

永續鄉郊

Rural Sustainability



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封面專題 Cover Story

疫境互助 糧食惠民
Food Solidarity Amid COVID-19

專題故事 Feature

「食」的教育
Food Education

本地菜籃 Local Products

健康美味的「萬壽果」—木瓜
Healthy and Tasty Papaya



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疫境互助 糧食惠民

Food Solidarity Amid COVID-19



「壹屋兩餐」計劃為受疫情衝擊的人士提供廉價健康飯餐，也讓食物工廠繼續發揮產能，廚師能繼續工作。
The FOOD HOUSE programme supports the hard-hit community members with inexpensive quality meals and helps sustain the operation of food factories.
相片來源 Photo source: 「壹屋兩餐」計劃 FOOD HOUSE

新冠肺炎席捲全球，社交距離措施限制了人與人之間的互動和接觸，但「民以食為天」，不少市民生活回歸基本，花更多時間與家人一起煮食和用膳，並關注糧食供應的穩定度和食物質素，甚至反思自身與食物生產者及大自然的關係。糧食需求更激發了民間組織找到方法幫助社會度過疫情難關。在香港，「壹屋兩餐」計劃凝聚社群力量，為受疫情衝擊的人士提供廉價健康飯餐；而西班牙民間則掀起了本土糧食運動，支援小農戶的生計。

香港的「壹屋兩餐」互助計劃

疫情下，港人紛紛化身廚神，在社交平台分享自家製美食，可是也有不少人收入大減甚至失去工作，一時間陷入拮据。有本地民間組織便思索如何能讓幸福飽足的市民有機會關顧那些需要節衣縮食的人士。社區創意活動平台「一口舍群」於本年五月底與環保團體「執嘢」合作推出了「壹屋兩餐」計劃，於網上眾籌營運資金，向學校膳食供應商和餐廳購買飯盒，讓有需要的人士在網上以十五元的優惠價選購午餐及晚餐，過程中既能實質照顧街坊溫飽，也紓緩了餐飲商戶的經濟壓力。

考慮到零售、飲食、娛樂、美容、旅遊和建築等行業受疫情影響尤其嚴重，「壹屋兩餐」計劃優先為這些行業的人士提供優惠。主辦單位明白計劃對象需要的並非長期援助，而是需要有人在疫情期間扶他們一把，因此計劃強調平等、分享和尊嚴。團隊相信「好的食物是身心的最好治癒」，於是「Good Food Good Mood」為口號，提供優質膳食安撫人的心靈，餐單上甚至有意大利黑松露雜菌意粉和瑤柱珍珠米炒飯等可供選擇。計劃還讓公眾在網上以原價七十五元買飯以資助訂餐優惠，這樣，無論是支付優惠價還是原價的人士都能在相同地點領取飯盒，無分彼此，避免尷尬。

為了能服務傳統社福機構熱食派發尚未普及的基層社區，計劃特別選擇在荃灣和觀塘分發飯盒。計劃成功在這兩區爭取到地區商戶支持，借出店面地方作為取飯站。「壹屋兩餐」難得地凝聚了企業和公眾的力量，共享資源，發揮同舟共濟的香港人精神，至今籌得逾16萬資金，售出逾千個飯盒。看到社會上有大量有心人願意為社會福祉出錢出力，計劃團隊期望日後能夠支援更多其他有需要的人士。

Under the global outbreak of COVID-19, while social distancing measures limit interpersonal interactions and contacts, many people are spending more time to enjoy cooking and having meals with family. Many people concern more about the stability of food supply and the quality of food. Some even reflect upon their relationship with food producers and the natural environment. The demand for food even inspired local and overseas civil organisations in finding ways to build community solidarity to help the society cope with the pandemic shock.

The FOOD HOUSE Programme in Hong Kong

In Hong Kong, some sectors have been hit by the pandemic. Local groups "One Bite Social" and "Jup Yeah" jointly launched the FOOD HOUSE programme in May this year to help those people who unfortunately lost their job or are facing reduced income in this difficult time. The programme raises operational capital through online crowdfunding to buy meal boxes from school meal providers and restaurants. Needy people may order lunch and dinner meal boxes online at a discounted price of HKD15. The programme takes care of people's need for food, and at the same time relieves the financial burden of the catering businesses.

The programme team understands that what their target beneficiaries need is just a helping hand during the pandemic, therefore emphasis is placed on equity, sharing and dignity. They believe that good food is the best medicine to the body and mind, thus the programme provides quality meals with the slogan "Good Food Good Mood". Choices on the menu even include mushroom spaghetti with black truffle and Japanese fried rice with sun-dried scallop. The programme also allows people to subsidize the discount by ordering meals at the original price of HKD75. In this way, people who paid the discounted price and those who paid the original price collect meals in the same place without being distinguished, thus avoiding embarrassment.

