

端午香里的童年记忆

每年的端午节，家乡总是充满了浓浓的节日气息。街道两旁，家家户户门口都挂上了艾草和菖蒲，空气中弥漫着粽叶的清香。端午节的来历，我从小就听爷爷讲：这是为了纪念伟大的诗人屈原，他投江自尽之后，人们为了不让鱼虾伤害他的身体，用粽子投入江中。随着时间的流逝，这个习俗慢慢演变成了我们现在热热闹闹庆祝端午的方式。

我最喜欢的环节是包粽子。每年节日前夕，妈妈就会准备好糯米、红枣、豆沙、粽叶和绳子。我们全家围坐在大圆桌旁，先把粽叶洗净晾干，然后用糯米和馅料包成一个个小巧的三角形。刚开始，我总是包不好，米粒掉得到处都是，但在妈妈和爷爷的指导下，我慢慢掌握了窍门，能包出结实又漂亮的粽子。包粽子的过程中，我们边聊家常，边听着窗外孩子们的嬉闹声，屋里屋外都是节日的欢快气息。

除了包粽子，赛龙舟是端午节另一大亮点。每年的龙舟赛吸引了全镇的人。比赛当天，我和爸爸早早地来到河边，看着一条条龙舟在水面上飞驰，船上的划手们用力划桨，水花四溅，岸边的观众也在呐喊助威。那一刻，我感受到了家乡人团结拼搏的精神，也感受到了一种浓浓的节日热烈感。看到船队靠近终点，每个人脸上都洋溢着兴奋和骄傲的笑容，仿佛节日的快乐也被水花一同溅到每个人的心里。

挂艾草和菖蒲是家乡另一项独特的风俗。门口挂上这些植物，不仅是为了装饰，更有驱邪保平安的寓意。每次看到门口那一束束翠绿的艾草，我都会想起小时候爷爷对我说的：“端午节，家家户户挂艾草，是希望家人健康平安。”这种风俗把节日的文化寓意深深地刻在了我们的生活里。

家乡的端午节不仅仅是热闹的节日活动，更是一种文化的延续和情感的纽带。包粽子让我体会到家的温暖，赛龙舟让我感受到团结的力量，挂艾草让我懂得了传统文化的深意。这些风俗像一条无形的线，把我们这一代又一代人紧紧联系在一起，让每个端午节都成为记忆中最温暖的篇章。

Childhood Memories in the Fragrance of Dragon Boat Festival

Every year during the Dragon Boat Festival, my hometown is filled with a strong festive atmosphere. On both sides of the street, every household hangs mugwort and calamus at their doors, and the air is scented with the aroma of rice leaves. I have been hearing from my grandfather since I was a child about the origin of the festival: it commemorates the great poet Qu Yuan. After he drowned himself in the river, people threw rice dumplings into the water to prevent fish and shrimp from harming his body. Over time, this custom gradually evolved into the lively celebration of the Dragon Boat Festival as we know it today.

My favorite part is making zongzi. On the eve of the festival, my mother prepares glutinous rice, red dates, sweet bean paste, bamboo leaves, and string. Our whole family sits around the big round table, first washing and drying the leaves, then wrapping the rice and fillings into small, neat triangles. At first, I could never wrap them well, and grains of rice would scatter everywhere. But under my mother's and grandfather's guidance, I gradually learned the technique and could make sturdy, beautiful zongzi. While wrapping, we chat about everyday life, and the laughter of children outside fills the air. The whole house is full of the joyous festival spirit.

Besides making zongzi, the dragon boat races are another highlight. Every year, the races attract the entire town. On race day, my father and I arrive early at the riverbank to watch the dragon boats glide across the water. The rowers paddle with all their might, splashing water everywhere, while spectators cheer loudly from the shore. In that moment, I feel the spirit of unity and hard work in my hometown, and the festive excitement seems to splash into everyone's heart along with the water. Seeing the boats approach the finish line, everyone's face beams with excitement and pride, making the festival even more memorable.

Hanging mugwort and calamus is another unique local custom. Placing these plants at the door is not just for decoration but also to ward off evil and bring peace. Every time I see bundles of green mugwort at the door, I remember what my grandfather said: "During the Dragon Boat Festival, every household hangs mugwort to wish for family health and safety." This tradition embeds cultural meaning deeply into our daily life.

