Guava

Guava is common in Hong Kong. White flowers of guava tree are blossoming in Lingnan Garden.
Guava is tropical fruit tree, originating in the Americas. It is pleasant in flavour, rich in vitamins A and C, fibres, proteins, lipids and trace minerals. Not only nutritious, it is also beneficial in treating diabetics and high blood pressure.

Flower language - Perfect Love

A world in a flower. In every second a new world is born.
Experiential Farming in Sheung Shui
The students and the elderly went to Sheung Shui for experiential farming on March 4 and April 13.

Returning to My Rustic Home by Tao Yuanming
While young, I was not used to worldly cares,
And hills became my natural comppeers,
But by mistakes I fell in mundane snares
And thus entangled was for thirteen years.
A caged bird would long for wonted wood,
And fish in tanks for native pools would yearn.
Go back to till my southern fields I would.
To live a rustic life why not return?
My plot of ground is but ten acres square;
My thatched cottage has eight or nine rooms.
In front I have peach trees here and plums there;
O'er back eaves willow trees and elms cast glooms.
A village can be seen in distant dark,
Where plumes of smoke rise and waft in the breeze.
In alley deep a dog is heard to bark,
And cocks crow as if o'er mulberry trees.
Into my courtyard no one should intrude,
Nor rob my private rooms of peace and leisure.
After long years of abject servitude,
Again in nature I find homely pleasure.

Translated by Xu Yuanchong

While pulling weeds, you are pulling the troubles out of your mind.

“"The real voyage of discovery consists not in seeking new landscapes, but in having new eyes."  
---- Marcel Proust

Campus Farming
Building bamboo support for the Passion Fruit and Grapes at the northern side of Wing On Plaza.

Food sharing
Lingnan Gardeners organized two food sharing activities in the spring semester of 2019. After 3 hours of labor, a simple food sharing lunch was the most wonderful feast in the world.
What is shared in food is not only taste, but smile as well.

In late September, Ms. Au Yeung Lai Seung and Professor Lau Kin Chi visited the Green River Han Association in Xiangyang, Hubei Province, to conduct on-site inspection of the water quality of River Han as well as interview local ecologist Yun Jianli.

Video Links:
Part 1 https://www.youtube.com/watch?v=8j_q6zhjW1U&t=1s
Part 2 https://www.youtube.com/watch?v=AHrbAai47qk&t=9s

Taiji Classes
Lingnan Gardeners and OSL co-organized Taiji classes for students, elderly and colleagues. During the lunch time every Tuesday, we practice simple Taiji exercises. Ms Au Yeung Lai Seung is the instructor.

Coming Activities
Relaxing Taiji Class
Date: 21 May, 28 May, 11 June and 18 June
Time: 1:00-2:00pm
Venue: AM320
Instructor: Ms Au Yeung Lai Seung
Lingnan Gardeners is one of the Co-organizers of the Sixth South South Forum on Sustainability: Ecology, Livelihood, and Community Regeneration
27 – 30 June 2019

Knowledge Exchange
Three Professors from the Hope College of Michigan visited Lingnan Garden and exchanged with us.

Professor Wen Tiejun gave a series of talks on China’s Ten Economic Crises in April at Lingnan University.
The keynote speaker of the 6th South South Forum on Sustainability:

Dr. Rebecca Johnson is the Founder and Director of the Acronym Institute for Disarmament Diplomacy, an organization that provides high-quality analysis and strategies to develop and support multilateral disarmament and security agreements. Rebecca has worked as a peace and disarmament analyst and activist since campaigning at the Greenham Common Women’s Peace Camp from 1982-87. She organised Greenpeace’s test ban campaign until 1992 and then worked in Geneva, becoming an expert on multilateral negotiations. She has written multiple works, including an essential handbook on the 1996 Comprehensive Nuclear Test Ban Treaty (CTBT) negotiations, Unfinished Business, analyses on the Non-Proliferation Treaty (NPT) Review Process, and the humanitarian strategies and negotiations of the 2017 Treaty on the Prohibition of Nuclear Weapons, available through Acronym’s journal Disarmament Diplomacy, OpenDemocracy and various publishers and online platforms.

