

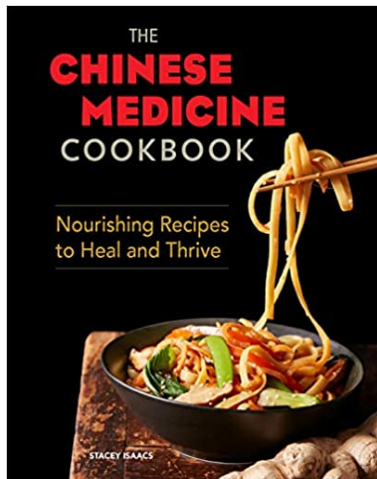
SWAC Santa Fe Campus *Library Newsletter May 2021*



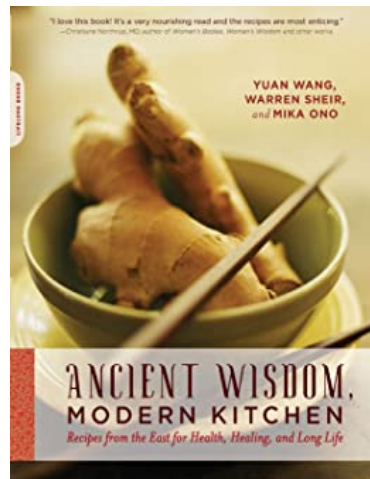
China's May holidays include Labor Day on the 1st, Youth Day on the 4th and the beginning of summer named LiXia on the 5th in 2021. Some people eat LiXia Eggs, traditionally believed to prevent summer health problems in children. The eggs are boiled in black tea leaves with spices like Star Anise until they turn dark red, and eaten while hot. Children paint boiled eggs and put them into colorful woven bags. Children play tapping games with them, tapping their egg against another child's egg until one breaks, and declaring the winner who has the unbroken egg. www.culturalkeys.cn

BOOKS FOR MAY DAYS

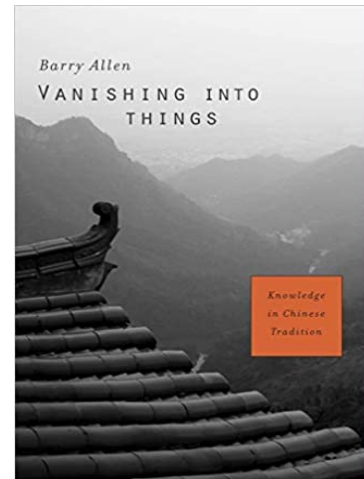
Or as the Camelot song says "It's May! It's May! The lusty month of May! That lovely month when everyone goes ...blissfully astray."



The Chinese Medicine Cookbook
Nourishing Recipes to Heal and Thrive
Stacey Isaacs
WB 422 15 2019



Ancient Wisdom, Modern Kitchen
Yuan Wang
WB 400 W364 2010



Vanishing Into Things; Knowledge in Chinese Tradition
Barry Allen
BL A1 2015

Comments and Suggestions to librarians@acupuncturecollege.edu