The programme primarily serves the Tsuen Wan and Kwun Tong communities. Supportive local shops in these two districts offered space for meal box distribution. The FOOD HOUSE programme successfully solicited public and business support and demonstrated the Hong Kongers' spirit of mutual aid. Over HKD160,000 were raised and more than 1000 meal boxes were sold. With so many people willing to contribute, the programme team hopes to further reach out to more needy people in the future.

「壹屋兩餐」網頁
Website of the FOOD HOUSE



西班牙本土糧食運動「#SOSCampesinado」

在地球另一邊廂，西班牙同樣受疫情影響。西班牙人熱愛美食，當地的漁農畜牧資源豐富，可是疫情下露天市集被下令關閉，小農戶的農產失去銷路，生計難以維持，導致大量糧食遭到浪費，普羅大眾亦難以獲得新鮮有益的食材，結果觸發了一場本土糧食運動。

運動由西班牙一個近年組織起來的民間婦女網絡發起，她們為了捍衛小農生計和公眾糧食權益，以「#SOSCampesinado」（意即「救救小農」）為標籤，在國內各地爭取支持，並於本年三月和四月先後去信西班牙農業部、衛生部及消費部，要求政府開放市集，准許公眾到農場直接購買農產自用，並採取措施扶持鄉郊經濟。在媒體報導和社交平台的宣傳下，旋即獲得全國各地的業界公會、環保組織、學術團體、市議會和食農網絡等約七百個機構聯署。

行動得到廣泛響應，反映民間對當地農戶的支持和對短程食物供應鏈的重視。事實上，西班牙有數以千計中小型農場以生態農業方式生產，在農場附近的市集和雜貨店等出售農產，或直接在農場就地銷售，供應國內數千家庭，顧客也以良心價向農夫購買農產。聯署信強調這些市集處於空曠地方，更容易保持安全社交距離，直接銷售的模式也能降低農產中途受污染的風險。

儘管中央政府對聯署行動的反應未如理想，但民間團體在各地區發起運動和請願，成功令巴塞隆拿、巴斯克自治區和瓦倫西亞自治區等地方政府重開露天市集，維持本土食物供應鏈運作。運動突顯了農夫和消費者之間互相支持的緊密關係，更證明了農夫陷入困境的時候，民眾能夠成為他們的強大後盾。

食物一直連結人與人之間的關係，在艱難時期，糧食更能成為重要媒介，激發社群互助的精神。食物最令人印象深刻的滋味往往不在於其本身的味道，而在於其盛載的記憶、經驗及人情味。

#SOSCampesinado Local Food Movement in Spain

Spanish people are food buffs and agricultural resources are abundant in Spain, but open-air markets were closed due to COVID-19. Small farmers were hard hit because they had nowhere to sell their produce. A lot of food were wasted and access to fresh and healthy food was limited. A local food movement was thus triggered.

The movement was initiated by a local network of women for agroecology. Hoping to safeguard the livelihood of small farmers and the right to food of the public, they used the hashtag #SOSCampesinado to solicit support from different parts of Spain, and petitioned in March and April this year to the Ministry of Agriculture, Fisheries and Food as well as the Ministries of Health and Consumption, demanding the government to reopen the markets and allow people to buy food directly from farms for self-consumption. More than 700 entities signed the petitions.

The widespread support indicated how Spanish people value local food supply. In fact, thousands of small to medium farms in Spain are practising eco-farming and they sell produce directly at the farms or in nearby markets and stores. These farms support thousands of Spanish families, and customers are willing to pay farmers with a fair price. The joint letter emphasised that those markets are located in open spaces, so it is easier to implement social distancing, and the direct-sale approach can minimise the risk of contamination in the distribution process.

Despite the lack of positive response from the central government, local groups still organised campaigns and petitions in their own territories. Some regions including Barcelona, Basque Country and País Valencià heeded to the demands and reauthorized open-air markets, enabling the operation of local food supply chain. The movement demonstrated how consumers can offer strong support to food producers.

Food has always been connecting people together. It can even bring along social cohesion and community-based mutual support in hard times. Very often, people's strongest memory of food is not about its taste, but the stories, experience and love involved.



西班牙約七百個機構響應聯署，要求政府開放當地農產市集。
In Spain, more than 700 entities jointly petitioned the Spanish government for the re-authorisation of local food markets.

