



项目一 土家族文化解码

Project One Decoding Tujia Culture

任务一 土家族历史文化溯源

Task One Tracing the History and Culture of Tujia

1.4: 土家族地貌与物产

1.4: Landforms and properties of Tujia

土家族聚居在湘、鄂、川、黔的相邻地带，比在祖国边疆的各少数民族更靠近中原地方，与中原汉族往来的机会较多。如鄂西土家族苗族自治州的巴东县，地跨举世闻名的长江三峡中的两个峡段，扼长江上中游的咽喉。因此，土家族所居住的地方，对于发展西南少数民族地区的经济建设，有着极为重要的战略地位。

Tujia lives in the adjacent areas of Hunan, Hubei, Sichuan and Guizhou. They are closer to the Central Plains than the ethnic minorities in the frontiers of China, and have more opportunities to communicate with the Han people in the Central Plains. For example, Badong County, Tujia and Miao Autonomous Prefecture, Western Hubei spans two gorges of the world-famous Three Gorges of the Yangtze River, choking the throat of the upper and middle reaches of the Yangtze River. Therefore, the place where Tujia lives has an extremely important strategic position for the development of the economic construction of the minority areas in the southwest.

1、巍巍群山与蜿蜒溪流

1、 Towering mountains and meandering streams

土家人聚居的山区，多有崇山峻岭绵亘其间。主要的山脉有武陵山、大娄山、大巴山等；武陵山脉分布的面积最大。川东南土家族的聚居地，不是被大娄山脉与武陵山脉相挟，就是在大娄山脉与武陵山脉犬牙交错的地方。四省交界的地方，堪称“到处都是山”，这些山的高度相差很大。巴东北部神农架的大窝坑，海拔在 3032 米，但巴东壤口的红庙岭江边、海拔却只有 66.8 米。



In the mountainous areas where Tujia people live, there are many high mountains and lofty hills. The main mountain ranges have Wuling Mountain, Dalou Mountain, Daba Mountain, etc. The Wuling Mountains are the largest. The settlement of Tujia in southeastern Sichuan is either surrounded by the Dalou Mountains and the Wuling Mountains, or in the place where the Dalou Mountains and the Wuling Mountains intersect. The junction of the four provinces is called "mountains everywhere", and the heights of these mountains vary greatly. Dawokeng in Shennongjia in the north of Badong is 3032 meters above sea level, but the Hongmiaoling River at Rangkou in Badong is only 66.8 meters above sea level.

各自治州、自治县的地形较为复杂,从土家族聚居地区的总体来看,特别高的大山较少,平坝或山间的平地极少,山地丘陵较多,达总面积的70%以上。湘西土家族苗族自治州的地貌是“九山半水半分田”。鄂西土家族苗族自治州则是“八山半水一分半田”。川东南除秀山、酉阳、黔江有部分丘陵河谷地或低山平地外,仍以高高低低的山地为主。

The topography of the autonomous prefectures and autonomous counties is relatively complex. From the overall point of view of Tujia inhabited areas, there are few particularly high mountains, very few flat dams or mountains, and more mountains and hills, accounting for more than 70% of the total area. The landform of Western Hunan Tujia and Miao Autonomous Prefecture is “Nine mountains, half water and half field”. Tujia and Miao Autonomous Prefecture in Western Hubei is “eight mountains, half water, one point and half field”. Except for some hills and valleys or low mountains and flats in Xiushan, Youyang and Qianjiang in southeastern Sichuan, it is still dominated by high and low mountainous areas.

湘西的张家界、青岩山,是我国向国内外开放的第一座森林公园。园内峰峦有2000多个,千姿百态,引人瞩目。民间还流传着有关这些名山来历的动人传说。青岩山上有一个金鞭岩,传说秦始皇曾有过一条赶鞭,用它来赶山填海,百用百灵。后来,秦始皇把它丢到青岩山,变成了300多米高、三面笔陡,一面倾斜,金光闪烁的“金鞭岩”。与索溪峪相邻的天子山,长达20多公里、占地45000亩的神奇峰巅,有48个大将军、48个小将军,卧地朝天子,究竟是怎么一回事?土家父老传说在元末明初时候,土家族首领向大坤在此起义称王,与朝廷的腐败官吏作对:在被官兵围困时,他仍率领土兵英勇奋战,后因突围未成,就大喝三声,从袁家界神堂湾的岩嘴上,连人带马跳了下去,顿时山川为之变色,就生出这些天子坐朝的壮丽奇峰,还有个“向王天子庙”与“众将军”山岩相拱,宏伟壮观。武陵山支脉,除峰峦重叠的特点外,又多孤峰长岭,石英岩、石灰岩、石板岩等特别多,一般都占总岩层的60%左右;溶洞密又多,沟壑纵横,暗河伏流,横穿山间,峡谷分外优美,“地下宫殿”特多。鄂西自治州利川市东的腾龙洞、落水洞、鲢鱼洞等构成一大溶洞群,主洞长达8700多米,是目前我国发现的最长的溶洞。溶洞最宽处有170多米,最高点为80多米,洞内还有高100多米的溶岩山—妖雾



