

## Foreign Friends Encounter Traditional Ningbo Food④ Yangmei—Yuyao's Summertime Red Bayberries Find Favor with Brazilians



Yangmei is a little red Chinese fruit that claims a plethora of monikers, including Myrica rubra, Chinese bayberry, red bayberry, and yumberry. Annually, it is ready for market in early June and overruns local orchards in the midsummer. With its sweet-tart flavor and vibrant, juicy color, this summertime super fruit in Ningbo is a symbol of homesickness, and is a meaningful gift for friends and family members.

“端午杨梅挂篮头，夏至杨梅满山红。”酸甜可口的杨梅，寄托了宁波人的乡情、乡愁，是馈赠亲友的佳品。

Yuyao, a county-level city in Ningbo, is recognized as the hometown of Yangmei. The fruit has a long history in Yuyao, as archaeologists found kernels of wild red bayberries from 7,000 years ago at Hemudu, a Neolithic cultural site. The origin of

its cultivation in the area can be traced back 2,000 years.

余姚杨梅的历史非常悠久，7000年前的余姚河姆渡遗址，考古人员就发现了野生杨梅核；而人工栽培史，则可追溯到2000年前。因此余姚被誉为杨梅之乡。

On June 22nd, just 2 days after the summer solstice, Claudia Castro – head of the Preschool at Georgia School Ningbo – joined us on the Yangmei exploration trip to Yuyao. Her husband, Roberto Fernandes Alves, and their daughter Barbara accompanied us.

6月22日，夏至刚过，乔治亚幼儿园园长Claudia一家三口一起去余姚，采摘杨梅，制作杨梅酒，玩转杨梅之乡。

In late June, when Zhangting Town of Yuyao was ripe with red bayberries, Claudia and her family came to try Yangmei picking. Chen Hu, a resident who is a national-level judge of the Chinese catering and culinary industry, was invited to be our guest guide.

夏至已至，杨梅满林，土生土长的余姚人、中国饭店烹饪行业国家级评委陈虎先生，陪Claudia一家三口到余姚丈亭采摘杨梅。

Amongst the mountains and orchids, berries covering the branches

look fresh and attractive. When Claudia started the picking, she told us their connection with the fruit: “Every June, we receive Yangmei from our friends in Ningbo. All three of us love it.”

挂满枝头的杨梅，新鲜可人，Claudia一边采摘一边和大家聊天，“每年这个时候都会收到宁波朋友赠送的杨梅，一家人都很爱吃。”

The berries can also be made into red bayberry wine, also known as Yang Mei Jiu in Chinese. With its unique flavor, the traditional drink has gained popularity not only in Ningbo, but also abroad. This time, our guests would learn the making of Yang Mei Jiu from Chen Bin, a national-level technician and Chief Chef of Yuyao's Nanshan Hotel. Chef Chen had already prepared the key ingredients—jars of the mellow and aromatic farmhouse-made Chinese baijiu.

刚刚采摘的杨梅还可以制成风味独特的杨梅酒，这是宁波人喜欢的传统美酒。国家级技师、余姚南山饭店厨师长陈斌早已准备了酒香醇正的坛装农家白酒，Claudia一家子跟着大厨一起学做。

Claudia's daughter Barbara is a lovely and talented little girl. With the assistance of this young sous

chef, Chef Chen produced an innovative dish – a thick Yangmei soup sided with rice cake and edible osmanthus. The delicacy won unanimous likes for its wonderful appearance and taste. Having stayed in Ningbo for 6 years, Barbara is now a native “Ningbo girl” and perfectly interpreted Chef Chen's professional explanations to her parents.

他们一家在宁波生活了6年，小Barbara已是地道的“宁波小娘”，中文水平非常棒，她把大厨的专业解说，完美翻译给她的爸妈。

In the afternoon, the family toured Shunjiang Tower and took a walk across the ancient Tongji Bridge, under which the Yao River flows into the urban area of Ningbo.

午后一家人参观余姚舜江楼，走过古老的通济桥，桥下，悠悠姚江流向宁波城里。杨梅之乡的逛吃活动愉快地结束了。

### Ningbo through the Eyes of Claudia

At the end of this trip, Claudia shared her affection for the city: “Ningbo features constant development and is well-prepared to usher in a bright future. It is full of character.”

在旅行的最后，Claudia分享了她对于宁波的喜爱：“宁波是座独特的城市。它是一座不断发展，对未来有着规划和憧憬的城市。”

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