相片來源 Photo source: La Coordinadora de Organizaciones de Agricultores y Ganaderos



「壹屋兩餐」計劃以「Good Food Good Mood」為口號，提供優質膳食安撫人的心靈。
The FOOD HOUSE programme provides quality meals with the slogan "Good Food Good Mood".
相片來源 Photo source: 「壹屋兩餐」計劃 FOOD HOUSE



「壹屋兩餐」團隊亦化身為外賣員，將熱飯送到派飯點。
The FOOD HOUSE team members deliver hot food to the meal box distribution points.
相片來源 Photo source: 「壹屋兩餐」計劃 FOOD HOUSE



相片來源 Photo source: Revista Suberana Alimentaria, Biodiversidad y Cultura (https://www.suberanalimentaria.info/otros-documentos/luchas/737-sos-campesinado)

「食」的教育 Food Education



哈佛大學的「飲食教育計劃」讓學生學習廚藝和健康飲食知識。
Harvard University's Food Literacy Project trains students' cooking skills and teaches them about healthy diets.
相片來源 Photo source: 哈佛大學「飲食教育計劃」Harvard University's Food Literacy Project

城市人普遍與農業疏離，雖然各國美食垂手可得，但對「食」的認識往往過於狹隘。1942年英國營養學家林德拉（Victor Lindlahr）出版「You Are What You Eat」，指出食不單為果腹，更能定義我們是怎樣的人。如今飲食教育倡議者更強調飲食不僅是個人健康之事，還關乎社群健康、經濟健康，甚至地球健康。飲食教育穿梭不同領域，從食材生產與採集、加工與運輸、購買與烹飪、食物營養至廚餘處理，環環緊扣，刺激大眾思考何謂食、如何吃。讓我們來看看教育界如何訓練學生明智選擇食物，培養環境友善的飲食習慣。

美國哈佛大學：餐飲服務 × 飲食教育

哈佛大學餐飲服務部（Harvard University Dining Services，簡稱HUDS）除了為學生提供膳食，更著力推行飲食教育。HUDS的「飲食教育計劃」（Food Literacy Project，簡稱FLP）從永續發展、營養、煮食和社群等四大範疇入手，讓學生充權，具備足夠知識選擇食物。每周的校內農場讓學生可以和鄰近地區的農夫交談，還可以在農場做義工，認識農產品和本土農業經濟。HUDS總廚還會親自拍攝網上短片，教授學生廚藝知識，講解食物營養，讓學生煮得健康，抗衡速食和外賣文化。HUDS更在每棟學生宿舍招募FLP學生大使，與導師一同籌辦教育活動，例如農場考察、瑜伽與正念飲食工作坊、廚餘與社會公義，以及21世紀肉食發展等。

除了FLP，HUDS也把食物教育貫徹在飯堂營運之中，採購時會重視食材的永續性。以魚類為例，它與當地海鮮批發商合作，每周以高於市價向新英格蘭地區漁民購買約900磅的漁獲，直接對衰退中的漁業經濟提供實質支持。HUDS不會只購買受歡迎的海產，這對海洋永續發展尤為重要。HUDS會使用社交媒體介紹較少人認識的魚類，並以這些魚類設計多款特色菜餚，拓闊學生的飲食口味。日積月累，飯堂期望塑造哈佛學生的健康永續飲食觀念，為地球和社會帶來正面影響。



哈佛大學的「飲食教育計劃」讓學生與農糧界人士會面，認識糧食議題。
Harvard University's Food Literacy Project organises open meeting for students to learn about food issues from experienced players in the agrofood sector.
相片來源 Photo source: 哈佛大學「飲食教育計劃」Harvard University's Food Literacy Project

Urban dwellers are disconnected with food production processes. Although they can enjoy food from all over the world, their food literacy is often limited. In 1942, nutritionist Victor Lindlahr published "You Are What You Eat". In fact, eating is not only a matter of personal health but also related to the wellbeing of communities, economy and the planet. Food literacy education spans across food production, processing, distribution, consumption and disposal. It stimulates people to think about how we should eat. Let's see how the Harvard University in the US and the R.T.C. Gaia School in Hong Kong train students to make wise food choices and nurture students' green eating habits.

Harvard University in the US: University Dining Services × Food Literacy Education

Harvard University Dining Services (HUDS) does not only offer meals but also food education. Focusing on sustainability, nutrition, food preparation and community, HUDS' Food Literacy Project (FLP) aims to empower students to make informed food choices. The weekly Harvard Farmers' Market provides students with opportunities to communicate with local farmers. Students may also volunteer at the Farmers' Market to learn more about the farm produce and local agriculture. HUDS chefs even produce online videos to teach students nutritional knowledge and healthy cooking skills. HUDS recruits FLP fellows from each student hall to plan and organise education events such as farm visits, yoga and mindful eating workshops, as well as activities related to food waste, social justice, and meat eating in the 21st century.

HUDS also provides food education through its dining hall operations by using and promoting sustainable ingredients. For example, it collaborates with seafood wholesalers and buys about 900 pounds of fish from New England fishermen per week with a fair price to support the declining fishing industry. In order to protect marine sustainability, HUDS not only chooses the popular fish species in its procurement. It introduces the less well-known fishes on the social media and designs a variety of dishes with those species to diversify students' diets. These help students establish a healthy and sustainable eating attitude for environment and social good.

