

永續鄉郊

Rural Sustainability



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本地菜籃 Local Products

夏季第一瓜——冬瓜
Wax Gourd: The Best Gourd for Summer



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餐桌上的綠色革命

A Green Revolution on the Dining Table



相片提供 Photo source: 港嘢 Kong Yeah

掌握餐桌的人，若把永續生活的信念注入每餐飯碗之中，譬如選購本地農產、多菜少肉、買饅「走塑」，即使是家常便飯也能無聲地掀起綠色革命！兩個支持本地農業的組織「港嘢」和「農行·知味合作社」正推動本地家庭進行這場餐桌上的革命。

改革生產和消費關係

農業的認知對推動餐桌上的變革十分重要。「港嘢」創辦人浩盈為了推廣本地農產，經常探訪本地農場，了解農夫的生產方式和農產品特性。「粟米需要三個月的生長期，想確保穗粒飽滿農夫會人工授粉；本地蕃茄除了紅色的品種，還有青色、黃色和紫色，味道各有不同……」農耕知識她都能娓娓道來。與農夫深入交往，讓浩盈更懂得向顧客推介合適時令的產品，也有機會替農夫道出背後的農耕故事，分享他們的心意，顧客不但食得安心開心，而且更會感恩。

相對於一次性的活動，「港嘢」更想把理念緊扣到市民的日常生活中，因此近年主力推廣「田野共購計劃」，建立生產者和消費者互助互惠的關係，期望壯大「社區支持農業」的發展。浩盈和她的拍攝會先了解顧客的家庭結構和飲食好惡，然後每周送上度身訂造的菜包，並向訂戶逐一發放短訊，講解蔬菜特色、煮法、買好饅「貼士」和農場最新消息等，作為食農教育。「社區支持農業」的特色，便是讓顧客與農夫一起分擔風險，製造更穩定的生存空間讓農夫種好菜。「遇上天災失收菜包質量未如理想，如何以簡潔易明的訊息調整消費者的心態，改變一賣一買的現狀？」浩盈承認這確是一大學問。



「港嘢」團隊和「復耕者聯盟」發起人農夫葉子盛與新鮮本地洋葱合照。英國人把踏著單車推廣自家出產洋葱的法國小農戶稱為「Onion Johnny」。The team of "Kong Yeah" and the convener of "Agrivengers" Yip Tsz Shing with his fresh local onions. "Onion Johnny" is the British nickname for French individual farmers who promote their onions on bicycles. 相片提供 Photo source: 港嘢 Kong Yeah

Homemakers can bring about a green revolution on the dining table by integrating the concept of sustainable living into every meal. Persuading Hong Kong families to take part in this revolution by choosing local agricultural products is exactly what the two local agricultural advocacy organisations, "Kong Yeah" and "Taste. Soil", are aiming for.

Transforming Production and Consumption Relationships

Having a good understanding on agriculture is paramount to promoting this revolution on the dining table. Ho Ying, one of the founders of "Kong Yeah", often visits local farms to gain insights on produce characteristics and the ways of production. "Corn crops take three months to grow and artificial pollination ensures each corn kernel is plump; local tomatoes range from red, green, yellow to purple, while their taste varies..." she said. Through in-depth interactions with farmers, not only can she better recommend seasonal produce to customers, but also share the farming stories behind.

"Kong Yeah" aspires to cohere their idea with citizens' daily life, so it has been promoting collective crop purchasing in order to establish a mutually supportive relationship between producers and consumers and burgeon the development of community supported agriculture (CSA). Ho Ying and her partner will first take notes of their customers' family structure and diet preferences. Weekly tailored vegetable packs are then distributed, while text messages specifying the attributes and cooking methods of those vegetables as well as tips on choosing high-grade groceries and the latest news of local farms, are sent to each subscriber. When vegetable packs' quality degrades because of natural disasters, it is necessary to adjust consumers' mentality with simple messages.



