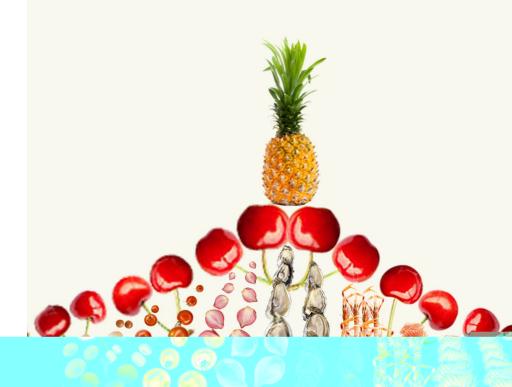


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## 秋季刊 AUTUMN ISSUE 2016



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## 特别鸣谢

Acknowledgements

苏州西部生态城管委会 Suzhou Eco-Town Administrative Committee

苏州高新区城乡发展局

Suzhou Municipal and Rural Development Bureau

苏州高新区经济发展集团总公司 Suzhou National Hi-tech District Economic Development

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# 用加法的思维, 引领做减法的慢调生活

The addition of thinking, the subtraction of life

■ 苏州高新区城乡发展局 虞美华 Urban and Rural Development Bureau of Suzhou High Tech Zone Yu Meihua ■

## 慢调生活方式简约而不简单。

西京湾的规划和建设。因其本土的生态性和人文特质、探索着整合集聚的加法智慧、契合着高新区一贯追求的科技、生态、民生相处深华层的发展的理念。 摸索出绿色、生态、健康的西京湾+田园旅游模式。

The slow way of life is simple but not that simple.

Because of the local ecological and cultural characteristics, the planning and construction of Seeking Farm explored the integration of agglomeration additive wisdom, agreeing with the pursuit of coordinated development of science, technology and people's livelihood of the high tech zone of Suzhou. exploring a green, ecology, and healthy three-dimensional Seeking+ tourism model.

## 生态篇 Ecological Chapter

### 西京湾+太湖 Seeking Farm + Taihu

水天一色,烟波浩淼。太湖好,流淌的湖水将繁琐和压力带向远方。西京湾位于苏州西 部生态城最西端,这座坐拥25公里太湖岸线的园中城给西京湾得天独厚的优势,供人 人向往的田园梦在此落地生根。西京湾生态旅游立足真山真水的独特区位优势, 打通自 然景观与人文景观。规划项目契合太湖的自然与灵动,凸显太湖景观的自然与生态;规 划建设的景点亦连线成片,点缀太湖沿线,是高新区环太湖生态旅游又一力作。

The flowing water of Taihu carrys cumbersome and pressure to the distance. Seeking Farm is located in the westernmost of the Suzhou Western eco city, which richly endowed Seeking Farm by nature with 25 km of coastline of the Jaihu. providing space for the pastoral dream. of everyone. The ecological tourism of Seeking Farm is based on the unique advantage of true mountain and water, combining the natural landscape and human landscape. The planning of the projects fit in Taihu, highlighting the natural and ecological landscape of Taihu; meanwhile the planning and construction of scenic spots dot along Taihu, which is another masterpiece in high tech zone.

## 西京湾 + 农业 Seeking Farm + Agriculture

尊崇自然,返璞归真。在这里,曾经是阡陌交通,鸡犬相闻的静谧乡野。西京湾 的规划延续了田园与乡村的灵魂,保留生态农业元素,给每个都市人延续乡野梦 想的可能。已落成的上山岛居、新盛茶园和翠湖雅居为茶文化主题度假休闲区 延续茶园种植的清新与自然。规划建设中的桑蚕大楼、田园餐厅等项目,秉持生 态农业的新鲜、健康、清雅,为传统农业形态赋予禅意、活力与品位。

Respect for nature, and recover the original simplicity. Here once was quiet countryside. The planning of Seeking Farm is the continuation of soul of the pastoral and village, keeping the ecological agriculture elements. The completion of Sunshine Auberge, Refreshing Yard, Lakeside resort, consisting the tea culture theme resort leisure area, is the continuation of the tea plantation and natural fresh. The project under planning and construction like silkworm building and garden restaurant, keeping with fresh, healthy and elegant ecological agriculture, giving vitality and taste for traditional agriculture.

## 科技篇 Technology Chapter

## 西京湾+科普 Seeking Farm + Science

西京湾有情怀,更有干货。植根于本土太湖文化,从生态出发,西京湾规划建设的 蚕种大楼、生态馆、西京湾艺术中心等项目,将通过系统展示与互动传承和传播蚕 桑文化及太湖窑艺术等。西京湾将树立起"环太湖生态圈"标志项目,形成汇集植 物、动物、自然环境一体的"综合实验室",有望成为全球生态领域科研的参考坐

Seeking Farm has feelings, and more dry cargo. Rooted in local culture of Taihu and starting from the ecological perspective, Seeking people planned Silkworm building, the Art Center, transmits and disseminate silkworm culture and art of Taihu kiln by display and interaction. Seeking Farm will set up a "Taihu ecological circle" items, becoming a "comprehensive laboratory" with collection of plants, animals and natural environment, which is expected to become the reference research of global ecological field.

## 西京湾+互联网 Seeking Farm + Internet

互联网成为当下旅游业创新发展的主要动力和重要支撑。在此形势下,西京 湾探索智慧农业、智慧旅游、智慧运营、文创平台四位一体的互联网+旅游 模式,主动融入信息化变革,积极运用信息化手段,全面革新管理方式,提 高管理水平,为游客提供更新颖的农业旅游体验。

The Internet has become the main force and the important support for the innovation and development of the tourism industry. In this situation, Seeking Farm explores the Internet plus travel mode with one of the four: the wisdom of agriculture, of the tourism, of the creative platform and of the operation, integrating the information revolution, active use of information technology, innovation of management to improve the management level and provide more new agricultural tourism experience for visitors.