哈佛大學餐飲服務部網頁
Website of the Harvard University Dining Services



鄉師自然學校的學生到街市學習購買本地有機菜，認識食物來源。
Students of R.T.C. Gaia School buy local organic vegetables in wet markets to learn about the sources of food.
相片來源 Photo source: 鄉師自然學校 R.T.C. Gaia School

香港鄉師自然學校：飲食也是修行

屯門的鄉師自然學校因著地理和空間的先天優勢，在課程設計中滲入食物元素。學生幫忙購買本地有機菜，認識食物來源，還要學習耕種，低年級學生每月要下田種植。高年級的專題研習會滲入飲食相關內容，例如去年五年級學生的專題研習是韓國泡菜，學生親手醃製泡菜，同時學習食物保存知識。學校每年舉辦露營，老師教授柴火煮食的技能。海星校長深明家庭對孩子的飲食概念有重要影響，因此校內農地會分一部分給家長種植。有家長由不懂務農進步至有能力協助孩子耕種，疫情下停課也自願回校照顧農田。

學校也在膳食供應方面訓練學生，校內的廚房每天向師生供應熱騰騰的健康素食午餐，炒麵和紫菜卷等色香味俱全的素食特別受學生歡迎。即使自攜午餐，同樣不能有肉類。午餐以自助餐形式供應，學生可自由選擇，但要把所取的食物吃完。這對新生算是小挑戰，但往往第三天已學懂掌握個人食量，廚師便可按師生食量調節食物供應量，避免了剩食的問題。學校不提供即棄餐具，飯後學生還須收拾和清潔碗碟。校園不販賣任何零食，亦禁止學生帶包裝飲品和零食回校，希望養成他們選擇健康小吃的習慣。

海星校長形容香港人習慣大魚大肉，學校則希望讓學生耳濡目染，認識食物生產和製造過程，明白飲食的意義和影響，從而決心選擇簡樸節儉的飲食態度。在他看來，飲食儉如一種修行。

HUDS和鄉師自然學校示範了如何以創意和多元的方式推行飲食教育，讓我們知道教育機構可以如何做得更多。假若愈來愈多人進入這場飲食修行，把對個人健康的關注擴展至社群和環境，明智地選擇食物，這溫柔而微小的行動便默默地改變世界。



鄉師自然學校的學生要學習耕種。
Students of R.T.C. Gaia School need to learn farming.
相片來源 Photo source: 鄉師自然學校 R.T.C. Gaia School

R.T.C. Gaia School in Hong Kong: Diet is a Way of Life

Gifted with a rural geographical location and a spacious campus, the R.T.C. Gaia School in Tuen Mun has incorporated food elements into its curriculum. Students would buy local organic vegetables in wet markets to learn about the sources of food. They also need to learn farming. Junior students have to grow crops in the field every month; senior students need to conduct projects related to food. Last year, primary five students did projects about kimchi. They made kimchi themselves and learnt about food preservation. The school organises wild camp every year, in which students learn the techniques of cooking with firewood.

The school also nurtures students' food literacy through its dining services. The school kitchen offers healthy vegetarian lunch every day and attracts students by making the food colourful and delicious. Lunch is provided as a buffet. Students must finish all the food they take. In this way, students would know about how much food they really need and take an appropriate quantity accordingly. The chef can then adjust the amount of food to be provided to minimise food waste. No disposable cutlery is provided and students are required to wash the dishes after lunch. To train students' healthy eating habits, no junk food and packaged drinks are allowed at school.

Principal Starfish said that Hong Kong people are too used to having lavish meals, so the school hopes to facilitate students to learn about food production and cooking, and recognise the meaning and impacts of eating, so that they will choose a simple and sustainable eating style. To him, diet is a way of life.

HUDS and the R.T.C. Gaia School have demonstrated how to implement food education in innovative and diverse ways. If more people practise the discipline of eating and consider social and environmental impacts while making food choices, the world will be different.

飲食素養小測試 How is Your Food Literacy?

讀者不妨做個簡單測試，看看自己的飲食素養如何。
Try this simple test to check your food literacy.



永續糧食系統

Sustainable Food System

除了關心哪家餐廳好吃熱門以外，你對糧食的事情還認識多少？全球約有8億人長期饑餓，20億人營養不良，亦有19億人超重或肥胖（UN Environment Programme, 2016）；除了健康以外，糧食還牽涉環境、經濟和社會問題；例如糧食的生產和浪費造成環境壓力；農民收入往往遠低於糧食產業鏈中的其他參與者；不少城市極度依賴外國糧食進口；市民對食物來源認知薄弱，而且當遇到疫症和天災時，糧食保障亦可能受到威脅。

應對如此複雜的糧食問題，必須全面地從糧食系統和永續發展的角度出發，綜觀食物生產、加工、分配、消費及棄置等過程和其中所有參與者，乃至社會背景和自然環境，確保整個過程既有利可圖，又能惠及社會大眾，並且對環境無損甚至有益。