賞心悅目的夏天菜包一隅：青瓜、節瓜、番薯葉、番薯和茄子。A pleasant summer local vegetable pack with cucumber, hairy gourd, sweet potato leaves, sweet potatoes and eggplants. 相片提供 Photo source: 港嘢 Kong Yeah

共購現時最大的挑戰，便是尋找穩定的本地蔬菜供應，確保每周都能向訂戶出菜，這涉及農場管理、物流、天氣等不同因素。現時「港嘢」和六、七個本地有機耕種的供應者合作，耕種方式各具風格，其中「復耕者聯盟」用的是永續栽培法，去年成功達成「冬瓜一萬斤」的耕種目標。惟有建立穩定的消費群，才能紓緩農產出路的壓力，讓農夫專心鑽研技術。浩盈她們正努力成為本地農夫和消費者之間的橋樑。

產出不穩定是問題，但原來產出過剩也讓農夫頭痛！探訪另一組織「農行·知味」當天，我們便遇上農夫查問如何處理即將熟透卻未有銷路的香蕉。其實香港有不少農場出產上噸計的農產，若本地市場能全數吸納，便可減少因入口產生的長途運輸和冷藏的碳排放。加工是延長新鮮農產銷售期的常用方式，「農行·知味」是本地首個由農夫和消費者組成的合作社，正投身農產加工行列，希望打造本地農產加工品牌，開拓本地農業的新出路。

農耕/加工合作

理事長Joan形容，由於沒有前人經驗，一切都是摸著石頭過河。相比起書本知識，小型食品加工更依賴實戰經驗。合作社成立於2017年，經過不斷摸索與嘗試的過程，短短兩年時間便成功開發了多種富本地農場特色的產品，例如薑黃紅糖、檸檬紫蘇嫩冰糖、洛神花紫蘇茶、薄荷紫蘇菊花茶等，都是由社員按中醫藥理配搭，不斷試味調較成份比例而成。兩年的訓練讓社員們都成為熟手技工，好像潔芳，兩三天內人手生產大量茶包也能應付得來。

Joan退休前從事設計，正好為產品構思包裝和宣傳方案。「農行·知味」的產品都印有合作農場的名稱，如存記農場、東南寨農場或康曲農場，以示對生產者的尊重，也讓消費者知道原材料的出處。惟Joan慨嘆本地農業加工者非常短缺，盼望更多有心人加入。

合作社漸漸做出名聲，也吸引了像荔枝窩、二澳等更大型的農場洽談加工合作計劃，產品亦已正式進駐大型網上商店。然而，合作社產品價格至今仍未完全反映生產成本，Joan說：「我們不能壓低農友的價錢，但消費者似乎也不太願意接受更高的定價」。司庫兼農夫Farm感嘆道：「港人旅遊台灣、韓國、日本，購買價值不菲的農產品當手信，怎麼就不支持香港本地貨呢？」她希望有朝一日合作社的產品亦能像外國貨一樣，得到港人青睞，成為大眾追捧的商品。

許多外地的經驗告訴我們香港人撐香港生產並不是夢。「台灣主婦聯盟生活消費合作社」的故事可追溯到二十多年前一群媽媽發起的消費運動。當時台灣的食物安全問題層出不窮，她們為了尋找安全的食物，展開了「共同購買」計劃，直接向農夫訂貨。合作社倡議綠色消費，關注產品生產、加工、包裝、運輸等過程對環境造成的衝擊，選擇對環境友善的本土產品。合作社發展至今在全台灣共有五十多個站所，社員逾七萬，照顧著數以百計的台灣農戶和加工生產者。

假如每個家庭每周最少有一頓飯轉購本地產品，這將帶來極大的改變。要發展本土永續農業，始終不能單靠理想脫離經濟邏輯。如何透過市場推廣及教育，超越同溫層吸引新的顧客群體，並以生產技術質量取勝，將是本地農耕產業鏈必須積極面對的一大挑戰。



（左起）「農行·知味」成員Joan、Farm媽和潔芳推介合作社的加工製品。（From left) Joan, Farm Ma and Kit Fong with the processed goods of their cooperative "Taste. Soil".