山和白玉山；全洞总面积为 62 万平方米，也是目前发现的较大溶洞之一，洞内伏流若网，钟乳密布，俨似水晶龙宫。据调查，五峰土家族自治县在 2300 多平方公里的面积内，就有天然溶洞 140 多个。县城的南北两边、天池河岸就有密如蛛网的溶洞群，有长生洞、犀牛盆洞等，洞景都十分优美。四省交界地区的洞穴众多，伏流密布，水流的落差大，不仅有大量可供观赏的瀑布，而且可用以发电，水能资源十分丰富。

Zhangjiajie and Qingyan Mountain in Western Hunan are the first forest parks opened to domestic and foreign countries in China. There are more than 2,000 ridges and peaks in the park, which are very varied and eye-catching. There are also moving legends about the origin of these famous mountains. There is a golden whip rock on Qingyan Mountain. It is said that Qin Shihuang once had a whip, which was used to drive mountains and fill the sea. Later, Qin Shihuang threw it into Qingyan Mountain, which turned into a "Golden Whip Rock" with a height of more than 300 meters, three steep sides, one inclined side, and golden light. Tianzi Mountain, which is adjacent to Suoxiyu, is a magical peak that is more than 20 kilometers long and covers an area of 45,000 mu. There are 48 generals and 48 small generals, lying on the ground facing the emperor. What hell is going on? According to the legend of the Tujia elders, at the end of the Yuan Dynasty and the beginning of the Ming Dynasty, the leader of Tujia, Xiang Dakun, revolted here and declared himself king, fighting against the corrupt officials of the court: When he was besieged by the officers and soldiers, he still led the soldiers to fight bravely. Later, because he failed to break through the siege, he shouted three times and jumped from the rock mouth of Shentang Bay in Yuanjiajie. The mountains and rivers suddenly changed color, and these magnificent peaks were born. There is also a "Xiangwang Tianzi Temple" and "Generals", which are majestic and magnificent. In addition to the characteristics of overlapping peaks, the branch of Wuling Mountain has many isolated peaks and long ridges, as well as many quartzites, limestone, slate, etc., which generally account for about 60% of the total rock formation. There are many caves, ravines, dark rivers, traversing the mountains, canyons are exceptionally beautiful, and there are many "underground palaces". Tenglong Cave, Luoshui Cave and Silver Carp Cave in the east of Lichuan City, Western Hubei Autonomous Prefecture constitutes a large group of karst caves. The main cave is more than 8,700 meters long and is the longest karst cave discovered in China. The widest point of the cave is more than 170 meters, the highest point is more than 80 meters, and there are lava mountains - Yaowu Mountain and Baiyu Mountain with a height of more than 100 meters in the cave; the total area of the whole cave is 620,000 square meters. It is also one of the larger karst caves discovered so far. The cave is like a net, densely covered with stalactites, just like a crystal dragon palace. According to the survey, Wufeng Tujia Autonomous County has more than 140 natural karst caves in an area of more than 2,300 square kilometers. On the north and south sides of the county and on the bank of the Tianchi River, there are caves as dense as cobwebs, such as Changsheng Cave and Rhino Basin Cave, and these cave sceneries are very beautiful. There are many caves in the junction area of the four provinces, densely covered with turbulent currents, and the water drop is large. There are not only a large number of waterfalls for viewing, but also power generation and the water energy resources are very rich.