## 民生篇 People's Livelihood Chapter

## 西京湾+富民载体 Seeking Farm + Enrich People Carrier

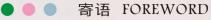
西京湾在开发建设的过程中注重旅游产业在当地调结构、惠民生的集聚功能和平台 作用,与当地富民合作社签订合作方案,负责西京湾的基础运营,成功解决部分农 民的就业,成为高新区新的富民载体。

In the process of construction, Seeking Farm attached great importance to gathering function and a platform of tourism industry to adjust the structure and improve the velihood of the people in the local, signed a cooperation scheme with Enrich People Co-op to take responsibility for basic operation, successfully solved employment of farmers, becoming new enrich people carrier of high-tech zone.

西京湾的规划和建设在多个层面发挥着加法的智慧,产生的叠加效应引领着高新区乃至整个苏州的旅游新趋势——西京湾+度假生活。西京湾+旅游模式还 原生活的本质,创设一片世外桃源,提供游客缓步欣赏生活本真之美,亲临触摸自然之纯的所在与心境。

The planning and construction of Seeking Farm elaborates the wisdom of addition, and the superposition effect leads a new trend of tourism in Suzhou high tech zone——Seeking Farm + holiday life. Seeking Farm + travel mode restores the essence of life, creating a piece of land of idyllic beauty, offering visitors space and mood to appreciate the essence of life and the beauty of nature.







# The Silkworm Culture

Of Seeking Farm -

西京湾背后的桑蚕文化

"君到姑苏见,人家尽枕河。……夜市卖菱藕,春船载绮罗。"文人笔下的诗情画意,不过是水乡苏州人的 寻常生活。身着精致丝绸服饰的佳人乘船穿梭于亭台楼阁之间,好不惬意。这份悠然,得益于苏州的富庶与 <sup>酸</sup>紫末。<sup>6.</sup>邹廷午华而菜蚕文化,为极富盛名的"丝绸之府"——苏州提供了深厚的经济和文化滋养,浸润着太 湖流域的这方土地。

The poetic charm in the Eyes of Koryo Scholars is just the ordinary life of people in watery region. Dressed in exquisite silk dress, the beauty shuttled among the pavilion by boat, enjoying leisure time which thanks to the prosperity of Suzhou. Thousand years of silkworm culture provides for Suzhou, the prestigious "silk of the house" with profound economic and cultural nourishment.





## ■ 剪不断的桑蚕文化 Constant silkworm culture

吴地的蚕桑生产从新石器时代开始。地处太湖流域的吴地江南,地势低洼,土壤黏性大,为桑树的成长提供了得 天独厚的条件,更为江南丝绸业的大发展提供了极为有利的机遇。民国《吴县志》记载: "商以来,丝、荼为出 口大宗,人人皆知其利,长洲县所辖之西北境,凡与无锡、金匮接壤者,遍地植桑治蚕。"

The Sericulture production of Wu sprouted from the Neolithic Age. Located in the south of Taihu river, Suzhou has low-lying terrain and soil viscosity, which provides a unique condition for the growth of mulberry trees and even provides a very favorable opportunity for the development of the Jiangnan Silk Industry. According to the <Wu county>: "Since the Shang dynasty, Silk and tea were for export.All knew the profit, so where the border with Wuxi were planted mulberry trees all over

晚唐时期,太湖人家阡陌交通,鸡犬相闻,家家户户植桑养蚕,推开了一幅幅"高下兼良田,……桑柘含疏烟,处 处倚蚕箔,家家下渔筌"的图景。

苏州城"东北半城,万户机声","日出万绸,衣被天下"。蚕桑生产繁荣兴盛,奠定了太湖流域的苏州吴地在桑蚕业难以撼动的领军地位,更是孕育了苏州这个锦绣之 乡、绫罗之地。

这份历史积淀的厚重财富,渗透到苏州人的生活中,成为散发着灵动气息的日常言说。在苏州人的心目中,很少有像蚕这样高贵、神圣的意象。人们好似把他看成亲生的儿 子,亲昵地呼为"蚕宝宝";将即将上山的蚕看作即将出嫁的闺女,亲热地呼为"蚕花娘娘"。苏州人夸赞办事靠谱叫"做事有头绪",夸赞姑娘皮肤好叫"绢光滴滑", 夸赞行业翘楚是"一和细丝"……仔细推敲下,句句不离桑蚕。"绪"就是指蚕茧上的丝头,抓住头绪,就能顺利拉出丝。绢光滴滑,就是说皮肤保养得就像丝般的柔滑。 "一和细丝",就是和丝绸一样没有瑕疵和不平整,堪称一流。

Suzhou City was filled with households sound half and produced millions of silk each day which could cover the world. The prosperity of sericulture production lays Suzhou, located in the Taihu River Basin, a leading position in silkworm industry, and breeds Suzhou which is home of silk.

This historical accumulation of heavy wealth penetrated into the ordinary life of Suzhou people, which has become the colorful daily expression. There are a few images like silkworm symbolized noble and sacred in Suzhou people's mind. They treat him like their own son, affectionately calling them "the baby silkworms"; they treat the silkworm which is coming up the mountain as soon married daughter, affectionately calling them "silkueen"; they praise reliable service as "to do things a clue", the girl skin "silk light drops slide", the industry leaders "a thin silk"...... To think carefully, every expression is connected with silkworm.

## 老苏州的桑蚕情怀

-- <sup>ร</sup>ูปหพดเมาเลดมายะย่องเกาะ the CAR กรรมกาล --

历史的书页翻到民国初年,苏州的蚕桑养殖业发展得如火如荼。发展至20世纪20年代,就不得不提到浒关蚕种场。 这座曾经全国最大的蚕种场给很多老苏州留下了历久弥新的记忆。

When the pages of history turn to the early Republic of China, Suzhou sericulture aquaculture developed like a raging fire. In the 1920s, we have to mention the Xuguan silkworm field, which was the biggest one and left unforgettable memories to many old Suzhou.





