

MOSAIC

Love at first bite: Yangmei is a delicious taste of summer fun

Never mind the harsh humidity, the relentless sunshine or anyone complaining of unbearably hot summers in China. Who has time to worry about that in June, a month that, for me, is inextricably entwined with the arrival of what I consider the country's most enchanting fruit — yangmei, also known as the waxberry or Chinese bayberry.

This uniquely summer indulgence grows primarily in China,



Jocelyn Eikelenburg
Second Thoughts

with much of the fruit produced in my husband Jun's home province of Zhejiang. If you've never tried the juicy goodness of yangmei, imagine a mouthwatering, sweet-tart mix of pomegranate, strawberry and cranberry flavors, packed together into a cherry-sized sphere with a curiously bumpy surface and, when fully ripe, the deep burgundy color of a fine red wine. It's a little piece of ecstasy that will dance across your taste buds and probably dribble onto the table or your summer clothes. But you won't even care about the mess because it tastes so amazing.

Yangmei, which has been used in traditional Chinese remedies for

more than 2,000 years, also has high medicinal value. The first time a Chinese friend brought a bag of the fruit to my apartment, she told me, "Yangmei saves your life," a popular saying I would come to hear echoed by many others, including my father-in-law. Studies have shown that yangmei provides a rich source of antioxidants such as vitamin C, and may be useful for tackling inflammation, diarrhea, intestinal ailments, cancer and even diabetes. It's no wonder people have dubbed it a superfruit.

No matter your reasons for eating yangmei, chances are you might end up just like me — in love at first bite. Consuming the fruit is

now a yearly ritual for me and my husband, and every mouthful brings with it sweet memories of summer days.

I'm reminded of weekends in June, when the roadside fruit stands in rural Hangzhou suddenly had the power to slow down passers-by, including us, at the sight of tantalizing rows of green mesh baskets piled high with yangmei. I would watch my husband go through his usual ritual for buying the fruit, from tasting one for himself to selecting each and every berry by hand with a discerning eye for freshness. And after arriving home, it didn't matter what needed to get done — the first order of

business would always be washing up a heaping bowl of yangmei to relish for the moment.

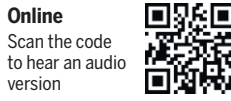
I also recall how my mother-in-law once shared with me the most beautiful secret for any connoisseur of the fruit — that anyone could pick yangmei for free in the trees near her house.

Sure enough, one late afternoon she walked me through her rural village to see the grove beside the public auditorium, where branches were studded with ripe clusters of yangmei that, in my eyes, appeared like delicious jewels. Even though my mother-in-law dismissed them with a grimace as "too sour," in the coming days she would leave on

the dinner table huge baskets of yangmei she had collected and urge me to eat more.

Someday, I hope to introduce my family in the United States to the wonders of yangmei. But for now, I'll savor this special fruit, which makes the month of June, with all its heat waves and humidity, a little more ambrosial.

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Candid camera: Romantic painter

Couples from a group wedding distract a painter dangling precariously from a support rope in Yuhu town, Zhejiang province, last week.

SU QIAOJIANG / FOR CHINA DAILY



What's on

The Animals and Children Took to the Streets
by 1927 Theater Company
When: May 29-June 2, 7:30 pm
Where: Shanghai Grand Theater Buick Theater

Seamlessly synchronizing original live music, physical performance, a darkly humorous narrative and striking video animation, *The Animals and Children Took to the Streets* is a visually stunning and wickedly twisted tale of intrigue and paranoia from the London 1927 Theater Company. They specialize in combining performance and live music with animation and film.

The audience will be submerged into the seamy Dickensian and dystopian slum called the Bayou, a part of the city feared and loathed. Therein lies the infamous Bayou Mansions; a sprawling rotting tenement block, where curtain-twitchers and peeping Toms live side by side and the wolf is always at the door. When poor Agnes Eaves and her young daughter arrive late one night seeking refuge, does it signal hope in this hopeless place, or has the real horror only just begun?

A wickedly twisted tale, *The Animals and Children Took to the Streets* will win you over to its dark charms instantly, as *The Guardian's* reviewer said, "a jaw-droppingly clever and gloriously subversive parable... 1927 conjures a world so complete it feels as if you've fallen down a rabbit hole."

King Lear
by Suzuki Company of Toga
When: June 6-8, 7:30 pm
Where: National Center for the Performing Arts, Beijing

King Lear is a tragedy written by William Shakespeare. It depicts the gradual descent into madness of a king after he disposes of his kingdom by bequeathing his power and land to two of his three daughters in exchange for insincere declarations of love, bringing tragic consequences for all.