萦绕群山的有清江、酉水、澧水、溇水、武水、乌江、郁江、贡水（忠建河）、唐崖河等，都是涓涓细流汇集而成的长江支流。它们盘亘于武陵山脉、巫山山脉和大娄山山脉之间，构成西南云贵高原前沿的众多溪洞。可是，夏秋天的暴雨较多，时有山洪暴发，农田、房舍、道路、桥梁等往往被毁，交通阻塞。多数支流可供舟楫之便。清江、酉水、溇水、郁江等河溪，均有鱼盐之利，在社会主义现代化建设中，都具有很大的开发价值。

The mountains are haunted by the Qingjiang, Youshui, Lishui, Loushui, Wushui, Wujiang, Yujiang, Gongshui (Zhongjian River), Tangya River, etc., all of which are tributaries of the Yangtze River formed by trickling down. They are intertwined between the Wuling Mountains, Wushan Mountains and Dalou Mountains, forming numerous creek caves in the frontier of the Yunnan-Guizhou Plateau in the southwest. However, in the summer and autumn, there are more torrential rains, and there are flash floods from time to time, and farmland, houses, roads, bridges, etc. are often destroyed and traffic are blocked. Most tributaries are available for boating. Qingjiang, Youshui, Loushui, Yujiang and other rivers and streams all have the benefits of fish and salt, and they all have great development value in the socialist modernization.

2、 气候

2、 Climate

四省交界的山区，基本上属于亚热带湿润季风气候，川鄂湘边沿地区都因地貌诸因素的影响，气温、雨量和日照等变化很大。在同一自治州或同一自治县内的气象并不一样。比如 1982 年春末，我们到四省接壤的地区时，占首、恩施等市已春暖花开，但秀山、利川、咸丰等县有的山岭上仍白雪皑皑。巴东的野山河谷已碧郁葱葱，而野三关上却冰雪遍地。夏秋之交，我们也到过这里，这边的天是晴朗一片，走过一一·十公里，那边就下着瓢泼大雨。山间的气候变化更大，山岭上细雨雾濛濛，山腰风和日暖，抵达山麓村寨就酷暑难当。我们在恩施市区内（海拔 500 多米）身着衬衫，但是行车 110 公里，到达利川市城关（海拔 1100 米左右），早晚得穿夹衣。土家流行的“山高一丈，气候大不一样”的民谚，就说明？山区气候的变化特大。以黔江为例，海拔每升高 100 米，气温就下降 0.5℃，物候季节推迟 4 天，海拔越高，雨量越多，日照时数越少。山区一般常年平均温度为 15℃到 17℃ 之间，最高温度为 35℃ 左右，最低温度是零下 5 至 10℃。夏季凉爽，冬季温暖，低山河谷更加温和，清江峡谷平均温度为 5℃以上，所以，素有“清江暖谷”之称。

The mountainous areas at the junction of the four provinces basically belong to the subtropical humid monsoon climate. Due to the influence of various geomorphological factors,



the temperature, rainfall and sunshine vary greatly in the border areas of Sichuan, Hubei and Hunan. The weather in the same autonomous prefecture or the same autonomous county is not the same. For example, in the late spring of 1982, when we went to the area bordering the four provinces, Jishou, Enshi and other cities had already bloomed in spring, but some mountains in Xiushan, Lichuan, Xianfeng and other counties were still covered in snow. The wild mountains and river valleys in Badong were already lush and green, while the Yesan Pass was full of ice and snow. At the turn of summer and autumn, we had also been here. The sky here was clear and sunny, and after ten kilometers, it was pouring rain there. The climate in the mountains changes more, the drizzle and fog on the mountains were misty, the mountainside was windy and the sun was warm, and the heat was unbearable when we reached the villages at the foot of the mountain. We wore shirts in the urban area of Enshi (more than 500 meters above sea level), but we drove 110 kilometers to Chengguan in Lichuan City (about 1,100 meters above sea level), and we had to wear jackets in the morning and evening. The popular Tujia folk saying, "The mountain is as high as one zhang, the climate is very different" showing that the climate in the mountainous area changes greatly. Taking the Qianjiang River as an example, for every 100 meters of elevation increase, the temperature drops by 0.5 °C, the phenological season is postponed by 4 days, the higher the altitude, the more rainfall, the less the sunshine hours. The average temperature in mountainous areas is generally between 15°C and 17°C throughout the year, the highest temperature is around 35°C, and the lowest temperature is -5°C to 10°C. Summer is cool, winter is warm, the low mountains and valleys are milder, and the average temperature of Qingjiang Canyon is over 5°C; therefore, it is known as "the warm valley of the Qingjiang River".