蚕室门口的"洗手给桑,换鞋入室"字样,成为每个 在浒关蚕种场周围玩耍的孩子们的共同记忆。在养蚕 的漫长日子里,因防病消毒制度,孩子们只能远远观 望,想象着憨头憨脑的蚕宝宝悠哉悠哉地咀嚼着新鲜 的桑叶茁壮成长,拉出细长的银丝把自己团团围住, 最后破茧成蝶。这种企盼,成为最原初的桑蚕记忆。

孩子们的眼神还被那栋具有典型民国建筑风格的浒关 蚕种场办公楼所吸引。这栋始建于1926年,有着8根

"Wash hand before rearing silkworms, change shoes before entering the room"were pasted on the door of silkworm rearing rooms, which became the common memories of children playing around Xuguan Silkworm field. Due to the disease prevention and disinfection

别具特色欧式立柱的砖木结构建筑,散发着中西合璧 的韵味,填充了孩子们明亮的双眸。

只有大人们知道这个蚕种场有着多么的辉煌的成就, 她不仅是江苏最大,甚至也是全国最大的蚕种场,是 我国建场历史最悠久的蚕种场之一。浒关蚕种场培养 的蚕种不仅提供给全国各地的用户,甚至还走出国 门,供应给阿尔巴尼亚、越南、朝鲜等国,在他国异 乡生根发芽,开花结果。

The typical architectural style of the Republic of China of Xuguan silkworm field office also attracted children's eyes. It was a brick building, first built in 1926, had distinctive columns with European style, exuding mixed Chinese and Western flavor, brightening children's eyes.

最初, 浒墅关蚕种场由浒墅关女蚕校校长郑辟疆从校 友中集资12000元创办,邵申培为种场经理。当浒关 蚕种场发展到行业全盛时期时,有1个原种分场、4个 普通种分场、1个蚕种冷库、1个试验组、职工500多 人、桑田2000亩、年生产杂交种70万张。这些令人 精神为之一振的数据,静静诉说着属于苏州桑蚕业, 属于浒墅关蚕种场的光辉历史。

also across the world, like Albania, Vietnam, North Korea.

Initially, Hushuguan silkworm field was founded by Zheng Bijiang, female principal of Xushuguan silkworm school, by raising 12000 yuan from alumni, and Shao Shenpei was

## ■ 再出发的西京桑蚕

Seeking Silkworm is on the way

再次走进位于天平山北麓的浒关蚕种场,当年的盛况已然不再,只有几排高大但略显简陋的瓦房孤零零地矗立着,几个 挎着背篓的中年女子在一旁的桑林中熟练地采着桑叶,身影 有些许寂寥。这个曾经不可一世的蚕桑巨无霸,如今只留下了辉煌的背影。

养蚕、种桑、织丝,这些抹不掉的苏州情思,是苏州人割舍不断的乡愁与回忆。今天,我们无需感叹,无需遗憾,因为这一切,将在西京湾这片土地上重新绽放。浒关蚕种场将迁址太湖之滨的西京湾生态农场,在西京湾蚕种大楼延续新生命,续写苏州人新的独家蚕桑记忆。



Returning to Xuguan silkworm field once again, we can hardly find the grand condition, but only to see a few rows of tall but slightly shabby house, some middle-aged women carrying baskets on the back, picking mulberry leaves in good harvest. The once mighty sericulture giant, now only left a brilliant figure.

Mulberry, sericulture and silk weaving form constant nostalgia and memories Suzhou is let go of constantly. Right now, we need no sigh, no regrets, because these all will bloom again in Seeking Farm. Xuguan silkworm field will be relocated in Seeking Farm by Taihu Lake, achieving continuation of the new life and writing new exclusive sericulture memory of Suzhou people.

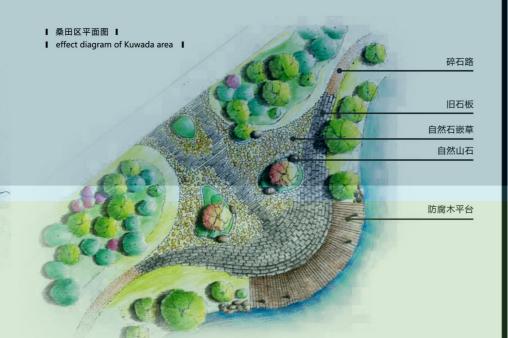


▮ 蚕种场入口效果图 ▮

西京湾蚕种场发展了传统桑基鱼塘的理念,构成了环绕的"桑基鱼塘"景观河带,将把"蚕种生产"、"家蚕基因库建设"、"蚕桑生态产品研发"与蚕桑文化艺术相结合,渐次展开桑叶种植、蚕种培育、桑蚕养殖、缫丝绢纺、丝绸加工等桑蚕文化画卷。

Seeking Farm silkworm field develop the traditional concept of Mulberry fish ponds, forming Annular "Mulberry fish pond" landscape river belt, combining "The egg production", "silkworm gene library construction", "ecological sericulture product development" with silkworm culture, drawing silkworm culture picture of Mulberry planting, silkworm cultivation gradually expanded, silkworm breeding and silk reeling and silk processing.











**生产是为了创造**。最好的刺绣——苏绣在这里;最好的苏绣——姚建平刺绣在这里。被列入国家级非物质文化遗产名录的苏绣,将在西京湾的穿针引丝中诉说历史悠久的吴地文化和刺绣艺术。而大师姚建萍的加盟更是身体力行"一和细丝"的真谛。

To produce is to create. The best embroidery, Suzhou embroidery, will be here; the best Suzhou embroidery, Yao Jianping embroidery, will be here too. Suzhou embroidery, included in the national intangible cultural heritage list, will tell the long history of the Wu culture and the art of embroidery in Seeking Farm. And the join of master Yao Jianping will tell the truth of silk and embroidery.