The Dragon Boat Festival in my hometown is not just a lively celebration, but a continuation of culture and an emotional bond. Making zongzi brings warmth of home, watching dragon boat races shows the power of unity, and hanging mugwort teaches the depth of traditional culture. These customs form an invisible thread linking generations together, making every Dragon Boat Festival a warm and cherished memory.

赛龙舟的热烈与欢笑

端午节的清晨，阳光洒在河面上，波光粼粼，空气里弥漫着粽叶的清香和节日的欢快气息。家乡的端午节最吸引人的莫过于龙舟赛，每年这一天，无论老人还是孩子，都会早早聚集在河边，等待精彩的比赛开始。

记得第一次观看龙舟赛时，我的心情既紧张又激动。河面上，长长的龙舟排列整齐，每条船都装饰着彩色的龙头和龙尾，船上的划手们穿着统一的服装，鼓声一响，大家齐心协力划桨，水

花四溅，像是一条条巨龙在河上奔腾。岸边的观众们欢呼声、鼓声、呐喊声交织在一起，整个河边像是一个巨大的节日舞台。

除了观看比赛，我最喜欢的还是参与赛前的准备工作。我们会帮忙搬运龙舟、整理桨具，和邻居们一起忙碌中增进了感情。赛舟的过程中，我能感受到每个人的拼搏精神，大家为了同一个目标奋力划桨，这种团结的力量让我深深震撼。看到船只冲向终点线，欢呼声、掌声和水花交织成一幅生动的画面，让人难以忘怀。

当然，端午节少不了包粽子的环节。每当我回想起全家围坐在一起包粽子的场景，心里总是暖洋洋的。妈妈教我如何把糯米和馅料放进粽叶里，然后巧妙地折叠成三角形，再用细绳系紧。虽然手忙脚乱，但大家边包边聊，屋里充满了笑声和温馨的气氛。粽子蒸熟后，香气扑鼻，每一口都带着家的味道和节日的甜美记忆。

挂艾草也是端午节的一部分，家家户户在门口挂上翠绿的艾草，既美观又有辟邪的寓意。这些风俗让端午节不仅热闹，更充满了文化的底蕴。每年的节日，我都能感受到家乡人对传统的珍惜和对亲情的重视，这不仅是一种民俗，更是一种文化的延续。

家乡的端午节，是香气四溢的粽子，是激烈的龙舟比赛，是挂在门口的艾草，更是人与人之间温暖的情感和对传统文化的延续。在这样的节日里，我真切地体会到家乡风俗的独特魅力，也感受到节日所承载的深厚情感。

The Excitement and Laughter of Dragon Boat Racing

On the morning of the Dragon Boat Festival, sunlight sparkles on the river, the air filled with the fragrance of rice leaves and festive joy. The most captivating event in my hometown's Dragon Boat Festival is the dragon boat race. Every year, young and old gather early by the riverside, eagerly awaiting the thrilling competition.

I remember the first time I watched the race; my heart was both nervous and excited. Long dragon boats lined up neatly on the water, each decorated with colorful dragon heads and tails. The rowers wore matching uniforms. When the drumbeat sounded, everyone paddled in unison, water splashing like giant dragons racing across the river. The cheers, drumbeats, and shouts from the spectators blended together, turning the riverside into a grand festival stage.

Besides watching, I loved participating in the pre-race preparations. We helped move the boats and organize paddles, sharing laughter and teamwork with neighbors. During the race, I felt the determination and spirit of everyone paddling toward the same goal. Seeing the boats sprint to the finish line amidst cheers, applause, and splashing water was an unforgettable scene.

Of course, making zongzi is an essential part of the festival. I always recall my

family sitting together wrapping the rice dumplings, feeling warm inside. My mother taught me how to put rice and fillings into the bamboo leaves, fold them neatly into triangles, and tie them with string. Though clumsy at first, we laughed and chatted while wrapping. Once steamed, the zongzi emitted a fragrant aroma, each bite tasting of home and festive sweetness.

Hanging mugwort is also part of the festival. Every household hangs green mugwort at the door, decorative and symbolic of warding off evil. These customs make the Dragon Boat Festival lively and culturally rich. Each year, I feel the pride of my hometown people in preserving tradition and valuing family, making it not only a folk custom but also a cultural continuation.