溪洞地方的雨量较为充沛，一般年平均降雨量多为 1300 至 1440 毫米。鄂西的秋雨较多，降雨量不均匀，有时久晴不雨，有时则日降雨 200 毫米，暴雨成灾，山洪进发。湘西和川东南的雨量较充沛，但多集中在第二季度降雨，7 月以后进入旱期：有的地方秋雨连绵，雨量分布不均。



The rainfall in Xidong is more abundant, and the average annual rainfall is usually 1300 to 1440mm. The autumn rains in Western Hubei are more frequent and the rainfall is uneven, sometimes it does not rain for a long time, and sometimes it rains 200 mm per day, and the rainstorm becomes a disaster and flash floods come in. The rainfall in Western Hunan and southeastern Sichuan is more abundant, but it is mostly concentrated in the second quarter of rainfall and enters the dry period after July: in some places, the autumn rains are continuous and the rainfall distribution is uneven.

山岭地方的雾多，日照少，湿度大，低山的地方风小，对山区作物的生长极为有利。

The mountainous places have more fog, less sunshine and more humidity, and the low mountain places have less wind, which is extremely favorable for the growth of crops in the mountains.

3、 待开发的“百宝山”

3、 "Baibao Mountain" to be developed

土家族聚居的地方，虽多崇山峻岭，但因有众多河溪环绕，具有亚热带温湿气候，所以，物产特别丰富。最早定居在这里的土家族先民，长期以耕山为生，“靠山吃山”，“养山吃山”；

Although the places where Tujia live together are full of high mountains and lofty hills, they are surrounded by many rivers and streams and have a subtropical temperature and humidity climate, so they are particularly rich in products. The ancestors of Tujia who settled here first lived by farming the mountains for a long time, "relying on the mountains to eat the mountains" and "raising the mountains to eat the mountains";

这里的群山是“百宝山”，适宜发展农业林业和经济作物，可耕或宜耕的山地面积大。粮食以包谷、马铃薯（土豆）、红白薯（地瓜）等为主，也种植水稻、小麦、大麦、荞麦、高粱，豆类有黄豆、蚕豆、豌豆、绿豆、红豆、白云豆等，产量较高。食用瓜类也不少。建国前，土家人多“畚田”垦植，广种薄收。现在已推广了一些农业新技术，如地膜复盖作物、杂交包谷、培育各种优良品种、合理施肥、新法除虫、除草等，农作物的产量较前提高。山区的林、牧、副业资源十分丰富。尤其林木的生产条件，格外优厚。

The mountains here are the "Hundred Treasure Mountains", suitable for the development of agricultural forestry and cash crops, with large area of arable or farmable mountains. The grains are mainly corn, potatoes, sweet potatoes, rice, wheat, barley, buckwheat, sorghum, soybeans, broad beans, peas, mung beans, red beans, white cloud beans, etc., and their yields are high. There are also many edible melons. Before the founding of the People's Republic of China, the Tujia people cultivated many "shetian" fields with extensive cultivation. Nowadays, some new agricultural technologies have been promoted, such as mulching crops, hybrid corn, cultivation of various good varieties, rational fertilization, new methods of insect and weed control, etc., and the yield of crops has increased compared to before. The mountain



area is rich in forest, animal husbandry and sideline resources. In particular, the production conditions of forestry are particularly favorable.



土家族居住地区的广大山地里，植物资源十分丰富，有乔、灌木树种 1100 多种，用材林和经济林都很多。其中，经济价值高、生长良好的树种就有 40 多个，如马尾松、杉木、柏木、泡桐、椿树、樟木、楠木、油桐、油茶、棕树、油橄榄等。过去，楠木等名贵木材，还是向王朝进贡的贡品。建国以来，土家族地区为国家储藏的活立木很多，提供的商品木材量也很大。湘西自治州即向国家提供木材 415 万立方米，鄂西的二市六县为 400 万立方米，现还拥有活立木 1510 万立方米，川东南的石柱、酉阳等县的马尾松色红、皮薄、生长快，树形好、树杆直、抗病虫害力强，是国家与四川省的马尾松重点采种基地。