**眼眸流转也要舌尖留香**。跟随着生态天然理念的指引,西京湾桑蚕基地将研发桑蚕养殖副产品。看过之后,不如动手采摘,享受农家乐的乐趣,感受桑叶茶、蚕蛹虫草的醇香与滋养。

To see is to taste. Follow the guidance of the concept of nature and ecology, Seeking Farm Silkworm Base will do research on by-product of Silkworm breeding. Why don't pick personally after seeing? To enjoy the fun of farm house, feel mellow and nourish mulberry tea leaves and silkworm Cordyceps militaris.











# 人 这 里 避 ら 美 食 本

the

delicacy



时光若刻,初心莫忘。寻找本真,不如从舌尖开始,回到最原初的天然守候,寻味喧嚣浮华下的自然馈赠。 西京人正在打造全新的食尚体验模式,带你重新回到厚重质朴的土地, 去看看维C在阳光下蹦跳,去细嗅果香在微风中飘荡,去寻找掩藏在叶间的饱满果实,去邂逅渐已淡忘的田园记忆……

Looking for the original truth, we'd better start from the tip of the tongue and go back to the original natural taste and ruminate natural gift under noisy glitz.

Seeking people is building up a new eating experience model, taking you back to the thick heavy land, seeing
Victoria C jumping in the sun, sniffing the aroma floating in the breeze, looking for the full fruit hidden among the leaves, meeting the faded memories of the garden ......

## 果林区 ORCHARD AREA

面朝太湖,四季飘香。大自然的智慧,在于合理利用时光的奥妙,于四季孕育不同的硕果。遵循大自然的逻辑,探寻果蔬的原始香甜,西京湾果林区种植了不同种类的果树,借力自然,保证三季挂果。樱桃、枇杷、蜜桃、杨梅、梨子、柿子、香榧、石榴、柑橘、猕猴桃将应季生长,不同果树之间穿插种植成排樱

•••••

Faced with Taihu, four seasons fragrance. The wisdom of nature lies in the secret of the rational use of time, in breeding different fruits in four seasons. Following nature's logic and exploring the raw sweet of fruits and vegetables, Seeking people plant different kinds of fruit trees in orchard area, leveraging Natural to ensure three fruiting season. Cherry, loquat and peach, red bayberry, pear, persimmon, pomegranate, orange, kiwi, Torreya grandis will be growing according to season, and rows of cherry will be planted between different fruit trees.

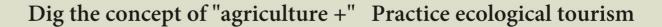
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being launched and by the end of October will be in business. Waiting for you to meet the fun of fruit picking

出品图画

# 沈爱华:

# 深挖"农业+"理念践行生态旅游





苏州高新区管理委员会副总规划师 沈爱华 | Deputy chief planner of Suzhou high tech Zone Management Committee Shen Aihua



苏州高新区拥有沿太湖的25千米湖岸线,得天独厚的自然资源成为生态旅游发展的牢固基础。沿太湖1公里的生态景观区域属于环太湖一级生态保护区域,是太湖绝对保护区及一级保护区。西京湾生态农场地处这一片区南段,是"湖滨景观游憩带"和"太湖大栖地"的重要组成部分,更是太湖生态景观区开发的先导区。

西京湾生态农场以太湖山水为环境背景,发挥依山滨湖、山水相融的生态优势,结合苏州民俗之 人文底蕴,以生态农庄为体验内容,发展太湖旅游,实现湖滨生态环境保护。

西京湾生态农场深度挖掘"农业+"理念的优越性,围绕农业景观化、农业主题化及优质民宿体

Suzhou high tech Zone has 25 kilometers of shoreline along the Taihu Lake, and the unique natural resources becomes a solid foundation for the development of eco-tourism. The ecological landscape area of 1 kilometer along Taihu belongs to the first level ecological protection area and the absolute protection zone. Seeking Farm , located in the southern part of this area, which is an important part of the "Lakeside Landscape Recreation Belt" and "Taihu Lake habitat", is the forerunner area of Taihu Lake ecological

Seeking Farm, with the environmental background of Taihu landscape, takes ecological advantages of the integration of mountain and lake, combined

ecological farm, developing Taihu tourism and realizing lakeside ecological environmental protection.

Seeking people deep mined the superiority of ecological "agriculture +" concept and explored a new pattern of agricultural Eco-tourism + mode, which combisted of three aspetts! the agricultural landscape, agricultural theme and high-quality home-stay experience, would finally develop into a major Eco-agricultural tourist destination in high-tech zone and the entire city of Suzhou. Seeking Farm explored many expressions of agricultural landscape, seeking the interaction between life and art to plan to create MAN Club, combining manual art to build artisan village, combining natural art to create flower sea and rose garden, combining cuisine art to build garden restaurant, combining contemporary art to create Taihu kiln Art

In the macro layout of the concept of agriculture + tourism, the development and planning of Seeking Farm also take advantage of a



# 在过去的 182 天,我们这般走过……

• In the past 182 days, we moved on like this...

感恩有你, 陪伴我们共同走过2016年的182天; Thank you for accompanying us 182 days of year 2016;

感恩有你,见证我们共同收获的苦辣酸甜;

Thank you for witnessing the bitter sweet we reaped;

Thank you for withessing the bitter sweet we reaper

感恩有你,等待我们共同描绘的绚烂明天。 Thank you for creating splendid tomorrow with us;

我们的预见,只为你的遇见。

Our vision is only for you to meet.