世界各地正積極應對糧食挑戰，香港的糧食系統在提升糧食保障、推廣食農教育、減少糧食浪費，以及透過食物文化增強社會凝聚力等方面亦需要改善。永續社區學院今年舉辦的永續發展實驗坊便以「香港永續糧食系統」為主題，邀請參加者提出創新方案解決香港糧食系統的挑戰。活動就本地糧食供應鏈上各個環節邀請了相關機構分享經驗，講座已上載至公民社會與治理研究中心的YouTube頻道，歡迎公眾上網收看。

Do you know that there are about 800 million people suffering from hunger, 2 billion people with malnutrition, and 1.9 billion people overweight or obese (UN Environment Programme, 2016)? Food production and wastage caused environmental stress. Farmers earn far less than other stakeholders on the food production line. Many cities rely heavily on imported food, so citizens know little about the food source, and food security may be threatened in times of diseases and natural disasters.

To deal with the complex food issues, it is essential to take the sustainable food system approach, which takes into account food production, processing, distribution, consumption, disposal, all the stakeholders involved as well as the social and environmental context.

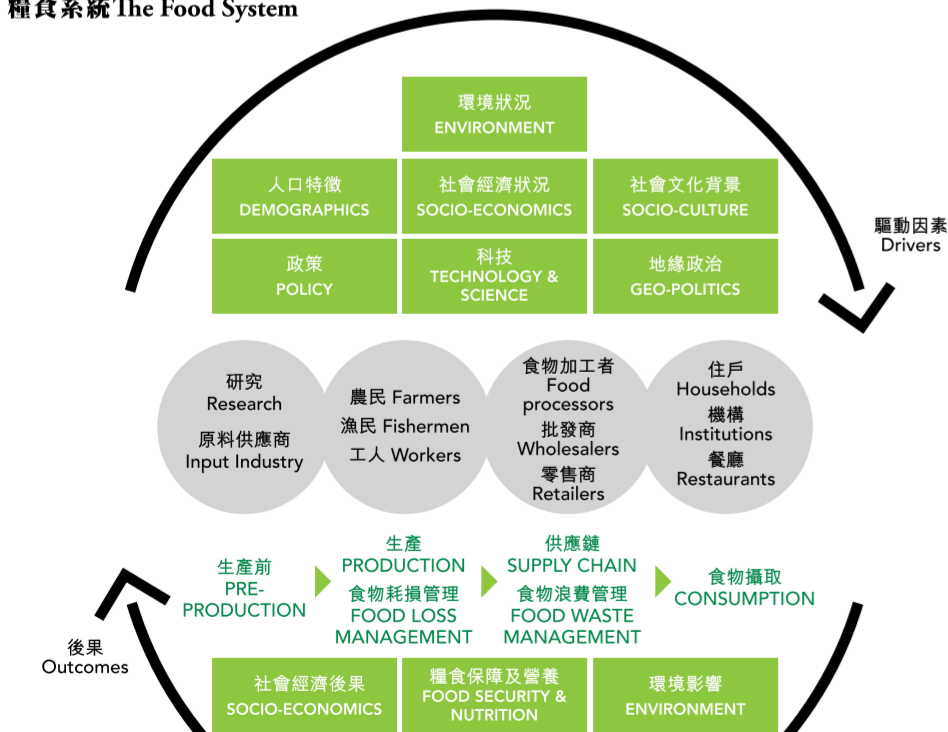
Cities all over the world are tackling their food challenges. Hong Kong also needs to improve its food system by enhancing food security, promoting food literacy, reducing and recycling food waste, and fostering social cohesion through food culture. This year, the Academy for Sustainable Communities held the Sustainability Hackathon with the theme “Hong Kong’s Sustainable Food System”. Stakeholders along the food value chain were invited to share their experience with participants. The talks can be viewed on the YouTube channel of the Centre for Civil Society and Governance.

參考文獻 References:
UN Environment Programme. (2016). *Why do we need to change our food system?* [Video]. YouTube. https://www.youtube.com/watch?v=VcL3BQetCc&feature=emb_logo

糧食主題短講 Ignite Talks on Food



糧食系統 The Food System



示意圖改編自國際熱帶農業研究中心 Diagram adapted from the International Center for Tropical Agriculture

靜中帶旺的三極村

Sam A – Where Tranquillity and Liveliness Unite

三極村是曾姓客家村落，祖先來自山東武城，坐落在吊燈籠山腳，傍著波平如鏡的印洲塘三極灣水域，昔日村民主要以耕種和捕魚為生。1950至1960年代村裡人口過千，後來村民紛紛出國謀生，村子一度荒廢，但十多年前又開始有村民思鄉回流，加上近來很多人到郊外遠足避疫，經烏蛟騰或荔枝窩到訪，村內平日也生氣盎然。

