

Wonder World of Vegetables 奇妙蔬菜 — 8 月 24 日

Once again, Hello and Welcome to English World. We are your radio friends Mark, along with Wen-Jie.

听友你好，欢迎你收听英语世界

Wen-Jie, for today's program, I thought of an interesting topic.

Oh, 马可今天想谈一个有趣的主题

what make it interesting?

Because it's something we eat.

We eat? Now I'm interested.

这和吃有关系

Well I thought that would get your attention. Do you like to eat vegetables?

Oh, yes. I love vegetables.

我爱吃青菜

I used to hate eating vegetables, but I've learned to like them now.

So, what are some of your favorites?

Huh, I like carrots

他喜欢红萝卜,

corn

玉米,

spinach

菠菜, I like beans 四季豆, cabbage 包心菜, and eggplant 茄子...

Good. Vegetables are just great for all of us.

Oh, I can't wait. Should we start with A? A for Asparagus. 芦笋

Good going. We can start from A all the way to Z, Z for Zucchini .

(Zucchini 青南瓜)

I think this is going to be fun.

Vegetables In Many Ways 蔬菜的多样包装

Fresh vegetables 新鲜蔬菜

Canned vegetables 蔬菜罐头

Frozen vegetable 冷冻蔬菜

Cooked vegetable 烹煮过的蔬菜

Juiced vegetables 果菜汁

Dried vegetables 蔬菜乾

Wen-Jie, I don't know about you, but in the West we like to eat many different kinds of salads.

西方人喜欢吃各种类的冷沙拉

You know, I feel like a rabbit when I eat salad.

我吃西式沙拉时，感觉上像只兔子

You know, I remember when I was young, my mom always said: Eat your vegetables. They are good for you.

My mom said the same thing.

好像每个妈妈都会对孩子说，吃青菜对你好

But it seems that most of kids have a hard time eating and liking vegetables.

是阿，多半的孩子好像都对青菜有抗拒

Vegetables have many health benefits.

青菜被证实对健康很有帮助

They boost our immune systems.

能够增强免疫力

Then, how do we help the children to like vegetables?

那我们要怎样帮助孩子喜欢蔬菜呢？

For us, we mix them in with the meat and cook them.

我们也喜欢把青菜和肉混合在一起做菜

That is a good disguise.

马可说，这是很棒的伪装隐藏法

And guess what, some people think of other ways.

也有人想到其他的方法呢，来听听

Veggie Tales 蔬菜故事

VeggieTales is a series of videos for children featuring vegetables.

“蔬菜故事”是一系列的孩童动画录相带，以拟人化蔬菜为主体

The main characters' names are Bob the Tomato and Larry the Cucumber.

两位主角是，蕃茄 Bob 和小黄瓜 Larry

Now you can find them in DVD, TV shows, books. Music CDs.

后来发展出有影碟，电视节目，书籍，音乐光碟

And branded items such as toys, clothing, and seeds for vegetables and flowers.

更有属于自己商标的玩具，衣服，以及蔬果鲜花的种子

Well, for our next part, we are going to hear words from a farmer by the name of David Brown.

接著，我们来听一位农夫布朗先生说的经验谈

Mr. Brown operates an organic vegetable farm, “Mustard Seed Farm”, in Saint Paul.

布朗先生在圣保罗城市拥有一个有机农场，芥菜籽农场

Let's listen to what he says about vegetables. Wen-Jie will translate for us first.

我先来翻译他所说有关蔬菜的话

Insert:

“In this great diversity of crops is where I see God's work. From time to time in recent years the thought has come to me that my livelihood is based on putting seeds in the soil and they grow to produce an edible product! That is amazing!”

在这多种类的农作物中我看到神的工作。最近这几年，我常常在想，维系我生活的，就在于把种子放在土壤里，而它们成长为可被食用的蔬果

“At harvest you see the diversity of God’s creation. Think about the unique forms of the vegetables you eat. Leaves of lettuce or greens. Tubers like potatoes or beets or bulbs of onions. Flowers like broccoli or cauliflower. Fruit like squash or tomatoes. Each one has its own taste, nutritional composition, handling needs, and preparation. God planned all of this for our good!