The Dragon Boat Festival in my hometown is fragrant zongzi, intense boat races, and mugwort at every door, representing warmth, family bonds, and the continuation of tradition. In this festival, I deeply experience the unique charm of local customs and the profound emotions they carry.

家乡端午：香气与团结

端午节一到，家乡的街道就变得热闹非凡。家家户户门前挂上艾草，窗台上放着菖蒲，空气中弥漫着粽叶的香气。端午节的来历我们从小就耳熟能详：这是为了纪念伟大的诗人屈原，他忠诚爱国，却因不被理解而投江自尽。为了不让江中的鱼虾伤害他，人们便投入粽子以祭祀他。这一传统从古至今流传下来，成为端午节不可或缺的习俗。

我最喜欢的端午节活动就是包粽子。每年的节日前夕，妈妈总会把糯米、红枣、豆沙、粽叶和绳子准备齐全。全家人围坐在大圆桌旁，我和弟弟总是最忙碌的“小帮手”。妈妈先教我们把粽叶洗净晾干，然后示范如何把糯米和馅料包入其中，再折叠成三角形，用绳子系紧。虽然我们包得笨手笨脚，米粒经常掉出来，但在家人的鼓励下，我慢慢学会了技巧。看到蒸好的粽子一个个整齐饱满，我的心里总是满满的成就感。

赛龙舟是节日的高潮。比赛当天，河岸两边人山人海，欢呼声此起彼伏。龙舟在水中飞驰，划手们挥动桨，齐心协力，水花溅起，仿佛河面上腾起一条条奋力向前的巨龙。我和朋友们站在岸边为每一条龙舟加油，掌声、呐喊声混合在一起，形成节日独特的热闹气氛。看着划手们奋力拼搏，我能感受到家乡人坚韧团结的精神。

挂艾草、菖蒲也是端午节的一部分。家乡人相信，这样可以驱邪保平安。每当我看到门前那一束束翠绿的艾草，我就会想到爷爷说过的话：“端午节，不仅是吃粽子、赛龙舟，更重要的是传承文化，让家人平安健康。”这些风俗把节日的意义延续到了我们生活的每一天。

家乡的端午节，包粽子的温馨、龙舟赛的激烈、艾草的清香，构成了一个充满传统文化和亲情的节日。每年的端午节，我都会从这些风俗中感受到家的温暖，也感受到传统文化的延续和家

乡人团结友爱的精神。这些记忆不仅温暖了我的童年，也深深地植入了我的心中，成为我对家乡最深的眷恋。

Dragon Boat Festival in My Hometown: Fragrance and Unity

When the Dragon Boat Festival arrives, the streets of my hometown become bustling with activity. Every household hangs mugwort at the door and calamus on the windowsill, while the air is filled with the fragrance of rice leaves. The origin of the festival is well-known to us from childhood: it commemorates the great poet Qu Yuan, who loved his country but drowned himself when misunderstood. To prevent fish and shrimp from harming him, people threw rice dumplings into the river. This tradition has been passed down through generations, becoming an essential custom of the Dragon Boat Festival.

My favorite activity is making zongzi. On the eve of the festival, my mother prepares glutinous rice, red dates, sweet bean paste, bamboo leaves, and string. Our whole family sits around the big round table, and my younger brother and I are the busiest “little helpers.” Mom first teaches us to wash and dry the leaves, then demonstrates how to wrap the rice and fillings, fold into triangles, and tie with string. Though clumsy at first, and grains of rice often falling out, I gradually learn the technique with encouragement. Seeing the steamed zongzi neatly plump fills me with pride and accomplishment.

The dragon boat race is the highlight of the festival. On race day, the riverbanks are crowded, and cheers rise continuously. Dragon boats race across the water as rowers paddle in unison, splashing water, like dragons straining forward. My friends and I stand by the river cheering for each boat, with applause and shouts blending into a lively festival atmosphere. Watching the rowers’ efforts, I deeply feel the spirit of unity and resilience in my hometown.

Hanging mugwort and calamus is also part of the festival. People believe it wards off evil and brings peace. Every time I see the green bundles at the doors, I remember my grandfather’s words: “The Dragon Boat Festival isn’t just about eating zongzi and racing boats; it’s about preserving culture and ensuring the health and safety of the family.” These customs extend the meaning of the festival into everyday life.

