, I realized the significance of sabah snake grass when some cancer patients who were kins or friends of our Lingnan staff came to collect the leaves or took some grass plants to grow them at home. In spite of the advancement of information and technology, more and more people get sick and their diseases cannot be cured after receiving all kinds of medical treatments. They finally choose to go back to the basic and look for other possibilities of survival in nature. Why? Is the development still not enough, or is it the problem of the development itself?

Our organic vegetables may not look good because of insect bites, but their taste is so much better than those with chemical pest control. The satisfaction we get when we enjoy the harvest is priceless. We hope that, starting from farming, this complicated world can go back to the origin and, from the moment of sowing, can plant our future.

Finally, we would like to thank Lingnan University, the Department of Cultural Studies, KFCRD and Global University for Sustainability for their support to the project of Lingnan Gardeners. We deeply appreciate students, staff, alumni and their families for their contribution to the garden and their participation.

Upcoming Events in November:
5 November (Thu), 5:30p.m.-7:30p.m., Tutorial for royal icing for cookies and dinner party
10 November (Tue), 12:30p.m.-14:00p.m., Hot Pot Party
We will share the vegetables from our garden and hand-made noodles with the students who have worked very hard this term in looking after Lingnan Garden. You are welcome to join us!
13 November (Fri), 7:00-10:00p.m., LKK103
Lecture on “Community and Ecological Agriculture” by Mr. Yan Xiaohui
19 November (Thu), Farming lesson for 13 English-speaking students of Lingnan University
*We have XO sauce recipe at the end of the Chinese version of the newsletter.
立冬

立冬，是二十四节气之一，也是冬季的开始。在立冬这天，大家会围坐在一起，品尝丰盛的饭菜，享受丰收的喜悦。而立冬前后，中国大部分地区降水显著减少。在北方，大地封冻，庄稼不能进行生产。而在南方，正是蔬菜生长的黄金时期，是我们彩园的美好时刻。

立冬节气是大补的日子，在北方，以饺子、羊肉为主，南方则更加丰富，不仅包括了羊肉、鸡肉、海鲜等，还有更多抗寒食物，如胡萝蔔、南瓜、芝麻等。

在彩园，我们也在4月初，在5个装满塘泥的缸中同时种植了五种稻米，分别是江西米、台湾米、菲律宾米、泰国米和日本黑米。小满节气时移栽，其中一半泰國米移至上璋圍的池塘以作生長對比。因為蚊子的幼蟲只在水體中生長，為防止蚊子滋生，我們在稻米缸中投放了小魚來消滅蚊子幼蟲。當然，這樣做也是讓稻米和魚形成一個小的生態迴圈，小魚吃蚊子幼蟲，魚糞給稻米施肥，實現稻魚共生。

上午 10 時
中午 12 時
下午 2 時
從上圖可以清晰的看到，在同樣的種植時間、土壤和水分的條件下，陽光在 12 點前幾乎照射不到稻米，正午 12 點時只能照射到江西米（第一個缸），下午 2 點以後，陽光開始照射到其他缸，後排的日本黑米和泰國米要在 3 點以後才能接觸到陽光，因此長勢最差。草園的稻米每天日照時間少於 6 小時，接受陽光照射最多的江西米生長情況較好，高度 1 米左右；日照相對較少的菲律賓和臺灣米其次。

作為對比的上璋圍泰國米，種植於小魚塘中，全天接觸陽光照射，植株高度達到 1.8 米，稻穗又粗又壯，長勢明顯好於草園種植的稻米。

為讓實驗更準確，我們增加了樣本種類，在田園、彩園和草園同時間種植了洛神花、憂遁草和高粱。經過時間的檢驗，它們的生長狀況與稻米對比實驗的結果相符。彩園的高粱全天接受陽光照射，田園的全天接觸不到陽光，現在彩園高粱是田園高粱的 4 倍高度且已經結穗，田園高粱卻維持在移植的狀態中；彩園的洛神花已開花結果，田園因日照時間只有下午 2-3 個小時，高度相對低，還未開花且受校園綠化樹木的病蟲影響很大；草園長勢最差，每天光照不足 2 小時；同樣的情況也符合憂遁草的生長，彩園及草園的長勢最旺盛，同時種植的田園憂遁草因全天沒有光照幾乎沒有長大。
從總體上四種植物的種植對比情況看，結果很明確，陽光照射的強度和時間對植物生長有極大影響。學校組成彩園、田園和草園這三個地塊來試驗校園農耕，是非常大的支持，可是，田園和草園有大樹遮擋，光照不足。試驗證明，農耕既需要農人的智慧和辛勞，更需要大自然賜予的陽光雨露。希望彩園以後能夠多一些光照充足的地塊來做農耕，踐行轉型校園的生態理念。