西京湾生态农场是高新区太湖沿线现代农业、休闲旅游的示范项目,总投资10亿元。

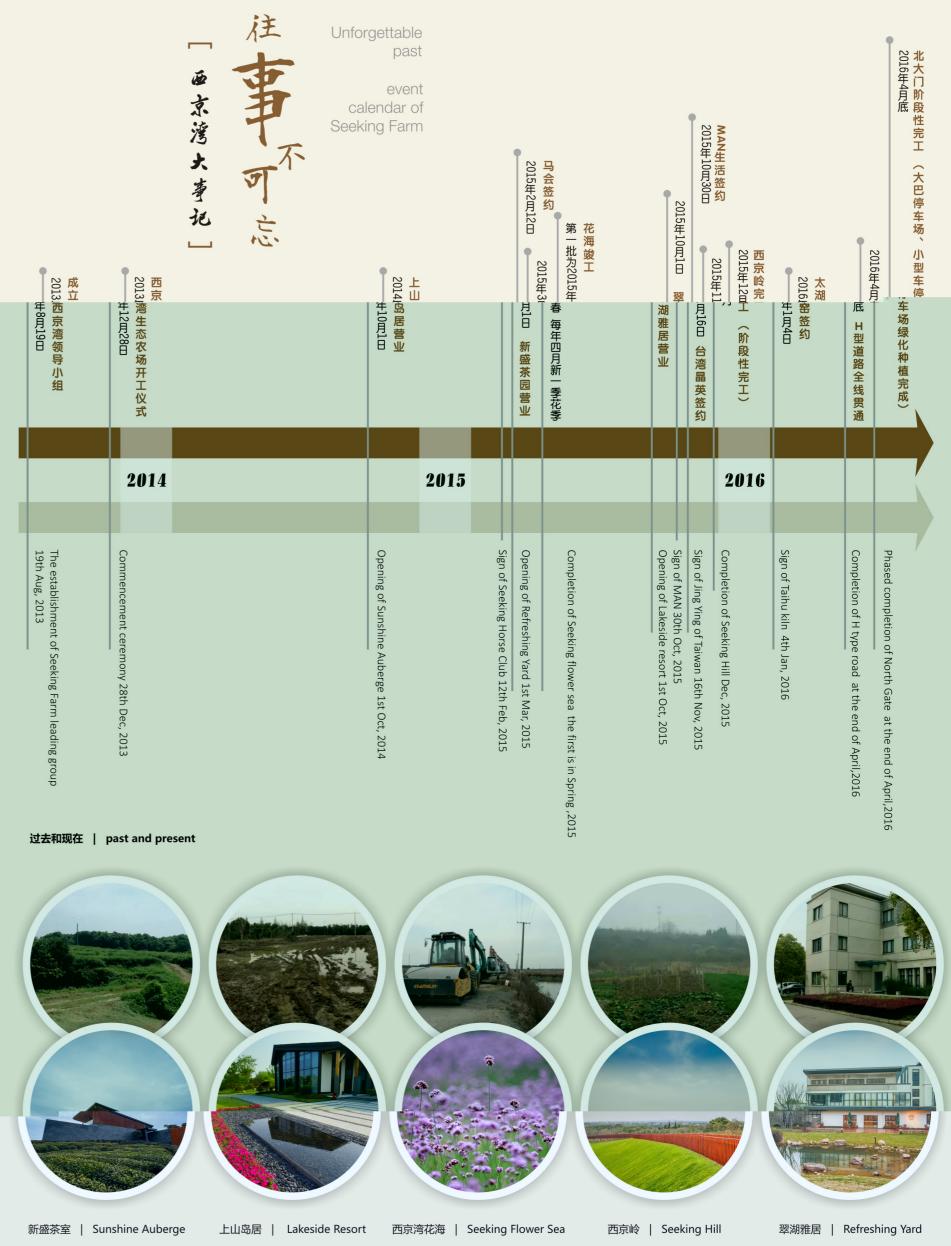
自2013年12月开工以来,西京人稳扎稳打,以高标准严要求践行工匠精神,筑梦太湖畔的田园西京。

回首开工前,西京湾的广袤土地未经雕琢,呈现出原生的状态,些许瓦厂、几处村庄,静谧祥和。

西京人内着未知的界天拿起画笔笃定地写下一笔一画,描摹出三大板块,从规划设计 用地规划,工程建设、招商运营各方面严谨推进,徐徐推开太湖田园图。

Seeking Farm, with total investment 1 billion yuan, is a demonstration project of modern agriculture and leisure tourism along the Taihu Lake in Suzhou High-tech Zone Since the start of construction in December, 2013, Seeking people have been standing firmly and fighting steadily to practice craftsman spirits with high standards

Looking back to see the original condition, the vast unpolished land of Seeking Farm once showed a native state, with a little tile factories and a few peaceful villages. Faced with unknown tomorrow, Seeking people picked up the brush to draw a picture and finally drew three plates, advancing from planning and design, land use planning, construction, investment and operation to draw a pastoral picture.



# 直击板块一:农业设施 Agricultural Facilities



西京岭 Seeking Hill

被誉为"苏州北海道",端午小长假3天接待游客3.5万人次。这片紫色花海成为所 有苏州人浪漫梦幻的寄托。花开时节人头攒动,笑靥如花的人群与摇曳成片的花海 相互映衬,成为太湖沿线的靓丽名片。目前,花海完成第二年度轮作,对外开放。

Known as "Suzhou Hokkaido", Seeking Flower Sea received 35 thousand tourists during 3day Dragon Boat Festival. This piece of purple flowers all became romantic fantasy sustenance of Suzhou people. Tourists gathered here together in flower seasons, advantaging with swaying flowers, becoming beautiful business cards along the Taihu Lake

湖光山色,绿草如茵。岭南岭北各具特色,只等你惬意地释放。西京岭北的顺堤观 光带、音乐露天广场、茶田全部对外开放,成为苏州人在太湖畔休闲乐活的新场 所。各类大型活动在此举办,人气集聚,活力四溢。"花田囍事·情定西京湾"大 型交友活动在西京岭北启幕,见证年轻人在西京湾遇见爱。西京岭南亦完成设计, 枇杷农业专项种植完成400棵。让我们共同期待果香四溢的西京岭风光。

Both the southern and Northern Mountain have distinctive features, just waiting for you to release comfortably. By the northern mountain, the sightseeing zone, open-air piazza, tea fields are all open to the outside, becoming new Crescent leisure LOHAS place in Suzhou. All kinds of events were held here, gathering great popularity. "Seeking Farm, Seeking Love"activity was held here, witnessing young ones meet love here. The design of southern part has been completed, with 400 special agricultural Loquat trees planted. Let us look forward to the fruity scenery of Seeking Hill.