First staged in 1606, the play's nihilism has heavily influenced modern drama.

Tadashi Suzuki is a Japanese theater director, writer and philosopher. He is the founder and director of the Suzuki Company of Toga, organizer of Japan's first international theater festival — the Toga Festival.

Romeo and Juliet
When: June 9-23, 2:30 pm and 7:30 pm
Where: Beijing Century Theater

Romeo and Juliet is a hit musical show bringing a timeless story and mythical characters to life. The story and message of the play talks to all generations.

The emblematic story is filled with all the timeless ingredients of the best plots: thwarted love, secret marriage, magic potions, feigned death, chance and fatal misunderstandings. The lovers of Verona have acquired immortal status, thanks to Shakespeare's words and for the obstinate force of their love, which transcends death.

Christopher Nissen China Tour 2019
When: June 23, 7:30 pm
Where: Tango Live, Beijing

Danish singer Christopher Nissen is back to China with his new album *Under the Surface*. He shares perspectives on his

daily thoughts and inner struggles in the album. It delves into themes on how to cope with a constant flow of seemingly perfect life, with a conclusion that "nobody is perfect under the surface".

Signed to EMI Denmark, he won an award at the Danish Music Awards 2012.

A Streetcar Named Desire
When: June 6-23, 7:30 pm
Where: Shanghai Dramatic Arts Center

The Mandarin version of *A Streetcar Named Desire* will be performed onstage in Shanghai. The original play of the same name was written by Tennessee Williams in 1947 and has been recognized as a modern classic of US literature.

It was made into a movie in 1951, with Vivien Leigh and Marlon Brando creating two of the most iconic figures in film history.

In the play, Blanche, a former schoolteacher of English, moves in with her younger married sister, Stella, after losing their family home.

Blanche finds Stella's working-class husband, Stanley, loud and rough, while in return Stanley dislikes his sister-in-law. Yet Blanche stays on, and makes friends with Stanley's poker-game pal Mitch. But the conflict between Blanche and Stanley escalates, as he digs out her scandalous history.

Turandot
When: June 20, 7:30 pm; June 21-23, 7 pm
Where: National Center for the Performing Arts, Beijing

The Mandarin version of *Turandot* by the National Center for the Performing Arts depicts a love story of mystery. It is an opera in three acts by Giacomo Puccini, and was first produced at the Bolshoi Theater in 1931.

Turandot is a beautiful princess, but coldhearted. She stipulates that any prince seeking to marry her must answer three riddles, and if he fails, he will be sentenced to death. After three princes lose their lives, Calaf, the prince of Tartary who is in exile, answers all the questions correctly.

However, the princess refuses to accept defeat. Calaf generously offers Turandot a riddle of his own: if she can discover his real name by dawn, he will forfeit his life.

The Hot Sardines
When: June 15 and 16, 7:30 pm
Where: Blue Note Beijing

The Hot Sardines — the mischief-makers of hot jazz who started out playing underground speakeasies in Brooklyn — have had a whirlwind couple of years.

The eight-piece (seven musicians, plus a tap dancer) band has toured more than 250 cities throughout North America, Europe and Asia, blowing out their vintage-on-steroids sound to crowds as big as 25,000 at the Montreal Jazz Festival.

They've hit No 1 on iTunes Jazz, spent more than a year on the Billboard charts and racked up 20 million streams from fans in more than 90 countries on Spotify.

And it's all come as a bit of a surprise to the band's founders, who bonded over a shared love of Fats Waller at a jazz jam above a noodle shop in New York City.

This Day, That Year



Editor's note: This year marks the 70th anniversary of the founding of New China.

On May 29, 1998, the country's first national drug prevention exhibition opened in Beijing, as seen in the item from China Daily.

There were about 540,000 registered drug addicts across the country at that time.

Despite nationwide action to combat drug trafficking and use in the past two decades, China still faces a severe challenge in its fight against

drugs. As of the end of 2016, China had about 2.5 million registered drug users, an increase of 6.8 percent year-on-year, according to the National Narcotics Control Commission.

And the main victims are young people who are tempted to try drugs for fun and end up being ensnared by them. The number of drug users age 18 or younger almost halved in 2016, largely due to government efforts in raising awareness among students about the dangers.

Adept at using the internet, drug users have created a new challenge as illegal transactions are increasingly conducted in the virtual world, making it even more difficult for police to track down drug dealers.