The vast mountainous area where Tujia lives is rich in plant resources, with more than 1,100 species of trees and shrubs, and many timber forests and economic forests. Among them, there are more than 40 species with high economic value and good growth, such as horsetail pine, cedar, cypress, paulownia, tsubaki, camphor, nanmu, tung tree, oil tea, palm tree, olive, etc. In the past, precious wood such as nanmu was still a tribute to the dynasty. Since the founding of the People's Republic of China, the Tujia area has stored a lot of standing wood for China and provided a large amount of commercial wood. Western Hunan Autonomous Prefecture has provided 4.15 million cubic meters of timber to China, 4 million cubic meters in two cities and six counties in Western Hubei, and now has 15.1 million cubic meters of living standing wood. The stone pillars in southeastern Sichuan and the masson pine in Youyang and other counties are red in color, thin in skin and fast in growth, good in tree,



straight in trunk, and strong resistance to diseases and insect pests, where is a key seed collection base of Masson Pine in China and Sichuan Province.

龙山、桑植、大庸、鹤峰、利川、巴东、五峰、秀山、酉阳等土家聚居地，都有若干块原始森林尚待开发。

Longshan, Sangzhi, Dayong, Hefeng, Lichuan, Badong, Wufeng, Xiushan, Youyang and other Tujia settlements have several virgin forests yet to be developed.

湖北长阳的响潭园和崩尖子两地，各有以“五世同堂”的原种毛叶珙桐为主的古珍稀植物群落一万亩以上，被植物学家誉为“珙桐之乡”，湘西自治州的龙山县济塔区，藏有很多古老水杉，其中一株树高 41 米，胸围 5.8 米，树身被两根大古藤缠绕着，土家族人称之为“双龙抱柱”。

Xiangtan Garden and Bengjianzi in Changyang, Hubei Province, each has the original species of "Five Generations Together" of the original species of hairy leaf Tung tree community of more than 10,000 mu, praised by botanists as "the hometown of The Tong". At Western Hunan Jita District, Longshan County, Autonomous Prefecture, there are many ancient Metasequoia, one of the trees is 41 meters high, the bust is 5.8 meters, the body of the tree is wrapped around two large ancient vines, and the Tujia people call it "double dragon holding pillar".

土家地区的山林多，出产大量木材和林副产品，有的不仅在国内畅销，而且已成为国际市场上的名牌产品，川东南西秀一带出产的“秀油”，湘西出产的“金色桐油”和鄂西生产的“金丝桐油”都闻名于世。湖南共有 6 个年产万担以上的桐油县，湘西土家族聚居县就占了 4 个。

There are many mountains and forests in Tujia area, producing a large amount of wood and forest by-products, some of which are not only popular in China, but also become famous brand products in the international market. The "Xiu Oil" produced in the Youxiu area of southeast Sichuan, the "Golden Tung Oil" produced in Western Hunan and the "Golden Silk Tung Oil" produced in Western Hubei are all famous in the world. Hunan has 6 Tongyou counties with an annual output of more than 10,000 dan, and 4 counties inhabited by Tujia people in Western Hunan.

在两百多年以前，秀山土家人就掌握了整套独特的加工桐籽、熬炼桐油的技术。他们制出的桐油粘度大，手牵油丝可长达一米不断，附着力也很强，除了耐酸、碱、盐、高温外，还能防钉螺、苔藓和虫蛀。因此，桐籽和桐油是土家人与国内外贸易的传统商品。

More than two hundred years ago, Xiushan Tujia people mastered the whole set of unique technology of processing tung seeds and boiling tung oil. The tung oil produced by them has a high viscosity, the oil wire can be up to one meter long, and the adhesion is also very strong. In addition to being resistant to acid, alkali, salt, and high temperature, it can also



prevent hupensis, moss and insects. Therefore, tung seeds and tung oil are traditional commodities for Tujia people to trade at home and abroad.

此外，土家族聚居地区，海拔在 500 米至 1500 米之间的低山、半高山地方，到处都长着大小漆树。土家人是种漆树和割漆、制漆的能手。他们种植的漆树，一般多在 7 年左右就可开割取漆。有的老漆树一棵就可年出漆汁 2.7 公斤。号称“涂料之王”的“毛坝漆”，就出产在鄂西利川、咸丰接壤的毛坝、小村一带、漆质浓，含自然水分少，漆分高，抓木力强，光泽度好，受到国内外的好评。川东南土家族聚居的五县，是四川生漆优良品种资源的中心。彭水的“万足”生漆，还远销国外。土家地区盛产生漆，早已闻名于世，漆质优美，正如宋人所讴歌的：“好漆清似镜，悬丝似钓钩。撼动虎斑色，打著有浮沤”。