在收成时，你看到神创造的多变化。想想你所吃的青菜外型。菜叶状的莴苣沙拉，管状的马铃薯或甜菜萝卜，花苞形的洋葱。花朵形状的青椰菜和花椰菜。水果形状的南瓜，西红柿。每样都有它各自的味道，营养成分，采摘处理的方法，和料理的方式。神设计了这一切，都是为了我们的好处。

I need wisdom from God in making decisions to grow all these crops. This starts with the winter planning process, as I make decisions on how much of each type of crop to plant. This continues throughout the year as I adjust schedules to weather, etc. I am amazed to see how God answers my prayers with direction.

我需要有从神来的智慧来决定如何种植这些农作物。这从冬天的计画过程开始，我要决定每种要种植多少，而持续整年下来，也按著气候来做调整等等。我很惊讶看到神怎样回应我的祷告，让我知道如何做决定。

It’s not easy to be a farmer. Farmers need to know the plan God designed for plants to grow.

作个农夫真不简单。他们需要知道神设计某个农作物是怎样成长的
And following God’s plan, farmers try to create the best environment for plants to grow and flourish.

然后，按著神的意思，尽可能的去提供那样的环境让农作物成长
Then, farmers trust God to provide the weather they need for their crops,
再来，农夫们也仰望神赐下让农作物生长所需的气候

And at the end of the growing season, than God for the harvest.

在农作物成熟时，也为了收成向神献上感谢
Let’s listen to Farmer Brown’s thoughts once again. This time with no interruption.

再次来复习布朗农夫的经验分享。这回不间断

In this great diversity of crops is the where I see God’s work. From time to time in recent years the thought has come to me that my livelihood is based on putting seeds in the soil and they grow to produce an edible product! That is amazing!

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It's so true. You plant the seeds in the soil,
你把种子栽在地里
As long as conditions are right, the plant will begin to grow.
当一切条件都对了，植物就开始成长
And eventually grows vegetables that we can eat.
结果就长成我们所吃的蔬菜
That is what Jesus talks about: This is what Kingdom of heaven is like.
这也是耶稣所说，天国就有如这样

Verse For Life 生命经文

This is what the kingdom of God is like.
神的国是这样的、
A man scatters seed on the ground.
如同人把种子撒在地上、
Night and day, whether he sleeps or gets up,
黑夜睡觉，白天起来
The seed sprouts and grows, though he does not know how.
这种就发芽渐长，那人却不晓得如何这样
All by itself the soil produces grain-first the stalk, then the head,
地生五谷是出于自然的·先发苗、后长穗、
then the full kernel in the head.
再后穗上结成饱满的子粒。
Mark 4:26-28 马可福音

This is what the kingdom of God is like. A man scatters seed on the ground. Night and day, whether he sleeps or gets up, The seed sprouts and grows, though he does not know how. All by itself the soil produces grain-first the stalk, then the head, then the full kernel in the head.
Mark 4:26-28

God's words are like the seeds which being planted in our heart.
神的道就有如种子栽在我们心里
Under the right conditions, the seed will grow.
当在适当好的的状况下，种子就生长
New life began, and it will bear fruits.
新生命开始，结出果子菜蔬来
That's the amazing thing that only God can do.
这是只有神才能做成的奇妙工作

Well, that's the time we have for today.

今天时间又差不多了

We'd love to hear your stories.

我們想聽你的故事

And also help you with your English learning.

So, If you have questions, ask us!. Until next time, I am your radio friend Mark.

And I am your friend Guo Wen-Jie.

We wish you a good day. So Long and Zai-Jian.

Now about vegetables, Mark, have you ever tasted bitter melon?

Bitter melon, what's that?

It's a kind of vegetable.

I know I like watermelon, cantaloupe, honeydew, but melon that's bitter?

Oh, It's good for your health. I'll bring some for you to try.

No. thanks. I'll stick with my sweet fruits!