

# 白露节气的气候特征与农事安排

白露节气一般在每年的9月7日至9日之间，是二十四节气中的第十五个节气。白露意味着气温开始逐渐下降，早晚会出现明显的露水，空气湿度也会随之变化。在这一节气期间，昼夜温差明显增大，白天仍有较高的气温，而夜晚则明显转凉，尤其是北方地区，早晚温度差可达十度左右。

农事上，白露前后是秋收准备的关键时期。农民需要对水稻、玉米等作物进行收割，同时对田间作物进行病虫害防治，确保收成稳定。此时，也是秋冬作物的种植时机，例如小麦、油菜等需要及时播种，以保证来年的丰收。此外，果树也进入成熟期，需要采收苹果、葡萄等秋季水果，并做好冬季防护措施。

在生活和养生方面，由于昼夜温差大，人们应注意适当增添衣物，尤其是清晨和夜晚，避免感冒。饮食方面可多食用润燥、补益的食物，如梨、银耳、莲子等，有助于增强体质、调节阴阳。与此同时，白露时节也是运动和户外活动的好时机，应合理安排锻炼，保持身体活力。

总的来说，白露节气不仅是气温变化的标志，也是农事安排的重要节点。通过了解节气特点和农业实践，普通人可以更好地调整生活习惯，做到顺应自然节律，达到养生与生产的双重目标。

## Climate Characteristics and Agricultural Practices of the White Dew Solar Term

The White Dew solar term usually falls between September 7th and 9th each year, being the fifteenth of the twenty-four solar terms. White Dew signifies a gradual drop in temperature, with noticeable dew appearing in the mornings and evenings, accompanied by changes in humidity. During this period, the difference between day and night temperatures becomes significant. While daytime remains relatively warm, nights turn distinctly cooler, especially in northern regions where the temperature difference can reach around ten degrees Celsius.

In terms of agriculture, the period around White Dew is critical for autumn harvest preparation. Farmers need to harvest crops like rice and corn, while also managing pest control in the fields to ensure stable yields. It is also the right time to sow winter crops such as wheat and rapeseed, ensuring a good harvest next year. Additionally, fruit trees are entering their peak ripening period, requiring harvesting of apples, grapes, and other autumn fruits, alongside preparations for winter protection.

From a lifestyle and health perspective, the large temperature difference between day and night means people should dress appropriately, particularly in the early morning and evening, to avoid catching a cold. Dietary adjustments include consuming foods that nourish dryness and strengthen the body, such as pears, white fungus, and lotus seeds, which help maintain health and balance. Moreover, White Dew is an

excellent time for outdoor activities and exercise, contributing to overall vitality.

In summary, White Dew not only marks changes in temperature but also serves as an important point in agricultural scheduling. By understanding the characteristics of the solar term and agricultural practices, individuals can better adjust their daily habits to align with nature, achieving both health and productive benefits.