

《24节气：关于小寒你可能不知道的6件事》

导读:小寒是一年中第23个节气，从今年的1月5日开始，到1月19日结束。小寒是一年中最冷的时候，本文列举了关于小寒你可能不知道的6件事。



The traditional Chinese lunar calendar divides the year into 24 solar terms. Minor Cold (Chinese: 小寒), the 23rd solar term, begins this year on Jan 5 and ends on Jan 19.

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During Minor Cold, most areas in China have entered the bitter cold stage of winter. The ground and rivers are frozen. The cold air from the north moves southward continuously.

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Here are six things you should know about Minor Cold.

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Sanjiu

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Although "Minor Cold" means less cold than the following solar term, "Major Cold", there is an old saying in China that goes, "The days of the Sanjiu period are the coldest days." "Sanjiu period" refers to the third nine-day period (the 19th-27th days) after the day of the Winter Solstice, which is in Minor Cold. Actually Minor Cold is normally the coldest period of winter. It is important to keep warm during this period.

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Cuisines fit for Minor Cold

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From the perspective of dietary health care, during Minor Cold people should eat some hot food to benefit the body and defend against the invasion of cold weather — hot foods like trout, pepper, cinnamon, leeks, fennel and parsley. Now is the best time to have hot pot and braised mutton with soy sauce. But it is sensible to notice that too much spicy food may cause acute gastritis.

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In Tianjin, there is a custom to have huangyacai, a kind of Chinese cabbage, during Minor Cold. There are large amounts of Vitamins A and B in huangyacai. As huangyacai is fresh and tender, it is fit for frying, roasting and braising.

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Eating glutinous rice

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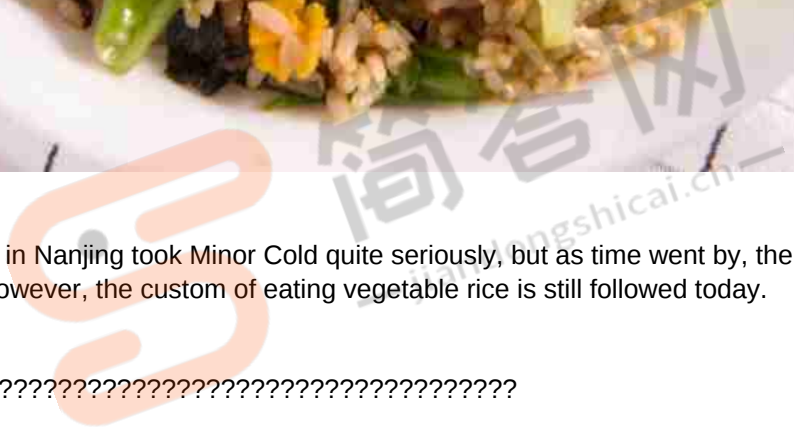


According to tradition, the Cantonese eat glutinous rice in the morning during Minor Cold. Cantonese people add some fried preserved pork, sausage and peanuts and mix them into the rice. According to the theories of Traditional Chinese Medicine, glutinous rice has the effect of tonifying the spleen and stomach in the cold season.

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Eating vegetable rice

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