永續鄉郊
Rural Sustainability

封面專題 Cover Story
餐桌上的綠色革命
A Green Revolution on the Dining Table

專題專欄 Photo Story
裁出永續新煮意
Cultivating Novel Cooking Ideas for Sustainability

本地產物 Local Products
夏季第一瓜——冬瓜
Wax Gourd: The Best Gourd for Summer
A Green Revolution on the Dining Table

Homegrown can bring about a green revolution on the dining table by integrating the concepts of sustainable living into every meal. Promoting Hong Kong families to take part in this revolution by choosing local agricultural products is exactly what two local agricultural advocacy organisations, “Kung You” and “rain·food”, are aiming for.

Transforming Production and Consumption Relationships
Having a good understanding of agriculture is important in promoting this revolution on the dining table. Ho Ting, one of the founders of “Kung You”, often uses local foods to gain students’ production characteristics and ways of production. “Even if you can’t grow some vegetables and fruits, you can buy them,” he says. Through hands-on activities, farmers not only can better understand seasonal production cycles but also learn to study the farming process.

“Kung You” argues that local foods are a solution to daily life. So has been promoting collective purchase and in order to enable a mutually beneficial relationship between producers and consumers and to strengthen the development of community-supported agriculture (CSA). In this way, “Kung You” and her partner will first take notes of their customers’ family structure and the place. Weekly delivered vegetables are purchased for delivery, while some farmers package the items and use social media to sell some vegetables. When regulating supply, quality is always important and the local mode of local food must be taken into account. When people need products, we must ask parents to take part in this choice.

Farming/Processing Cooperation

Chu Joo, co-founder of “rain·food”, is impressed with two farmers from Shenzhen. One farmer from Shenzhen grows 200 varieties of vegetables in his garden and another farmer from Shenzhen grows more than 200 types of vegetables. In order to support local farmers, “rain·food” has joined forces with local farmers to form a farming/processing cooperation network. In this way, they provide farmers with beneficial advice on various issues, such as soil quality, pest control, and plant health.

The major challenge of collective purchasing is to ensure stable supply. Further farm management, logistics, and weather are all critical factors to sustainability. “Kung You” is now collaborating with more than 30 local organic farms and governments. Among them, “Agroseed” receives consumer orders and 10,000 orders of rice every year.

The availability of rice is crucial. If there is a shortage of rice, then tourists will not buy it. To avoid such a situation, “Kung You” is now working diligently to build direct-to-farmer channels. He Ying is now working diligently to build direct-to-farmer channels. He Ying is now working diligently to build direct-to-farmer channels.

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Cultivating Novel Cooking Ideas for Sustainability

Spring onion! Garlic! To my surprise, there isn’t either.

None of these items are available in ordinary run-of-the-mill restaurants. However, with a little bit of effort, they can be made from fresh ingredients from local farms. This is a great opportunity to experience the simplicity and beauty of local farming, which promotes healthy eating habits and supports sustainable and agricultural education.

The establishment is committed to using fresh, local ingredients in their dishes. They source their produce from small-scale farmers and work closely with them to ensure the quality of the ingredients.

Farmers’ Cooking

Farmers’ Cooking

G/5, 1 Haikou Street, Causeway Bay

Tel: 3139 AM – 3:30PM

Farmers’ Cooking

Store Room: Little Kitchen

Little Kitchen is a small space dedicated to sustainable cooking. It serves a variety of dishes made from fresh, local ingredients. They also offer cooking classes and workshops to promote sustainable cooking and eating habits.

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永續農業
Sustainable Agriculture

2019年7月，成都武侯區率先在社區啟動了“菜田認養”活動。在該社區，居民可以通過認養蔬菜的方式參與生態農業的建設，這種新模式的影響正在不斷擴大。永續農業是在永續發展的基礎上，以最小的環境負荷、最高的資源使用效率和最大的生產力為目標，實現農業生產與生態環境、社會經濟的協調發展。在永續農業的推廣過程中，居民不僅可以參與農業生產，還可以學習到綠色農業知識，了解永續發展的理念。
Summer is the prime season for eating gourds and melons, and the people’s favorite is undoubtedly the wax gourd. With a large volume and high water content, it is best for hydrating oneself after being under the hot summer sun.

Wax gourds with green skin are sweet in taste, making them good for soups, stews, stir-frying and braising. Wax gourds with white skin have a thin layer of waxy meat and a soft texture inside and is suitable for stewing with stewed pork. Smaller families can also make use of mini wax gourds for double boiled wax gourd soup.

Choosing a good wax gourd!
A high-quality wax gourd should have hard skin, with strong or stiff flesh inside, and should weigh 18 kg or above. This ensures that it is ripe, with sufficient fibre and water. Big wax gourds are rarely seen in the supermarket as they are hard to transport, but you will find it worthwhile to seek out local farms in the summer to get yourself an enormous wax gourd!