In addition, in the areas inhabited by the Tujia people, there are large and small lacquer tree everywhere in the low mountains and semi-alpine places between 500 meters and 1,500 meters above sea level. Tujia people are experts at planting lacquer trees, cutting lacquer and making lacquer. The lacquer tree they plant can usually be cut and harvested in about 7 years. Some old lacquer tree can produce 2.7 kg of lacquer juice every year. The "Maoba lacquer", which is called the "king of paint", is produced in the area of Maoba and Xiaochen bordering Lichuan and Xianfeng in west of Western Hubei. The lacquer is thick, contains little natural water, and has high lacquer content, a strong grip on wood and good gloss, which is well received at home and abroad. The five counties inhabited by Tujia people in southeastern Sichuan are the center of raw lacquer varieties resources in Sichuan. Pengshui's "Wanzu" law lacquer is also exported to foreign countries. The Tujia area is rich in law lacquer, and it has long been famous all over the world. The lacquer is beautiful, as the Song sings: "The lacquer is clear like a mirror, and the hanging wire is like a fishing hook. Shaking the tabby color, hitting the floating"

这一带的油料植物也很多。油茶籽、榄籽的含油率极高。1982 年湘西产茶籽油 65 万吨，秀山产茶籽 190 万斤。彭水平均年产椿籽油约 15000 担。酉阳的乌柏平均年产量为 3.9 万担，名列全国前茅。

There are also many oil plants in this area. Camellia seeds and chia seeds have extremely high oil content. In 1982, Western Hunan produced 650,000 tons of tea seed oil, and Xiushan produced 1.9 million jin of tea seeds. The average annual output of Pengshui is about 15,000 quintals. The average annual output of tallow in Youyang is 39,000 quintals, ranking among the best in China.

由于山区的雨热周期时间较长，云雾较多，湿度大，适合发展林业和种植各种中性耐阴湿的经济作物；多种经营的潜力很大。烟、茶、果、药等山货的产量多，质量高。鄂西产的烟叶，质量较高，1985 年即远销至意大利、印度尼西亚等 10 多个国家。

Due to the long period of rain and heat cycle in mountainous areas, more clouds and high



humidity, it is suitable for the development of forestry and the cultivation of various neutral and humidity-tolerant economic crops; the potential for diversification is great. The production of mountain products such as tobacco, tea, fruit and medicine has a large output and high quality. Tobacco leaves produced in Western Hubei are of high quality, which were exported to more than 10 countries including Italy and Indonesia in 1985.

四省接壤的武陵山区，云雾特别多，适宜种茶，是我国著名的茶产区之一。所产茶叶的品质极佳。“宜红茶”不仅是汉口、上海等地茶市的佳茗，而且，早已进入国际市场。恩施的“玉缘”（或“玉露”）、宜恩的“五家台贡茶”，黔江和彭水的绿茶、桑植的红茶，都是国内名茶。古丈的“白正尖”，曾在国际博览会上展出，受到参观者的称赞。走到土家族居住的村寨，到处可见茶园。鄂西是国家外贸出口茶叶的生产基地之一。湘西种茶 63000 多亩，1982 年产茶叶 8947 担。

The Wuling Mountains, bordering the four provinces, are particularly cloudy and suitable for growing tea. It is one of the famous tea producing areas in China. The quality of the tea produced is excellent. "Yihong Tea" is not only the best tea in Hankou, Shanghai and other tea markets, but also has already entered the international market. "Yuyuan" (or "Yulu") from Enshi, "Wujia Taigong Tea" from Yi'en, green tea from Qianjiang and Pengshui, and black tea from Sangzhi are all famous teas in China. Gu Zhang's "Bai Zheng Jian" was exhibited at an international exposition and was praised by visitors. When you go to the village where Tujia lives, you can see tea gardens everywhere. Western Hubei is one of the production bases of the China's foreign trade export tea. Western Hunan grows more than 63,000 mu of tea, with an annual output of 8,947 quintals in 1982.