Alongside serving as Director of the Acronym Institute, Rebecca is a founding Co-Chair of the International Campaign to Abolish Nuclear Weapons (ICAN), which was awarded the 2017 Nobel Peace Prize, and a member of the International Panel on Fissile Materials (IPFM).
在香港常見果樹芭樂，又名“番石榴”、“雞屎果”等。四季常青，樹姿優美，枝葉繁茂。開花時節，花團錦簇。彩園的一朵朵白璧無瑕芭樂花如冰透明，如雪潔白，花蕊在陽光下發出銀光耀眼，飄來淡淡清香，像穿著白色蝶紗的美人兒微笑走來，引來蝴蝶飛舞。

芭樂為熱帶果樹，原產美洲，是亞熱帶名優水果品種之一。成熟果實淡綠色，清香可口。果實營養豐富，含較高的維生素 A、C、纖維質及磷、鉀、鈣、鎂等微量元素，果實也富含蛋白質和脂質。常吃能抗老化，排出體內毒素、促進新陳代謝、調節生理機能、常保身體健康。不但可生食，藥用價值也很顯著，具有降血糖的功效，常用來治療糖尿病。

芭樂的花語：「無瑕的愛」。
上水實地耕種

三月四日和四月十三日，同學和長者往土水蕉徑農田實地耕作。沐浴在陽光下，踏在大地上，
像陶淵明《歸園田居》的詩裏的一樣遠離都市的煩囂。

《歸園田居》
陶淵明（東晉）
少無適俗韻，性本愛丘山。誤落塵網中，一去三十年。
羁鳥思故林，池魚思故淵。開荒南野際，守拙歸園田。
方宅十餘畝，草屋八九間。榆柳蔭後簾，桃李羅堂前。
暧暧遠人村，依依墟裡煙。狗吠深巷中，雞鳴桑樹顚。

真的發現之旅，不是來自新的風景，而是來自新的眼光。 -- 普魯斯特

自製檸檬薑黑糖、辣椒蒜頭醬油

由早上十時農耕工作至下午三時後，同學們
樂此不疲地認真參與自製食物。分工合作切薑片、
檸檬片，將蒜蓉和辣椒切粒。將檸檬片、薑片和
黑糖分層加入空樽，成為防寒、治咳、潤喉的即
沖飲料。蒜頭粒和辣椒粒加入醬油便成為可口的
醬油。
校園耕作

在永安廣場北，同學們為熱情蔥和葡萄搭竹架。

學校要做防滑工程，五個柱的金銀花和紫藤等植物要遷移。

彩園在 2019 春季學期辦了兩次食物分享，透過分享食物，大家帶來自家食物，食有機菜及同學們現場製作碎肉雞蛋艾草湯，能讓大家找回食物真正的味道，保持喜悅的心，創造更好的生活。

彩園廣場北收集艾草做健康美食 - 碎肉雞蛋艾草湯。

原來食物不只傳遞味道，還會傳遞笑容。

彩園與服務研習處合辦減壓太極班，逢星期二下午進行。導師是歐陽麗嫦女士。

雨下，繼續工作

綠色漢江運建立女士訪談：
( 一 ) https://www.youtube.com/watch?v=8j_q6zhjW1U&t=1s
( 二 )https://www.youtube.com/watch?v=AHrbAai47qk&t=9s
三位 Hope College of Michigan 學者參觀花園，互相交流。

四月，溫鐵軍教授在嶺南大學進行關於中國十次危機的系列講座。

Photo Gallery
活動留影

Friends 朋友

The world of plants 植物的世界

活動預告
減壓太極班
日期：21/5 (二)、28/5 (二)、11/6 (二)、18/6 (二)
時間：下午 1:00-2:00
地點：嶺南大學康樂樓 320 室 (AM320)
導師：歐陽麗嫦老師

2019 年 6 月 27 日至 6 月 30 日
嶺南彩園協辦：
第六屆南南論壇
生態生計與社區建設

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

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ECOLOGY, LIVELIHOOD AND COMMUNITY REGENERATION

Organizers
Department of Cultural Studies, Lingnan University

Global University for Sustainability

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Institute of Social Sciences, Daegu Catholic University, Republic of Korea
Centre of Rural Reconstruction, Renmin University of China
Tsinghua Institute for Advanced Study in Humanities and Social Sciences
Institute of Rural Reconstruction of China, Southwest University

Workshop on Architecture and Urbanism

06.24 / 06.26
SUMMER SCHOOL ON NUCLEAR WEAPONS AND POWER
06.28 / 06.30
FORUM ON ECOLOGY, LIVELIHOOD, AND COMMUNITY REGENERATION
07.01 / 07.03
WORKSHOP ON ARCHITECTURE AND URBANISM

Venue: AM 308
Lingnan University Hong Kong