The major challenge of collective purchasing is to ensure stable supplies. Factors like farm management, logistics and weather can all contribute to instability. "Kong Yeah" is now collaborating with six to seven local organic suppliers. Among them, "Agrivengers" practises permaculture and harvested 10,000 cattles of wax gourd last year. Only when there is a steady demand, will farmers breathe a sigh of relief about sales and be encouraged to advance their farming techniques. Ho Ying is now working diligently to connect local farmers and consumers.

An unstable output is a problem, but crop surplus also causes headache! On our day of visiting "Taste. Soil", we saw farmers enquiring ways to deal with those unsold, nearly ripe bananas. A multitude of local farms indeed have tonnes of crop output. If these are fully taken up by the local market, carbon emissions resulted from long-distance transport and refrigeration of imported goods can be greatly reduced. The first local farmer-consumer cooperative "Taste. Soil" is dedicated to crop processing, hoping to forge a local brand and open up a new path for local agriculture.

Farming/Processing Cooperation

Chairlady Joan described the work of "Taste. Soil" as a trial-and-error process, as there are no previous experiences for reference. Small-scale food processing is more about practical experiences than textbook knowledge. Established in 2017, the cooperative keeps on exploring and trying. In two years, they successfully developed a variety of local products like turmeric brown sugar, simmered lemon and perilla with rock sugar, rosella perilla tea and chrysanthemum perilla mint tea. All members have become skillful. Like Kit Fong, she can produce a large amount of hand-made tea bags within two or three days.

Joan designs the product packaging and advertisements. All products of "Taste. Soil" have the names of collaborating farms printed on them to show respect to the producers and inform consumers about the origin of the ingredients. Joan lamented the lack of local agricultural processors and hopes more aspirational people would join them.

As the cooperative grows in fame gradually, large-scale farms like those in Lai Chi Wo and Yi O talked over with them about processing plans and now, their products are available on sizable online shops. Nonetheless, production costs are still not fully reflected by their selling prices, "We shouldn't bargain with farmers, but consumers wouldn't accept a much higher price," said Joan. "Hong Kongers would buy costly agricultural products in Taiwan, Japan and Korea as souvenirs, but why don't they support Hong Kong products?" sighed the treasurer and farmer Farm Ma. She looks forward to a day when their products would be in local people's good graces, like the foreign ones.

Many overseas experiences inspire us that Hong Kongers supporting local products is not a dream. The story of Taiwan Homemakers Union Consumer Cooperative dates back to more than 20 years ago when a group of mothers initiated a consumer campaign. Food safety problem was omnipresent at that time so they launched a collective purchasing programme to order food directly from farmers. The cooperative advocates green consumption of local products and has now more than 50 stations in Taiwan, with over 70,000 members supporting hundreds of local farmers and processors.

Great differences can be made if all families choose local products for at least one meal per week. Our local agricultural production chain must go beyond the echo chamber to attract new customer groups and gain an advantage through production quality and techniques.

港嘢 Kong Yeah / kongyeah2014@gmail.com
農行·知味合作社 Taste. Soil / taste.soil2017@gmail.com / 90300313



除糖以外，原材料薑黃、檸檬和紫蘇都是本地出產。All ingredients including turmeric, lemon and perilla are locally grown, except sugar.

栽出永續新煮意

Cultivating Novel Cooking Ideas for Sustainability

咖啡、奶茶？無。
蔥、蒜？竟然都無。

一般餐廳理所當然的餐單選項在Farmer's Cooking卻找不到。這裏每天只提供四款午餐和一款湯，餐單設計靈感來自本地農場的新鮮食材，如豬、雞蛋、蔬菜等等。無他，皆因老闆Karen和丈夫曾參與種稻計劃，又和朋友休閒務農，深切體會到時令出產才是真正的美食，結果打造了一間推崇健康生活態度兼具食農教育的主題餐廳，亦符合孔子提倡「不時，不食」的養生之道。

Coffee? Milk tea? There isn't.
Spring onion? Garlic? To my surprise, there isn't either.