三極村的村屋分佈在「老圍」、「新屋」和「下邊新屋」三處，並設有曾氏宗祠。村內的「三省學校」曾為三極村和附近村落提供基礎教育，現已煙沒密林之中。稻田早已變成沼澤和紅樹林，大片齒蕨叢為此村的特色景致。走到海邊可觀賞三極灣的青山綠水和赤色岩岸。村裡設有茶座，近年政府還增建了公廁、涼亭和自然步道等設施方便遊客。村長曾調財期待未來三極村對外的水陸交通能有所改善。

現時村中住有三數戶人家，我們到訪當日與其中兩位村民交談過，他們都過著與自然為伍的生活。「二佬哥」擅長弄小菜，村內的海鮮河鮮便是美味食材。他還養殖蜜蜂，並熟知村中和附近山頭蜜蜂的飛行路徑、藏身之處和季節習性。他一面講，一面指著山頭比劃，教人不禁佩服他對大自然的深刻觀察。

我們遇到的另一位村民自稱「姑姐」，她近年從市區回流，與丈夫花了九牛二虎之力重修祖屋，打算長住到老。她擅長手作，便種植有機艾草和左手香製作手工皂，發現很受遊客歡迎，能為自己賺取生活費。簡樸自在的鄉村生活實在令人羨慕。

Located at the foot of Tiu Tang Lung hill and adjacent to the bay of Sam A Wan in Double Haven, Sam A is a Hakka village of the Tsang clan from Shandong. Villagers lived off farming and fishing in the past and population was over a thousand in the 1950s and 1960s, but afterwards villagers gradually left for overseas. Luckily, the village is now filled with life because some villagers have returned and it has been an attractive place for visitors.

Apart from village houses, there is also the Tsangs ancestral hall and an abandoned village school in Sam A. The paddy fields have become a mangrove swamp, in which the large area of Leather Fern is a special scene of the village. At the seaside, one can appreciate the beautiful hills, calm waters and the reddish coastline resulting from oxidation of iron in sedimentary rocks. Visitor facilities are also provided in the village. Village Representative Mr. Tsang Yune Choi hopes that the land and sea accessibility of Sam A will be improved in the future.

Nowadays, there are a few households living in Sam A. During our site visit, we had a chat with two of the villagers. They are both enjoying a simple rural lifestyle. Yi Lo is good at cooking and enjoys eating the seafood of the village. He also raises bees and likes to observe the behaviour of wild bees in the area. He is familiar with their flight paths, hiding places and seasonal habits.

Another villager we met called herself “Gu Jie”. She recently returned from the urban area and decided to live in her home village. She renovated her family house with her husband and grows herbs to make soaps for selling to tourists. She enjoys the simple rural lifestyle and is happy to see her soaps being well-received.



三極村坐落吊燈籠山腳，傍著印洲塘，紅樹林中的大片齒蕨叢是此村的特色景致。Sam A is located at the foot of Tiu Tang Lung hill and adjacent to Double Haven. The large area of Leather Fern within the mangrove swamp is a special scene of the village.

永續發展實驗坊 2020

Sustainability Hackathon 2020

永續社區學院於2020年8月舉辦了第二屆永續發展實驗坊，主題為「香港永續糧食系統」。60位參加者以線上形式參與一系列有關糧食主題講座和設計思維的啟發性活動，組織了共18支隊伍並提交創新方案解決香港糧食系統的挑戰。根據各隊互選的得票及主辦單位的評價，八隊成功入圍向評審團推銷方案。其中三隊的方案在創新性、可行性及對永續糧食系統的貢獻方面脫穎而出。

The Academy for Sustainable Communities held its second Sustainability Hackathon in August 2020 with the theme “Hong Kong’s Sustainable Food System”. 60 participants joined a series of ignite talks on food and participated in various activities to go through the design thinking steps, and then formed into 18 teams to submit innovative proposals to tackle real challenges in Hong Kong’s food system. Eight teams were selected to pitch for the awards and the following three teams were the winners:

冠軍 Champion：都市養蜂企鵝
蜜蜂對農業非常重要，此方案透過科技及設計工藝，為企業提供顧問、建設及管理服務，將建築物的綠化空間化為蜜蜂的安樂窩。首階段將會以酒店和教育機構為目標客群，推廣於都市飼養蜜蜂。
As bees are of vital importance to agriculture, this project “Homéy” proposes to provide consultancy, set up and management services to educational organisations and corporates such as hotels in order to help them engage in urban beekeeping.

亞軍 First Runner-up：餘果香港
香港有不少果園，但卻少人識，少人賣，少地種，此方案提倡透過售賣本地果製品、舉辦果園導賞及果製品工作坊等體驗活動，並組織果園考察隊，務求建立本地生果品牌，創造本地果飲食文化，並研究果園的未來。
The first runner-up project aims to rebrand local fruits, promote the culture of eating local fruits and explore the future of local orchards. It proposes to sell local fruit products, organise local orchard tours and fruit processing workshops, and form orchard field study teams.