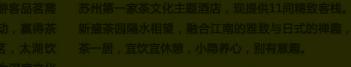
# 直击板块二: 经营设施

Plate two:

Management Facilities







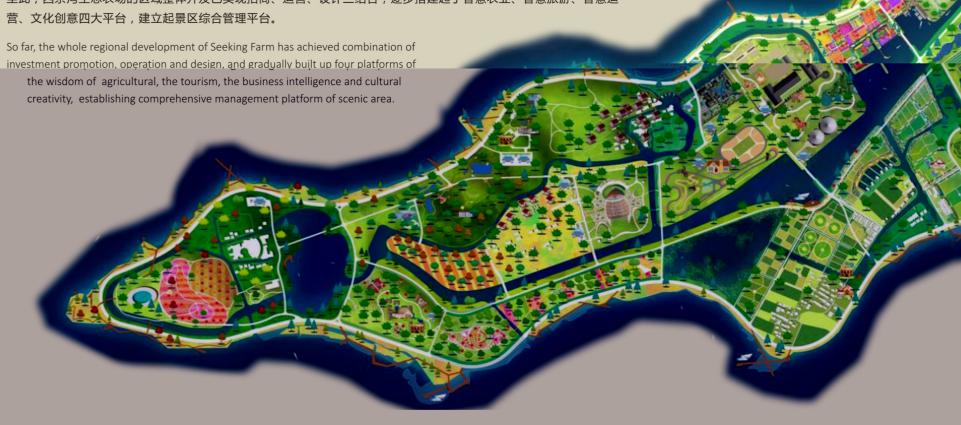
## 直击板块三:基础设施 Plate three: Infrastructure

配合各景点的西京湾H型道路、西京湾二级道路、闸站、生态驳岸等基础设施建设正在紧锣密鼓推进中。

The construction of infrastructures, like H Road, secondary roads, gate station, ecological revetment, is in full swing to promote.

至此,西京湾生态农场的区域整体开发已实现招商、运营、设计三结合,逐步搭建起了智慧农业、智慧旅游、智慧运

investment promotion, operation and design, and gradually built up four platforms of the wisdom of agricultural, the tourism, the business intelligence and cultural creativity, establishing comprehensive management platform of scenic area.



# 大来更可追 西京湾在航行 Seeking Farm is on the way

西京SHOW SEEKING SHOW

**Promising Future** 

未来,属于西京湾,有更多可能......

In the following days come more chances

西京马会

Seeking horse club

MAN农庄

Man farm

**投**使园品革洒店



SEEKING TASTE 西京味道 西京味道 SEEKING TASTE



# ◆ 冷菜 ► Cold Dishes

M**‱**igo cup







# 西京开捕时节到 网罗鲜香唇齿间

Here comes the open fishing season. followed by delicious tastes



## 秋风起, 三蛇肥。

入秋食蛇,因其肥美鲜嫩,亦因其药食两用的功效。 根据记载,入秋食蛇是进补佳选,能发挥去湿、强筋健骨、活血止痛的功效。 实际上,食蛇作为粤菜文化灿烂的一支,具有悠久的历史,最早可以追溯到两千多年前。

西京人将这种饮食文化引至太湖畔,加以吸收和改良,使之与太湖的几味时令湖鲜一道,共同成为上山岛居餐桌上的美食珍品,构成游客们的舌尖享受。 八九月,恰逢太湖开捕时节,第12届中国(苏州)太湖开捕仪式在美丽的太湖畔举行,请神、祭神、敬神、放生等祭祀仪式原汁原味地还原了太湖千年渔俗文化。 而岛居推出的西京宴,尊重新鲜的太湖水产,原汁原味还原了食材的鲜美及营养。

## Autumn comes, bringing fat snakes.

People tend to eat snake in Autumn because of its rich fresh, and its food and drug efficacy

According to records, eating snake in Autumn is a good selection for tonic, which can play effect in releasing wet, strong gluten bones, promoting blood circulation and relieving pain.

In fact, as part of splendid Cantonese culture, eating snakes has a long history, which can be traced back to two thousand years ago.

Seeking people introduced the diet culture into Taihu River, with absorption and improvement, making it delicacy treasures in Sunshine Auberge, becoming enjoyment of visitors.

The twelfth China (Suzhou) Taihu opening ceremony was held in the beautiful Taihu river, the process of inviting, sacrificing, worship and release fish god reducing the original Taihu Millennium fishing culture. Meanwhile the Seeking banquet, based on fresh Taihu aquatic products, reducing the original flavor and nutrition of ingredients.

## ■ 蛇宴 Snake Feast ■

## 龙凤汤 Chicken and Crusian Carp Soup

以鲜嫩的蛇肉和鸡蛋为主要原料,辅以简单的烹饪手法。得益于食材特有的鲜香,此道龙凤汤亦入口生香,回味无穷。蛇有小龙之称,鸡又被称为人间之凤,为龙凤汤,意喻龙凤呈祥。蛇肉、鸡蛋含有蛋白质、脂肪、糖类、钙、磷、铁、维生素,是温补的美味佳肴。

The main resumntacial is freely real search eagles; supplement dealoy simple cooking methods. Thanks to the delicious ingredients, this soup leaves endless aftertastes. The snake is also called dragons, while the chicken known as Phoenix, so the soup symbolizes good luck and happiness. Snake meat and egg contain protein, fat, carbohydrate, calcium, phosphorus, iron, vitamin, which is good choice for warm supplementation.