The Ministry of Public Security stepped up efforts to control the ille-

gal use of chemical products, anesthetics and psychotropic drugs for illicit production.

Police cracked 449 cases and seized 1,585 metric tons of such materials in 2016.

Early this month, China added fentanyl-related substances to a supplementary list of controlled narcotics and psychotropic substances used for non-medical purposes. The drug is among a new group of powerful painkillers

collectively known as new psychoactive substances. It is considered the strongest opioid available for medical use in humans.



Exhibition spotlights drug harm
By Yang Min
Official images may not always be as revealing as they seem. The theme of China's first National Drug Prevention Exhibition, a landmark event in the history of anti-drug efforts in the country, is to educate people on the harm caused by drugs.

He called on all society to make a concerted effort to fight against drugs.

People visiting the exhibition will see more than 1,000 pictures, 500 displays of drug prevention materials and 100 samples of drugs.

The display and the statistics relating to drug-related crimes will be updated regularly.

It never develops anything like a habit.

The newspaper and beyond

On our Sina Weibo

New regulation fixes vehicle tax burden
A new vehicle purchase-tax regulation, which will come into force in July, is expected to further reduce the cost of buying a car and will regulate dealer practices, according to China National Radio. The new regulation set the tax rate at 10 percent, and identified vehicles that will not have the tax, including electric motorcycles. An announcement issued by the Ministry of Finance and State Taxation Administration recently said the regulation will adjust the taxable value to the actual sale price and not the manufacturer's suggested retail price.

WHO terms 'gaming disorder' a modern disease
The World Health Organization added "gaming disorder" to its list of modern diseases for the first time at the 72nd World Health Assembly. Treatment and prevention measures will be proposed before Jan 1, 2022, when the WHO's 11th revision of the International Statistical Classification of Diseases and Related Health Problems comes into effect.



\$29,000 parking spot too small for driver
A driver who paid more than 200,000 yuan (\$28,960) for a premier parking spot discovered it was so narrow that she would have to climb in and out of the sunroof to get into or out of the car. The driver in Nanning, Guangxi Zhuang autonomous region, who bought the parking slot online in August found the space nestled near an elevator — between two walls. "You need to climb out of the sunroof after parking," she said. The developers said they could not help. They advised the driver to resell the parking space while allowing her temporary parking space elsewhere.



On chinadaily.com.cn

Video: Macao ready to celebrate its return
As an intersection of Chinese and Western culture, Macao boasts a vibrant cultural scene that is characterized by diversity. This year marks the 20th anniversary of Macao's return to China. The Cultural Affairs Bureau of the Macao Special Administrative Region government will organize a series of cultural events, including Art Macao, a festival, to celebrate the event. Our website interviewed Mok Lanlan, president of the Cultural Affairs Bureau of Macao, about the programs Macao plans to hold and some of the biggest changes that have taken place in Macao's cultural landscape in the past two decades.

Culture: China and EU mark literary links
A series of celebrations of the literary links between China and the European Union kicked off in Beijing this month, and will continue with 90 literary talks and workshops scheduled to take place through June 5 in four bookstores. During the fourth China-EU International Literary Festival, 28 European writers, scholars and illustrators, as well as 21 of their Chinese counterparts, are taking

part in the festival's events under four themes: The Amazing Modern Female, What European and Chinese Writers Are Concerned About, Close Encounters With Top European Illustrators, and Fantasy Stories From the West.



Theater: Aladdin leads box office takings
Disney's *Aladdin* topped China's box office for a second day on Saturday after its Friday debut, according to the China Movie Data Information Network. The film pulled in around 50.5 million yuan (\$7.32 million) on the day, following a 27.37 million yuan opening day. It was followed by animated film *Pokemon Detective Pikachu*. Coming in the third was Universal Picture's *A Dog's Journey*. In fourth place was the United States' film *Godzilla: King of the Monsters*.

Trending: Half of births are second children
About half of China's 15.23 million newborns last year were second children, according to a recent report by the National Health Commission. The country has made steady progress in improving its maternal and child health services, the report said. The commission said it had been coordinating with other authorities to improve policies regarding early childhood education, employment, housing and tax after the country allowed married couples to have up to two children from 2016.

Food: Nestle unveils fruity instant coffee
Nestle has launched a series of new instant coffee products, which are infused with fruit flavor and can be brewed with ice or sparkling water for a more refreshing taste in the summer. It marks the first time that the 80-year-old coffee producer has launched crossover products in fruit flavors. The move is an attempt by Nestle to attract young consumers.

