China's Twenty-four Solar Terms. [Photo: qq.com]

China's Twenty-four Solar Terms have been added to UNESCO's List of Intangible Cultural Heritage. While some believe it's an opportune time to learn more about traditions and customs passed down by our predecessors, others are wondering does this ancient tradition from the agrarian Chinese civilization still have relevance today?

Today we enter Minor Cold, the 23rd solar term which signals we've arrived at the coldest period of the Chinese lunar year.
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