

Foreign Friends Encounter Traditional Ningbo Food ⑤

Fenghua Honey Peach —— Taking Sweetness to Foreign Hearts

In Linjia Village of Xiaowangmiao Subdistrict, Fenghua District, Ningbo, peach trees sweep across Wangjia Hill, beaming red with brilliant flowers and plentiful fruit. When spring arrives, full-blown clusters tint the hill-sides with a warm, delightful pink. Then in mid-summer, these blossoms turn into large, ripe peaches, getting ready for harvest. The honey peach growing in Fenghua – famed as “the fruit from the abode of immortals” – is prized for its sweetness and juiciness and has gained popularity at home and abroad.

“天天灼灼花盈树，颗颗株株果压枝。”宁波奉化萧王庙林家村王家山，桃林漫山遍野，春天桃花开时，山坡上如锦似霞；盛夏，水蜜桃成熟了，硕果累累。奉化水蜜桃被誉为“琼浆玉露，瑶池珍品”，吸引了八方来客。

Andrea Steckel- Jiang, who goes by her Chinese name “Jiang Ai-qiong”, comes from Germany and has been staying in Ningbo for 17 years. Last July, Andrea started a fertility advice center in the city.

Andrea Steckel- Jiang, 中文名蒋爱琼，来自德国，在宁波生活了17年，2020年7月创办了一家孕妇咨询中心。

On July 8th, Andrea went peach-picking at Wangjia Hill with her daughter and son.

7月8日上午，来自德国的蒋爱琼女士带着两个孩子来王家山采摘。

In 2004 Andrea came with her friend to work in Ningbo. Here, she met her husband and decided to stay and build a family. After seventeen years of living here, Andrea can communicate fluently in Mandarin.

2004年，蒋爱琼跟着朋友来宁波实习，遇到了她的先生。因为爱，她留在了宁波。爱琼在宁波生活了17年，一张口就是标准的普通话，可以和大家无障碍沟通。

Among the peach orchards of Wangjia Hill, we encountered Lin Shanguo, a peach farmer. Lin's family inherited four to five hundred peach trees and the family business has endured for three generations. With Lin's accompaniment, we started the picking. Soon, Andrea was astonished to find that every peach in the orchard should be wrapped in a paper bag. “The wrap prevents the



fruit from getting pecked,” Lin explained.

在王家山桃林，邂逅桃农林善国，老林家里三代种桃，拥有四五百株桃树。老林陪大家一起采摘。每只桃子都用纸袋包得严严实实，这让爱琼颇感新奇，“为了防止被鸟啄食。”老林现场解释。

It was scorching and stuffy in the orchard. After a few picks, every face, particularly those of the two kids, turned red. This insight allows us to appreciate the hardship and effort of peach farmers throughout summer, year after year.

桃林里，闷热异常，不一会儿，孩子们的小脸热得绯红，体会到炎热夏天桃农的辛劳。

For a peach tree, the fruit is not the only healthy edible thing it bears. On the tree bark, gummy crystalline forms can be found emitting an amber-hued glow through the light. “Those are resins from the peach, known as the peach gum.” Lin stated, “And we Chinese people created a most lyrical moniker for them - peach blossom tears. A dessert can be made from these.” “I know some peach dessert, but with these...?” Andrea was not so convinced.

“桃树泪”——树枝上渗出的琥珀色桃胶，老林介绍，这可以制成夏日甜品桃胶羹，爱琼疑问重重，“难道不是用桃子做的吗？”

For better understanding, we went on to check the peach gum

dessert.

When we arrived at the tourist center of Xiaowang Temple (Xiaowang Miao) in Fenghua, Zhang Chunyan had already arrived and was waiting to provide a demonstration, analyzing every step for us. She is the inheritor of the intangible cultural heritage for Chinese Peach Gum Dessert Soup recipe.

那就让我们一起去体验吧——奉化区桃胶羹非遗传承人张春燕早已在萧王庙游客中心等候，她边解说边演示：

First, soak the peach gum for 24 hours in advance. Then boil it for an hour until it gets soft and translucent. Last but not least, add ingredients of your preference, including milk or dried rose petals. And tada! Perfect in color, aroma, and taste, the traditional summertime peach gum dessert is made!

一颗颗半透明的干桃胶浸泡24小时后，炖煮一个小时，便慢慢地变成柔软、半透明的桃胶羹，添加牛奶、玫瑰花瓣等辅料，色香味俱全，成为一道传统夏日甜品。

Following Zhang's instructions, our foreign friends made their own bowl of dessert. “You can literally make a delicious dessert out of peach gum. Amazing!” Andrea didn't hesitate to share her approval of the dish. The kids, however, seemed to prefer the sweet, juicy honey peach and could not stop chewing the fruit while mumbling “Yummy!”

爱琼和孩子跟着张春燕一起调制，尝味后，爱琼赞不绝口，“树枝上的桃胶还可以做成甜品，令我出乎意料。”两个孩子尝了一口，都摇摇头。他们更爱吃甜美多汁的水蜜桃，一人捧着一只，边啃边说“好吃”。

In addition to baskets of peaches, the center also displays derivatives, including peach wine as well as cultural and creative products. According to Xie Xianlun, deputy director of the local subdistrict office, Xiaowang Miao covers 12,000 mu (800 hectares) of honey peach trees and has hosted the Peach Blossom Festival for 13 consecutive years. “This subdistrict thrives on its unparalleled peach industry.” Xie informed us.

除了一筐筐的水蜜桃，游客中心里面，陈列着桃子酒、文创产品等桃子的衍生品，奉化区萧王庙街道办事处副主任谢贤伦给大家一一介绍，萧王庙水蜜桃种植面积达1.2万亩，连续举办了13届桃花节，是水蜜桃特色农业强镇。

The story of powering a town-size region simply by peaches inspired Andrea, “It's a real eye-opener.”

一颗桃子可以做成这么大的事业，爱琼感叹，“大开眼界。”

Ningbo through the eyes of Andrea

“This city is inclusive and accessible,” Andrea remarked. “It's a perfect place to raise a family.”

宁波是一个包容且宜居的城市，特别适宜和家人们一起生活。

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