The Dragon Boat Festival in my hometown, with the warmth of making zongzi, the excitement of dragon boat races, and the fragrance of mugwort, forms a festival full of traditional culture and familial love. Every year, I feel the warmth of home, the continuation of cultural traditions, and the unity of my fellow townspeople. These

memories not only warm my childhood but also deeply root my affection for my hometown.

端午节里的温情与传统

端午节，是一年中最让人期待的传统节日之一。在我的家乡，端午节的早晨总是伴随着粽叶的清香和河水的波光，每个角落都洋溢着节日的喜庆气息。端午节的由来，我们从小就听爷爷讲述：为了纪念忠诚的诗人屈原，人们发明了投粽子、赛龙舟等习俗来表达哀思和敬意。这些习俗不仅纪念历史人物，也让节日充满文化意义。

包粽子是我最喜欢的环节。妈妈会准备好糯米、豆沙、红枣和粽叶，家里弥漫着糯米的香味。我们全家围坐在一起，按照不同的口味包粽子。我总是把粽叶包得歪歪扭扭，但在家人的耐心指导下，我逐渐掌握了方法。包粽子的过程中，我们聊天、开玩笑，屋子里充满了欢声笑语。蒸好的粽子散发着诱人的香气，每一口都饱含家的味道。

赛龙舟则是端午节最热闹的场面。河上，彩色的龙舟在鼓声中飞速前进，划手们齐心协力，水花飞溅。岸上的人们欢呼、鼓掌，为选手加油助威。我跟随父母站在岸边，看着划手们奋力拼搏，心里既紧张又激动。那一刻，我感受到家乡人团结拼搏的精神，也感受到节日所带来的热烈气氛。

挂艾草、菖蒲也是端午节的重要习俗。每年端午，家家户户门口都挂上艾草，既美观又寓意辟邪保平安。这些小小的传统，让我们在欢庆节日的同时，也能感受到家乡文化的深厚底蕴。

家乡的端午节，是粽子的香，是龙舟的激烈，是艾草的清新，更是亲情的温暖和文化的延续。每一次节日，我都能从中感受到家的温暖和家乡人的情感联系。这些习俗不仅是节日的象征，更是我们文化的传承，是连接过去与现在、亲情与乡愁的桥梁。

Warmth and Tradition in the Dragon Boat Festival

The Dragon Boat Festival is one of the most anticipated traditional festivals of the year. In my hometown, the morning of the festival is filled with the fragrance of rice leaves and the sparkling river, with every corner brimming with festive joy. We have heard from our grandfather since childhood that the festival commemorates the loyal poet Qu Yuan. People invented customs like throwing rice dumplings into the river and racing dragon boats to express mourning and respect. These customs not only honor historical figures but also imbue the festival with cultural meaning.

Making zongzi is my favorite part. My mother prepares glutinous rice, sweet bean paste, red dates, and bamboo leaves, filling the house with the aroma of rice. The

whole family sits together, wrapping zongzi of different flavors. My attempts are often crooked, but under the patient guidance of my family, I gradually master the technique. While wrapping, we chat and joke, filling the house with laughter. The steamed zongzi emits a tempting aroma, each bite full of the taste of home.

The dragon boat race is the most lively scene of the festival. On the river, colorful dragon boats speed forward to the drumbeats, rowers paddling in unison as water splashes around them. Spectators cheer and clap from the shore, encouraging the competitors. Standing with my parents by the river, I watch the rowers give their all, feeling both nervous and excited. In that moment, I sense the spirit of unity and hard work in my hometown, as well as the vibrant festival atmosphere.

Hanging mugwort and calamus is also an important custom. Every Dragon Boat Festival, households hang bundles of mugwort at their doors, both decorative and symbolic of protection. These small traditions allow us to celebrate the festival while feeling the deep cultural roots of our hometown.

The Dragon Boat Festival in my hometown is the aroma of zongzi, the excitement of dragon boat races, the freshness of mugwort, and most importantly, the warmth of family and cultural continuity. Each festival, I feel the warmth of home and the emotional bonds of my hometown people. These customs are not just symbols of the festival, but a continuation of culture, a bridge connecting past and present, family and nostalgia.