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The Secret of Finnish Happiness: Unity with Nature

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Everyman’s Right

Like many European countries, Finland embraces the traditional legal concept of “Everyman’s Right.” It allows everybody to freely enter the Finnish countryside as long as they respect nature and other people (they must not disturb other people or exploite natural resources for economic benefit). You can walk and pick fruit even on private lands. Of course, out of respect, you would refrain from doing so if you see someone nearby.

Finland is one of the European Union’s northernmost members, and the country’s climate is determined by its location. The Finnish climate is deeply influenced by the oceanic currents. Finland is committed to environmental protection and is working to reduce the environmental impacts of its economy. It is also a member of the European Union’s Common Agricultural Policy, which aims to ensure a fair and sustainable agricultural system.

Finland is a popular destination for outdoor activities such as hiking, cycling, and skiing. The country’s national parks and forests offer a wide range of opportunities for nature lovers. Finland is also known for its beautiful lakes and rivers, which provide excellent conditions for boating and fishing.

Finland’s wildlife is diverse, and the country is home to a variety of species, including bears, moose, and elk. The country is also known for its stunning forests and landscapes, which are a popular destination for nature lovers.

Finland is a member of the European Union, and its economy is largely based on trade, services, and tourism. The country is known for its high standard of living, and its citizens enjoy a high quality of life.

Finland is a member of the United Nations and participates in a wide range of international organizations. The country is also a member of the North Atlantic Treaty Organization (NATO).

Finland is known for its high standard of living, and its citizens enjoy a high quality of life. The country is also known for its beautiful landscapes, and its cities are renowned for their cultural and historical attractions.

According to the 2019 World Happiness Report published by the United Nations Sustainable Development Goals Network (UNSDN), Finland was ranked as the happiest country in the world. The report surveyed people from all over the world and found that Finns were the happiest people in the world, followed closely by people from Denmark, Iceland, and Slovenia. The report highlighted the country’s strong social safety net and high levels of social cohesion as key factors contributing to its high happiness scores.

According to the report, Finland has the highest levels of social trust and the lowest levels of inequality among the world’s most advanced economies. The report also noted that Finland has a strong commitment to education, health care, and social welfare, which contribute to its high levels of happiness.

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Cómo hacer la torta de chocolate fácil y rápida

Ingredientes:
- 200 gramos de chocolate negro
- 200 gramos de mantequilla
- 200 gramos de azúcar morena
- 4 huevos
- 200 gramos de harina
- 1 cucharadita de bicarbonato de sodio
- 1 cucharadita de vainilla

Instrucciones:
1. Preheat the oven to 180°C.
2. Melt the chocolate and mantequilla over a low heat.
3. In a separate bowl, beat the azúcar and eggs until well combined.
4. Add the melted chocolate mixture to the azúcar-egg mixture and mix well.
5. Add the flour and bicarbonato de sodio, and mix until a smooth dough is formed.
6. Add the vainilla and mix again.
7. Spread the dough in a baking pan and bake for 30 minutes.
8. Let it cool before slicing and serving.

Tortilla de Chocolate

Taste

To make chocolate cake, you need to:
- Mix chocolate and butter in a pot.
- Beat sugar and eggs together.
- Add melted chocolate mixture to the sugar-egg mixture.
- Mix well.
- Add flour and baking powder, and mix until a smooth dough is formed.
- Add vanilla and mix again.
- Spread the dough in a baking pan and bake for 30 minutes.
- Cool before slicing and serving.
文化景觀

Cultural Landscapes

聯發歐洲科學技術與我國聯發足球聯賽的發展，促進對環境的保護及發展。這種互動在多個層
次上具有重大意義，特別是在生態保護和發展等領域。此外，這種互動還有助於促進對文化遺
產的保護和發展。因此，生態保護和發展等領域的互動具有重大的意義。

文化景觀的三級分類，分別是：a. 從自然生態保護的角度來看（如自然保護區）；b. 有個體特
別景觀的保護（如特種植物保護）；c. 經濟發展的重要（如以發展FCT為基礎）。在領域的
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發展中，這些分類扮演著重要的角色。

在這種三級分類基礎上，文化景觀的保護具有重大的意義。因此，必須充分考慮到這些分類在
領域的發展中，扮演著重要的角色。
King of Pickles – Mustard Greens

Food pickling has thousands of years of history and almost every society has employed it. It helps preserve food and add flavour. Mustard greens are ideal for pickling because they are not easily broken apart in the pickling and fermentation process. With different seasonings and methods, pickled mustard greens can come in a variety of flavours.

Hakkas often pickle mustard greens with salt and put them in airtight ceramic pots for fermentation, giving them a sour and salty flavour, suitable for steaming fish and pan-frying meat. If the pickled mustard greens are further steamed and sun-dried for several times, they will become “Mui Choy”. Braised Pork Belly with Mui Choy is one of the most famous Hakka dishes.

HKU’s farmland rehabilitation team in Lai Chi Wo inherits the wisdom of Hakka villagers and produces pickled mustard greens. This does not only add value to the produce, but also introduces the Hakka food culture to the wider community.

**Homemade Pickled Mustard Greens**

**Ingredients**
- 1 large bunch of mustard greens
- 2 cups of salt

**Tools**
- Chopping board, knife and sealed glass jar

**Method**
1. Wash mustard greens thoroughly and remove the yellow parts. Hang to dry for about three days.
2. When the mustard greens soften, cut it into pieces with 2-3 cm in length.
3. Place the mustard greens in a sealed bottle.
4. Seal the jar with a plastic wrap and place it in a cool place for fermentation. The pickled mustard greens can be consumed after about two weeks.