小麥、水稻、高粱、玉米……一年來彩園嘗試將各種糧食的種植展示給同學，讓同學們瞭解糧食的生長環境，或者說更簡單的目的是為了讓他們認識糧食的樣子。在承擔服務研習課程中，讓同學們親自參與到作物的種植和管理工作中，體會作為農夫的各種滋味。當同學手捧著半年辛勞收穫的一捧小麥卻做不出一個麵包時，辛苦插秧、澆水後卻不能收穫一碗稻米時，相信他們對農耕的認識已經不只停留在表面了。

從 2014 年 9 月到 2015 年 10 月底，在彩園學習農耕課程的學生達 850 人次。在固定課程之外，彩園還積極配合其他院系的活動，為社區學院和社團同學輔導農耕事宜，課時超過 7 小時。此外，不定期播放農業影片，以擴大同學在農業方面的視野。

不積跬步，無以至千里。正是這一個個的活動，拉近了學生、教職員、家人、朋友，甚至是初次謀面的人之間的距離。大家在這裡認識農耕，體會農耕的快樂。面對土地，回歸最簡單與平和的生活狀態，按照季節變化而調整生活也成為了大家的共識和習慣。10 月 15 日黃昏，我們用彩園辣椒及有機紅薯粉做一碗熱情似火的酸辣粉請大家品嘗，得到一致認可。好吃成什麼樣子？看視頻就知道：視頻連結：https://youtu.be/sIFB0Sp3XZY

每個人，彩園都組織大家參與耕作、食物分享活動。參與者中包含職員、同學、校友，還有他們的家人、朋友。大家聚在一起享受彩園的活動，為種植出謀獻策，分享對食物的心得。今年 10 月，彩園共舉辦 26 次農耕和分享會活動，參與人數達 440 人。其中，去年嶺南職員聖誕聚餐上，學校將彩園有機蔬菜作為抽獎禮物送給大家；今年新春傳媒見面會，請來賓品嘗彩園有機蔬菜；3 月與嶺大平等機會委員會共同舉辦“平等機會周”，9 月的中秋節活動等，都得到全校師生的大力支持和參與。

晴耕雨讀，顧名思義，耕是實踐，讀是學習。彩園除了為同學們教授農耕課程、組織耕種和分享會之外，一年來組織了 6 場講座和座談會。講者中既有年輕的新農人，也有研究全球發展的重量級學者。講座內容更是豐富有趣，從大陸鄉村建設到對香港農業的反思，更有世界“新經濟運動”先驅 Helena Norberg-Hodge 為我們講授快樂經濟學。最值得一提的是，10 月 13 日，彩園與全球大學合作，邀請英國舒馬赫學院的經濟學系主任 Jonathan Dawson 教授講授佛學經濟學，從傳統智慧的角度探討現代發展的問題。講了什麼內容？看以下報道，還有視頻連接哦。
英國舒馬赫學院經濟學系主任道深教授（Prof. Jonathan Dawson）學術報告

2015年10月13日，嶺南彩園農耕計劃與全球大學合作，邀請英國舒馬赫學院經濟學系主任道深教授（Professor Jonathan Dawson）作學術報告。演講題目為“佛教經濟學：古老的智慧傳統與當今困境的相關性”（Buddhist Economics: the relevance of an ancient wisdom tradition to today’s dilemmas）。

文化研究系陳順馨副教授擔任主持，西南大學薛翠副教授作點評人。除了嶺南教職員、本科生、研究生、舊生之外，灣仔聖雅各福群會、南涌活耕建養地協會等社區組織亦派代表參加，約60人出席。觀眾積極發問，討論熱烈，歷時3小時才完結。午餐之後，道深教授參觀彩園農耕計劃，名符其實推動“轉型校園”（Transition Campus）。最後，道深教授接受全球大學訪問，分享其生命歷程，特別談及生態村生活經驗、非洲文化影響、為人父的喜悅等人生轉捩點。