季軍 Second Runner-up：義食
考慮到基層家庭、本地農夫及農場遊客的需要，「義食」團隊建議透過建立網上平台預訂不同農莊的活動、進行網上捐款支持蔬菜捐贈計劃，及報名參與義載，把蔬菜從農場送到慈善組織或基層家庭。
The second runner-up project proposes to establish a farm activity booking website which also serves as an online platform for fund raising and recruiting veggie delivery volunteers to donate local farm produce to charity groups and underprivileged families.

優勝隊伍除了獲得現金獎，亦獲選申請「鄉郊初創培育計劃」以實踐創新方案。永續發展實驗坊的花絮短片已上載上網，歡迎收看。

The winning teams received cash prizes and are invited to apply for the Academy’s “Rural in Action Start-up Scheme” to put their ideas into practice. A short video highlighting snapshots of the Hackathon is available online.

永續發展實驗坊2020 - 活動花絮 Sustainability Hackathon 2020 – Event Highlights



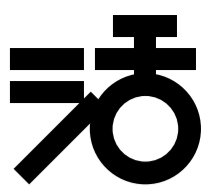
Facebook icon: 永續社區學院 Academy for Sustainable Communities



參加者向評審團推銷方案。
Hackathon participants pitching before the judging panel.

繼里畫坊—— 畫圖講故

The Common Map – A Mapping Database of Village Stories



「繼里畫坊」從荔枝窩、梅子林、鎮羅盆開始，以文化繪圖（Cultural Mapping）的方式記錄鄉村裡的人、地、事、物，將其整合成網上鄉郊故事地圖資料庫，向村民、海外村民及公眾分享繪圖的成果，讓身處市區甚至海外的人士也能與鄉村連結。

「計里畫方」為華夏古時繪製地圖的方法；就此計劃而言，「繼里」形容承傳「田、土」及鄉里文化，而「畫坊」則以畫圖凝聚村民、社區成員及公眾。

項目希望藉繪圖（mapping）拉近城鄉距離：一方面收集村民昔日生活片段及對鄉郊的未來憧憬，新村民的生活、耕種及工作點滴，及農夫的作物及田野故事；另一方面亦會邀請公眾及學生參與訪問及繪圖工作坊，一起繪畫鄉村的舊貌、農作物地圖、收集村民故事和願景等等，以深入認識客家文化及永續生活。

「繼里畫坊」是「社區共創：重塑鄉鄰」的第四個項目，已於2020年1月正式展開。

Using Cultural Mapping as a tool, The Common Map aims to record, organise and display the local stories, natural resources and farm products of Lai Chi Wo, Mui Tsz Lam and So Lo Pun, and integrate them into an online mapping database for connecting local and overseas villagers as well as the general public.

The Common Map is the name of a butterfly species commonly found in Hong Kong, including Lai Chi Wo, which has wings like a map. This project, The Common Map, aims to create maps for the village commons.

The Project aims to draw closer villagers and farmers with the general public. It invites villagers to share their past memories and future aspirations of the village, and invites new settlers and farmers to introduce their experience in the village. It also invites the general public and students to join mapping workshops and participate in the mapping process.

The Common Map was launched in January 2020 as the fourth project under the Co-Creation of the Community Scheme.

項目團隊 Project Proponents 陳芷瑤 Zoey Chan Tsz Yiu, 蔡旻諾 Christopher Choi Man Lok

Facebook icon: The Common Map 繼里畫坊



故事地圖 Cultural maps



「繼里畫坊」以「畫地圖、說故事」的方式傳遞鄉村裡的人、地、事、物。The Common Map aims to tell rural stories by cultural mapping.

健康美味的「萬壽果」—木瓜

Healthy and Tasty Papaya

木瓜含有豐富的維生素、膳食纖維和抗氧化成分，有「萬壽果」的美稱，但是根據漁護署每年就基因改造生物的調查，香港市面所售的木瓜有多達半數經過基因改造，以防木瓜受輪點病毒感染。基改生物會否引起人體過敏反應或對生物多樣性構成不利影響，至今仍未有定論。由於木瓜種子隨手可得，住在鄉村的市民也可在自家後園種植來源不明的木瓜，因此本地的非基改木瓜樹也可能會受到基改花粉污染。

計劃團隊在荔枝窩復耕初期便決定要嘗試在荔枝窩出產無基改木瓜。在種植木瓜前，我們先調查及移除原有的木瓜樹，並購入無基因改造的紅妃木瓜樹種子，在村內育苗及移種，盡力確保在荔枝窩出產的木瓜不受改造基因的污染。

