

# 家乡饮食里的文化记忆

家乡位于长江下游，土地肥沃，河流纵横，因此自古就是农耕文化的发源地。这里的人们对饮食有着特殊的讲究，不仅注重味道，也注重食物所承载的文化意义。

春节期间，家家户户都会制作饺子和年糕。饺子象征着团圆和吉祥，包饺子的过程充满了欢声笑语。年糕则寓意着“年年高升”，小孩子特别喜欢甜甜的年糕，它是节日不可或缺的美食。清明时节，家乡人喜欢吃青团，用艾草或其他天然植物的汁液做成的糯米团子，绿油油的，软糯可口，带着春天的气息。

家乡的饮食还体现在日常生活中。每逢重要节气，人们都会根据时令食材制作应季美食，比如端午节的粽子、中秋节的月饼、冬至的饺子。每一种食物背后都有一段历史或民间故事，吃的过程也在传承文化。

不仅如此，家乡的手工酱料、腌制食品也极具特色。豆瓣酱、腊鱼、咸菜，每一口都饱含家乡的味道，也承载了家人对生活的热爱和智慧。无论身处何地，这些味道总能让人想起故乡。

饮食是文化的一部分，也是人与人之间情感的纽带。在家乡，无论节日还是平日的餐桌上，美食总是把家庭成员紧紧连接在一起。通过这些食物，我们不仅享受美味，更感受到家乡深厚的文化底蕴。

我为家乡的饮食文化感到自豪，因为它不仅仅是味觉的享受，更是文化传承的载体。每一道菜，每一口食物，都在讲述着家乡的故事。

## Cultural Memories in Hometown Cuisine

My hometown is located in the lower reaches of the Yangtze River, with fertile land and intersecting rivers, making it the birthplace of agrarian culture. The people here have special attention to food, not only valuing taste but also the cultural meaning carried by the food.

During the Spring Festival, every household makes dumplings and rice cakes. Dumplings symbolize reunion and good fortune, and the process of making them is filled with laughter. Rice cakes signify 'rising higher every year,' and children especially love their sweet taste. During Qingming, locals enjoy green glutinous rice balls called qingtuan, made from mugwort or other natural plant juices. The green, soft, and chewy treats carry the essence of spring.

Hometown cuisine also shines in daily life. On important solar terms, people prepare seasonal delicacies, such as zongzi for Dragon Boat Festival, mooncakes for Mid-Autumn Festival, and dumplings for the Winter Solstice. Each dish carries historical or folk stories, and the act of eating continues cultural traditions.

Moreover, the hometown is famous for handmade sauces and preserved foods. Bean

paste, cured fish, pickles—every bite carries the flavor of home and reflects the family's love and wisdom. No matter where one is, these tastes always evoke memories of hometown.

Food is part of culture and a bond between people. In my hometown, whether during festivals or on ordinary days, meals connect family members closely. Through these foods, we not only enjoy delicious flavors but also feel the profound cultural heritage of our hometown.

I am proud of my hometown's culinary culture because it is not only a feast for the taste buds but also a vehicle for cultural inheritance. Every dish and every bite tells the story of my hometown.