2014年7月，嶺南大學及西南大學訪問團拜訪舒馬赫學院（Schumacher College），學習及交流可持續發展教育與轉型城鎮運動（Transition Town Movement）。訪問團成員包括文化研究系劉健芝副教授、群芳文化研究與社會發展部研究員黃德興博士、西南大學薛翠副教授、嶺南彩園農耕計劃主任嚴曉輝老師等。這次道深教授蒞臨嶺南大學作學術報告，進一步加深三地高等學府的學術關係，共同探討可持續教育理念與實踐。

舒馬赫學院成立於1990年，乃世界可持續教育的前沿中心，推動生態研究、社會行動與轉化學習。學院標榜繼承19世紀印度偉大詩人泰戈爾鄉村建設文化的精神，以及延續著名經濟學家舒馬赫（E.F. Schumacher）以人為本的濟世哲學。學院積極投入當地的轉型城鎮運動，鼓勵師生實踐個人、學校、社區乃至大自然和諧共存的生活理念。


視頻鏈接：http://youtu.be/2hOFa4YQ0l
Life history：http://youtu.be/EzzmTKps9Lo
憂遁草

在編輯這期簡報時，同事提醒我寫一寫憂遁草的故事。憂遁草是什麼，我開始並不知道它的作用，而且也不習慣它榨成汁後濃濃的青草味。後來，陸續有癌症病人來彩園要憂遁草葉子，或者直接剪枝帶回家種植，我才意識到它的意義。為什麼在所謂科學發達的今天，人們患重病的機率反而越來越高，且人們在嘗試各種療法無效後最終選擇重新回到原點，開始從自然中尋找生機？是發展的不夠，還是發展本身的問題？

彩園的蔬菜因是有機種植，所以常會被蟲咬，長相不美，但味道卻比經過化學藥品沾染過的味道更加真實和美好。相信這不是簡單用金錢可以達到的感覺，而是一番辛苦後享受果實時才有的欣慰和滿足。從耕種開始，讓紛繁的世界回歸本心；從播種開始，種出未來。

最後，鳴謝學校、文化研究系、群芳文化研究及發展部、全球大學對彩園項目的支援；感謝參與彩園建設和活動的學生、同事、教職員、校友、清潔同事、園丁及他們的家人；感謝澆水隊員們；感謝學校保安人員平時的看護和在週末旅行團參觀彩園時熱情導賞；感謝所有參與過和一直參與的朋友們！

感謝您的關注！！

11月活動預告：
11月05日，星期四，5:30pm-7:30pm 色味俱全的曲奇，邀你一起學！當然，還有晚餐會哦！
11月10日，星期二，12:30pm-14:00pm 農耕同學分享會 天氣漸涼，彩園將用自產蔬菜火鍋和手打面招待參與農耕課程的同學們！
11月13日，星期五，7:00-10：00pm，LKK103，謝曉輝老師講授“社會生態農業”
11月19日，星期四，為13名嶺南大學外國學生與本地少數族裔學生講授移苗、播種課程
彩園食譜：秘制XO辣醬
(4至6樽)
材料：元貝仔半斤（熱水浸軟後撕開）、蝦米6兩（熱水浸軟）、蝦皮（用水沖下）、魚仔（熱水浸軟）、蒜頭（切碎）、幹蔥頭（切碎）、蝦醬（1-2湯匙）、辣椒6個（切碎，可自行加減）、豉油2湯匙、紹興酒1湯匙、糖3-5湯匙（可自行加減）、油1-2碗
做法：
1. 用1碗油大火爆香乾蔥頭、蒜頭及辣椒，然後調成小火
2. 逐步加入元貝仔、蝦米、魚仔及蝦皮，再加入酒一齊煮，同時不停兜
3. 此時會發現食材將油全部吸收，可再加入許油繼續煮
4. 加入蝦醬、豉油及糖煮，不停兜到均勻，至油7成乾。
5. 此時試味後加入辣椒和糖（兩者可按喜好增減）
6. 煮好後晾涼放入樽，隔一晚食用最佳

*You are always welcome to join us!*
隨時歡迎報名成為嶺南彩園農夫！