不同成熟程度的木瓜可作變化多端的料理，例如青木瓜可作為烹煮食材，用來煲魚湯或燉排骨，刨絲後亦可製成泰式青木瓜沙律；木瓜表面開始呈少量橙色後，可加白醋和冰糖醃漬，成為酸酸甜甜的夏日開胃小菜；已成熟的木瓜則可直接當水果吃或製作木瓜鮮奶，而木瓜雪耳糖水更是秋冬滋潤首選！

Papaya is rich in vitamins, dietary fibre and antioxidants, but according to the annual survey conducted by the Agriculture, Fisheries and Conservation Department for the presence of genetically modified organisms (GMOs), half of the imported and local papayas sold in Hong Kong had been genetically modified to resist the Papaya Ringspot Virus. There is still no final conclusion on whether GMOs cause allergies or affect biodiversity. As papaya seeds are easy to get, many rural citizens plant papayas of unknown sources in their backyard. Therefore, local non-GM papaya trees may also be contaminated by cross-pollination with GM varieties.

At the beginning of Lai Chi Wo's agricultural rehabilitation, the programme team decided to try producing non-GM papayas in Lai Chi Wo. We removed the original papaya trees in the area and bought non-GM papaya seeds. Seedlings were grown in the village and then transplanted on-site, trying to make sure the La Chi Wo papayas are non-GM contaminated.

Papayas can be enjoyed in many ways. Green papayas can be used to make fish soup or stew pork ribs. Green papaya strips can be used to make Thai salad. When the papayas start turning orange, they can be pickled with white vinegar and rock sugar to become a good appetizer for summer. Ripe papayas can be eaten as fruits or used to make papaya milk. Snow fungus papaya sweet soup is best for autumn and winter.



● 酸木瓜 Pickled Papaya

材料 Ingredients

木瓜（成熟程度：表面橙色）、冰糖、白米醋、鹽，並可依個人喜好加入辣椒
Papaya (with orange-coloured skin), rock sugar, white rice vinegar, salt, and optional chili

步驟 Method

1. 白米醋及冰糖加熱，煮至冰糖溶化後放涼備用（預先弄碎冰糖可減少煮醋時間）。
Heat up the white rice vinegar and rock sugar until the rock sugar is melt, and then let it cool down at room temperature.
2. 木瓜洗淨、去皮，切成約2-5毫米薄片。
Wash and peel the papaya, and cut it into slices of 2-5mm in thickness.
3. 木瓜加入鹽，充份翻動木瓜片，令木瓜平均沾上鹽份，靜置約半小時讓木瓜出水。
Season the papaya slices evenly with salt on both sides, and wait for half an hour.
4. 木瓜片軟化後，以食水沖走鹽份，並放在篩上，以乾淨廚紙印乾多餘水份。
After the papaya slices are soften, wash away the salt with drinking water, and then put them on a sieve and use a clean kitchen towel to remove the excess water.
5. 木瓜片乾身後可放入已消毒的玻璃瓶，可同時加入切開的辣椒，然後加入糖醋水，置於雪櫃數天後入味即可食用。
Put the dried papaya slices (with optional chili flakes) into a clean glass jar, pour in the sweet vinegar, and then store in the refrigerator for a few days before eating.



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永續坊於2019年5月1日正式加入公民社會與治理研究中心，作為中心的重要支柱。中心以建構永續社會為使命，以社群為本的創新方案，應對不同的社會及環境挑戰。中心的工作以知識為本，聚焦於研究、知識傳播和創造社會效益。永續坊秉承中心的使命，致力提倡及促進社會和生態環境之間的良性互動，藉此邁向永續發展的目標。The Policy for Sustainability Lab (PSL) formally joined the Centre for Civil Society and Governance on May 1, 2019, and became one of the Centre's major pillars. The mission of the Centre is to contribute to the attainment of a sustainable society through forging community-based and innovative solutions to social and environmental challenges. The work of the Centre is knowledge-based, with a focus on research, knowledge dissemination, and social impact. Under the overarching mission of the Centre, PSL aspires to promote and facilitate beneficial socio-ecological interactions as a way to attain sustainability.

詳情請瀏覽 For more information, please visit csg.hku.hk/project-psl/

「滙豐永續鄉郊計劃」由永續坊推行，建立生態農業生產、農產銷合作和創意社區等鄉郊社區經濟模式，試驗及建構永續發展項目的評估框架，並設立永續社區學院開辦市區和鄉郊社區永續發展的培訓課程。

The "HSBC Rural Sustainability" programme is organised by the Policy for Sustainability Lab to incubate a mix of socio-economic models for rural communities, including the eco-agriculture, co-production and co-creation of the community. It supports the formulation of a sustainability assessment framework, and creates new avenues for setting up the Academy for Sustainable Communities which offers a suite of courses covering sustainable development in both urban and rural communities.

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