## 椒盐大黄蛇 Salt and pepper rhubarb snake

鲜嫩的蛇肉,经过热油的洗礼,迸发出浓郁的香味。厨师对油温火候的精准把握,将食材的嫩赋予脆的特质,嚼在嘴里口感韧劲佳,外脆内嫩,鲜香四溢。

Fresb.spake.meat..hoiling.after.the.haptism.of.oil..hurst.out.stropg.fraggance..The.cook.accurate.gasp,the.oil.heat..ggding the ingredients of the tender crisp traits. Once chewing in the mouth, one can taste good tenacity, crispy outside and tender inside, delicious smell overflowing.



## 三丝水蛇羹 Three silk snake soup

蛇羹色泽晶莹、绵软甘香,色香味俱全。据大厨介绍,蛇羹具有滋补养颜、祛风除寒、舒经活络之功效,食客视之为无上妙品。

Snake soup has fragrant and crystal color, with good flavor and taste. According to the chef, snake soup is the Supreme Taeshina diners with nourishing the skin, removing the cold effects

## ■ 岛居湖鲜 Fresh Lakefood ■



## 太湖蟹 Taihu Crab

"秋风响,蟹脚痒",太湖蟹个大体重,蟹黄肥厚,肉质细嫩,腴美异常。不如来西京湾体味"九月团脐十月尖,持螯饮酒菊花天"的舌尖诗意。

"Autumn rings,crab legs itch". Taihu crab has a big weight, crab hypertrophy, tender meat, delicious sweet anomaly. It is better to appreciate the female crab in October and September in Seeking Farm.



## 清蒸太湖三白 Steamed white Taihu three

吴郡太湖产名食,以太湖银鱼、白鱼、白虾三味湖鲜之形冠名,故曰:太湖三白。一菜就能品尝到三种最具特色的太湖水产,香气四溢,肉质细嫩,鲜上加鲜。

Wu area along Taihu produces famous food, named according to the shape of three delicacy, namely whitebait, white fish, and white shrimp, therefore is called Taihu three white. Only one dish can people taste the three most distinctive Taihu fisheries.



## "西京湾"金牌鱼头 "Seeking Farm" Gold Fish

选用太湖白鲢,鱼身用作预制汤,再用其汤来烧制鱼头。 肉质鲜嫩,汤汁奶白,营养丰富,实为佳品。

Based on the Taihu silver carp, make prefabricated soup with fish body and then burn the soup to make fish head. Fresh meat and milk white soup, with rich nutrition, which is really good.



## 土烧太湖野生大桂鱼 Taihu wild mandarin fish

选用三至五斤的野生桂鱼,以家常农家烧法烹制,原 汁原味。肉质细嫩,刺少肉多,味道鲜美。大桂鱼含 有脂肪、钙、钾等营养元素,极易消化。

......

Use three to five pounds of wild mandarin fish, with homemade farm cooking authentic methods. The meat is tender, thorn less meat and more delicious taste.

Mandarin fish cootains fate relative importassium and other nutrients, which is easy digestion.



## 清蒸太湖刀鱼 Taihu steamed saury

选用上等太湖刀鱼,加入猪油、酒酿清蒸,味道鲜美肥嫩。鱼体狭长侧薄,颇似尖刀,银白晶莹,肉质细嫩,肉味鲜美,肥而不腻,兼有微香。此味鲜美仅延续至10月10日左右,心动不如速度预定。

Selection of the finest Taihu saury, added lard, steamed rice. Fish is narrow and thin, rather like a knife, silver crystal, tender meat, fat but not greasy, with slightly fragrant. This delicious taste only lasts until October 10th, do not hesitate to make a reservation.



## 阿婆菜干红烧肉

Dried vegetables Braised pork in brown sauce

选用太湖地产菜干及黑毛猪肋条,菜干与猪肉的交融,轻轻咀嚼便知美味,菜干软绵糯香,猪肉肥而不腻,瘦肉爽而不柴,美味浓郁,唇齿生香。

Choose the Taihu real estate vegetables and dry black pork ribs, blending porkeradu regetables, fine regetity chewing one can taste the delicious flavor of pork, which is fat but not greasy.

P 14

SEEKING IMPRESSION 我眼中的西京 我眼中的西京 SEEKING IMPRESSION

编者推荐:西京湾田园餐厅,倡导独有的生态体验和生活方式,在这里不仅可以享受美食美景,更可趋近自然融 合,追寻精神回归。此次我们邀请到田园餐厅的设计师,为我们抽丝剥茧,讲述田园餐厅对话自然的智慧与巧思。

Editor's recommendation: Seeking Farm Garden Restaurant, advocating the unique ecological experience and life style, you can not only enjoy the beauty of delicacy, but also can approach the nature and pursue the spiritual return. We invited designers this time to tell us the wisdom and ingenuity of dialogue with nature of garden restaurant.

# 对话自然,写意生活

——西京湾田园餐厅里的诗和远方

## Live an enjoyable life with dialogue with nature

—— The poem and distance in Seeking Farm Garden Restaurant. 作者 1, 温度、光纸、 Authors 1, Wec.Ting Shec.Yue.



田园餐厅设计师。乡伴东方联合创始人,乡伴文创联合创始人,苏州乡伴项目总经理, 伴城伴乡·城乡互动发展促进中心理事。

The designer of Garden Restaurant. The united founder of Ruralmate, General manager of Suzhou Ruralmate, director of Shanghai Rural-Urban Collaborative Development Center.