这里出产的果品，以柑橙、板栗、核桃、猕猴桃、山渣、杨梅、梨等较多。石柱土家族自治县产的水果有 88 个品种。巴东等三峡附近地方，素有“桔黄之乡”的雅号。来凤、宣恩、长阳、龙山、桑植、大庸、泸溪、彭水等县所产的夏橙、红桔、无核密桔很多。彭水、石柱、咸丰、宣恩、建始等县均出产大量的优质中华猕猴桃。彭水年产猕猴桃达 600 万斤以上。土家族聚居地区现在已将野生猕猴桃树驯化，采取人工培养种植树苗，并以它来酿酒，制作罐头和蜜饯等。建始景阳河的蜜梨，长阳的核桃、槐果，龙山等地的油板栗，都是出产较多的果品。

The fruits produced here are orange, chestnut, walnut, kiwi, hawthorn, bayberry, pear and so on. There are 88 varieties of fruits produced in Shizhu Tujia Autonomous County. Badong and other places near the Three Gorges are known as the "Hometown of Oranges". Summer oranges, red oranges and seedless tangerines produced in Laifeng, Xuanen, Changyang, Longshan, Sangzhi, Dayong, Luxi, Pengshui and other counties. Pengshui, Shizhu, Xianfeng, Xuanen, Jianshi and other counties all produce large quantities of high-quality Chinese kiwifruit. Pengshui's annual output of kiwifruit is more than 6 million jin. The Tujia concentrated area have now domesticated wild kiwi trees, cultivated and planted saplings, and used them to make wine, canned food and preserves. The honey pears from



Jingyang River in Jianshi, walnuts and locust fruits from Changyang, and oil chestnuts from Longshan and other places all produce more fruits.

土家族地区素有“天然药库”之称，仅鄂西即有天然植物药材 2088 种，民间常用的有 480 种，被国家收购的就有 200 多种。在 50 年代，湘西遍地都有中草药。小学生在上学的途中，即可栋一背篓药材，可换得一个学期的学费，可见中草药的储量之大。所以四省的接壤地带也是我国中药材的重要产地。中草药已成为土家人致富的一个门路。石柱、利川素称“黄连之乡”，彭水黄连也颇负盛名，不仅畅销国内，还销售到东南亚及欧美各地。

The Tujia area is known as the "natural medicine storehouse". There are 2,088 kinds of natural plant medicinal materials in Western Hubei alone, 480 kinds of which are commonly used by the people, and more than 200 kinds are purchased by China. In the 1950s, there were Chinese herbal medicines everywhere in Western Hunan. On the way to school, elementary school students can carry a basket of medicinal materials on their backs, which can be exchanged for one semester's tuition, which shows that there is a huge reserve of Chinese herbal medicines. Therefore, the border area of the four provinces is also an important origin of Chinese herbal medicines in China. Chinese herbal medicine has become a way for Tujia people to get rich. Shizhu and Lichuan are known as "the hometown of *Coptis chinensis*", and Pengshui *chinensis* is also quite famous. It is not only sold well in China, but also sold to Southeast Asia and Europe and the United States.



山区的五倍子树很多，从五倍子中提炼出来的单宁酸，用途极大，经济价值很高。野生和种植的棕榈也很多，每年可剥取大量的棕片，是与平原地区交换的一宗重要山货，所以，在土家群众中有“千棕万桐，子孙不穷”的谚语。在湘鄂西和川东南到处可见棕



桐。

There are many Chinese gall trees in the mountains, and the tannins extracted from Chinese gall have great uses and high economic value. There are also many wild and planted palms, and a large amount of palm flakes can be peeled off every year, which is an important commodity exchanged with the plains. Therefore, there is a proverb among the Tujia people that "thousands of palms, countless descendants". Palms can be seen everywhere in western Hunan and Hubei and southeastern Sichuan.

在广大森林的覆盖下，长着菌灵芝、香菌、大足菌等众多的食用菌。利川、石柱产薇菜、蕨菜，利川、长阳、巴东、五峰等县，还出产很多木耳和香菇。

Under the cover of the vast forest, there are many edible mushrooms such as Ganoderma lucidum, fragrant mushrooms, and big foot mushrooms. Lichuan and Shizhu produce osmund and fiddlehead, and Lichuan, Changyang, Badong, Wufeng and other counties also produce a lot of fungus and mushrooms.