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田园餐厅设计师。上海建筑设计研究院沈钺工作室主任、总建筑师,第十届中国建筑学会 青年建筑师奖获得者,国家一级注册建筑师。

The designer of Garden Restaurant. The director of studio of Shanghai Architectural Design Research Institute, Thewinner of the Tenth China Architecture Institute Young Architects Award, national first class Registered Architect.

在快速城市化进程中,城市趋向同质化,拥挤、嘈杂、污染等问题接踵而至;此时, 田园餐厅的设计更追求将田园乡村中朴素简单的美好舒展开来,使之散发清雅醉人的 持久魅力。

田园餐厅项目位于苏州上山村镇湖街道,基地呈缓坡状,地势较高,在一片丛林的掩 映之下,与其他村民住宅有一定距离,安静又相对独立。基地向南可远眺太湖,有开 阔的视线和绝佳的田园山水风光,自然环境得天独厚。

In the process of rapid urbanization, the city tends to become crowded, noisy, polluted and other issues followed; at this time, the village which has been forgotten came back to people's vision. life are becoming a valuable resource. Under this background, the design of the restaurant pursues more pastoral village in plain beautiful stretch.

The project of Garden Restaurant is located in Suzhou Mountain Village Lake Street, a ramp shaped base, with higher terrain; under a shade of the jungle, there is a certain distance with other villagers' houses, being quiet and relatively independent. The south of base is overlooking Taihu, with the open line of sight and excellent pastoral landscape, which is richly endowed by



# 一 田园乡野要素之整合 一

# The integration of elements of the pastoral countryside

再现田园乡野之"物" The reproduction of "matter" of countryside pastoral

当地乡村的建造材料、典型植物、传统生活器具,经过提炼、筛选、重 组等创新的手法进行运用,让人在熟悉的"物"中感受到新意。

"物"在自然环境下生长起来、历经岁月变化逐渐沉积,是本土特征最 " Matter" grows upin the natural environment, after years of gradual changes, which is the most direct 直接的体现,也是当地人生活中最熟悉、最能形成共同认知的实体。对 manifestation of local characteristics, but also the most familiar and common understanding of the entity of the local people. After refining, screening, restructuring and other innovative ways using the local building materials, typical plants, traditional living appliances, people feel the innovation in the familiar "matter"

#### 重温田园乡野之"事" To review the "events" of countryside pastoral

空间与事件相辅相成,事件的发生需要空间作为载体。当地传统空间与 环境的密切关系激发着多样的活动:外廊里聊天,挑檐下赏景,街道边 "嬉戏打闹,"出园中型耕作,"和美的生活景象随处可见,"这样的点滴构成 了田园乡野之"事"。将这些长时间发生的传统事件浓缩,提炼成可供 人们在短时间体验、感知的片段,并赋予这些片段发生的适宜的空间。

Space and events are complementary to each other, and the occurrence of events requires space as a carrier. The close relationship between local traditional space and environmentstimulated a variety of activities: the chat, the taste of scenery, street กุลนุ farminagrastoral scene, heautiful life is everywhere \_ such a hit. cconstitutes "pastoral countryside events". The traditional events that took place over a long period of time are condensed into a suitable space for people to experience and perceive in a short time, and to give these fragments to occur.

## 感悟田园乡野之"韵" To taste the "charm" of countryside pastoral

乡野之"韵"以"物"和"事"为基础,通过对田园文化、民风民俗的 The charm of countryside is based on the "matter" and "events", through the mining of rural culture and folk 挖掘,用材料、空间、颜色、光线等基本建筑语言来重塑人们对当地文 customs by reshaping the perception of the local culture material with basic architectural language like space, 化的感知,引导人们对淳朴自然的村庄田野、山水景观有更多的理解和 color, light, and guiding people to have more understanding and sentiment of natural villages and fields and 感悟,感受与自然的亲密关系和恬淡的慢节奏生活,回归生活的本质。 landscape view, feelnature of the slow pace of intimacy and tranquil life, return to the essence of life.

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# 一 外部 — "流动的木屋" —

# Outside — "the flowing wooden house"

为了顺应坡地地形,建筑一般意义上的"层"不复存在,取而代之的是以楼梯为竖向轴,随着地形等高线逐级旋转上升的平台,形成跌落的错层空间,整个空间上下内外流动贯通、一气呵成。建筑立面采用原生木材,呼应当地林木茂密、自然生态的大环境,结合内部空间,建筑的造型宛如一个个叠置的木盒子,在独立性和跟环境的协调性之间找到平衡。

In order to adapt to the sloping terrain, a general buildingsense of "layer"ceased to exist, replaced by the stairs for the vertical axis, with rotating contour platformstep by step, formatting the drop space, so the entire space inside and outside can go through. The elevation of the building adopts native wood, echoing dense forests in the local natural ecological environment, combined with the internal space, the shape of the building is like a stacked

# 一 景观 — 与自然对话 一

# Landscape — dialogue with nature

景观设计遵循可赏可游、互动参与、再现自然的原则,注重"意"的表达,让人体验体验"采菊东篱下,悠然见南山"的意境。在建筑前有机布置了蔬菜种植区,碎石小径贯穿其间,宛如田间栈道,人们可在此徜徉漫步,享受自然清幽的景色,还可参与蔬菜种植采摘等活动,赏、种、采、食一体化,深入体验乡野生活的趣味。在种植区内、场地的东西两侧各设计一个木构架景观廊,提供了田间就餐、休憩、赏景的宜人空间。

室内设计与建筑的语言保持一致,秉承绿色清新、原生自然的空间格调。室内顶棚、地面采用大量"有温度、有感情"的木质元素和天然材质,家具以木质为主,结合石材、布艺或藤条这些具有当地特色的材料。建筑中部紧邻楼梯核心功能空间的外墙采用当地粗加工的毛石砌筑墙面,同时选择不同色系的石材混拼、或形成有流