在森林中，栖息繁衍了不少野生动物。巴东神农架产的金丝猴、鼯鼠和白熊、白獐、白麝、白鹿、白猴、白蛇等，五峰的香獐、研鼠、水貂、明鬃羊，黄鹌，湘西的金丝猴、弥猴等，均为国家保护的珍禽异兽。历史上，虎皮、麝香、白腊等都是这个地区的著名“贡品”，这一带产的大鲵（俗称“娃娃鱼”），肉质鲜美，是营养丰富的珍品，现已被列入国家保护的动物。

There are many wild animals living in the forest. Shennongjia, Badong produce golden monkeys, flying squirrels, white bears, white deer, white musk, white deer, white monkeys, white snakes, etc. The musk deer, research mice, minks, bright mane sheep, oriole, golden monkeys in Western Hunan, macaque, etc., are all rare birds and animals protected by China. Historically, tiger skin, musk, white wax, etc. are the famous "tributes" of this area, and the giant salamander (commonly known as "baby fish") produced in this area is delicious and nutritious, and has now been included in the national protection of animals.

土家人依山傍溪居住，众多的鱼虾是他们渔猎的主要对象，也是皮张和肉食的来源。溪洞间的疏林地、草山的面积辽阔，气候温和，适宜发展畜牧业。历史上，土家族地区是向中原王朝进贡良马的地区之一。武陵山不仅牧场宽广，还有优良繁茂的红三叶、白三叶、黑麦草等牧草近 300 种，龙山的八面山和恩施的大山顶，都是国家在南方山地的畜牧试点地，龙山八面山乡 1982 年人平均农业收入只有 34 元，从 1983 年起，建立草场发展畜牧业，1985 年人平均农业收入为 271 元，其中牧业收入 230 元，占农业总收入的 85%，可见发展山地牧业，也是土家农民致富的途径之一。

Tujia people live near mountains and rivers. Many fish and shrimps are their main targets for fishing and hunting, and they are also the source of skin and meat. The sparse woodlands and grassy hills between the brooks and caves are vast, and the climate is mild, which is suitable for the development of animal husbandry. Historically, the Tujia area was one of the



areas that paid tribute horses to the Central Plains Dynasty. Wuling Mountain not only has vast pastures, but also has nearly 300 kinds of fine and lush red clover, white clover, ryegrass and other forage grasses. Longshan's Bamian Mountain and Enshi's big mountaintop are the animal husbandry pilot sites in the southern mountains in China. The people's average agricultural income of Longshan Bamian Mountain Township in 1982 was only 34 yuan. Since 1983, the establishment of grassland to develop animal husbandry, the average agricultural income of people in 1985 was 271 yuan, of which animal husbandry income was 230 yuan, accounting for 85% of the total agricultural income, it can be seen that the development of mountain animal husbandry, is also one of the ways for Tujia farmers to get rich.

四省交界地区目前饲养的家畜，主要有猪、山羊、牛、兔等。黔江曾是发展生猪的先进县。彭水县饲养猪、牛较多。黔江和彭水的牛肉干，薄得透明，色泽鲜艳，味道特别鲜。巴东的山羊无角，名曰“狗头羊”，性温，出肉率高，膻气少，板皮的质优良。鄂西所产的山羊板皮，早已进入国际市场，享有盛誉。石柱适宜养长毛兔，1985年已养兔12万只，获得较多的经济效益。

The livestock currently raised in the border areas of the four provinces are mainly pigs, goats, cattle and rabbits. Qianjiang was once an advanced county for the development of live pigs. Pengshui County raises more pigs and cattle. The beef jerky from Qianjiang and Pengshui is thin and transparent, bright in color and especially fresh in taste. The goats in Badang have no horns, the famous "dog-headed sheep", warm, high meat yield, less gas, and excellent quality of leather. The goat leather produced in Western Hubei has already entered the international market and enjoys a high reputation. Shizhu is suitable for raising long-haired rabbits, 120,000 rabbits have been raised in 1985, and more economic benefits have been obtained.



土家地区的地下资源十分丰富。出产的辰砂、硫磺，都曾是向中原王朝的贡品。还



有金属矿、非金属矿和燃料矿等，如煤、铁、磷、锰、铜等几十种。其中有不少的矿种储量大、品位高，但多数矿藏基本上尚未开发。

The underground resources in Tujia area are very rich. Cinnabar and sulphur were all tributes to the Central Plains dynasty. There are also dozens of metallic ores, non-metallic ores and fuel ores, such as coal, iron, phosphorus, manganese, copper and so on. Many of them have large reserves and high grades, but most of them have not yet been developed.

现在，在四省交界地区居住的土家、苗、汉族人民，正在为繁荣当地的经济和民族文化，奋发地开拓前进！

Now, the people of Tujia, Miao and Han living in the border areas of the four provinces are striving to forge ahead for the prosperity of the local economy and national culture!