None of these items served in ordinary restaurants appear in Farmer's Cooking. Here, only four lunch sets with one type of soup are served daily, but they are made from fresh ingredients from local farms. Feeling deeply that seasonal produce is a genuine delicacy through her experience in rice cultivation and leisure farming, Karen invested in this themed restaurant, which praises healthy living attitudes and promotes food and agricultural education.



Farmer's Cooking

地址Address

鱸魚涌海澤街5號地舖

G/F, 5 Hoi Chak Street, Quarry Bay

☎ 11:30AM - 3:00PM

Facebook icon and Farmer's Cooking



「我們向以環境友善方式耕作的農場購入本地蔬菜，農夫會預早告訴我們當季的種植計劃和產品的口感味道，好讓我們及早準備設計菜單。」Karen說。「We purchase local produce from environmentally-friendly farms. Farmers would tell us their seasonal cultivation plans, as well as the texture and taste of their produce in advance, so we have enough time to design our menu,」said Karen.



「新鮮時令食材直接從農場運到餐桌，不用太花巧也足以令人垂涎三尺。餐單上所有菜式『走五辛』，以簡單天然香料如薑黃調味，豐富味道層次。」
“Fresh seasonal produce is transported directly from farm to table. We use natural spices like turmeric instead of ‘the five pungent vegetables’, but the dishes are still mouth-watering.”



店內每個小角落都以本地作為元素——自家醃製的本地食材、本地產品、雜誌、植物，推廣健康及本地種植的訊息。Every corner in the restaurant is filled with local elements—homemade pickles, local products, magazines, plants, all to convey health and local agriculture messages.



四塊大黑板，以粉筆簡約地繪畫了合作農場的所在地，也介紹了薑黃、鹽麴等特別食材，推廣食農教育。There are four blackboards for food and agricultural education. The location of a cooperative farm and special food ingredients like turmeric and Shio Koji are introduced.



「食用本地出產，才能體驗到新鮮的味道，也是減低食材碳足跡的有效方法，是永續生活的起點。」“Not only can local produce stimulate your taste buds with freshness, but it is also sustainable with a low carbon footprint.”



放置餐廳四周的新鮮食材可讓顧客一睹它們的廬山真貌，還可在餐廳訂購本地食材，為小型農場開拓客源略盡綿力。Fresh vegetables displayed around allow customers to see their true appearances. Customers can even order some from the restaurant to support small farms.

永續農業 Sustainable Agriculture

過去數十年，農業發展帶來許多問題，破壞了生態，而小農則仍舊貧窮。聯合國預測2050年全球人口將由現時77億增至97億（UN DESA, 2019），各國急需以既能提高糧食供應又能保障生態健康的方案應對。聯合國糧農組織提出了永續農業的五大原則（FAO, 2014）：

- 1. 提高資源使用效率**
改良耕作方法及農業設備，提高能源和用水效益
- 2. 保育、保護和加強自然資源**
改變大量使用化肥、農藥和水的農業模式，保育土壤、空氣和水
- 3. 保護和改善農村生計和社會福利**
例如確保生產者能獲得並管理生產資源，並開闢渠道提高生產者在市場上的參與度
- 4. 提高人民、社區和生態系統的抗逆能力**
改善政策、技術和方法，提高農民對抵禦極端天氣、市場波動和內亂等威脅的能力
- 5. 採取負責任和有效的治理機制**
透過政策支持和友善的法制推動永續農業

此倡議推動了農業的永續發展，相關認證計劃也陸續推出，幫助消費者辨別產品。雨林聯盟認證便是一例，其綠色樹蛙標章表示產品的生產過程合乎自然資源和生物多樣性保育以及改善生產者生計和福利等永續農業原則（Rainforest Alliance, 2017）。

The intensification of agriculture in the past decades has created many new problems. Ecosystems are stressed and small farmers remain poor. The world's population is projected to grow continuously from today's 7.7 billion to 9.7 billion by 2050 (UN DESA, 2019). Countries all over the world are under pressure to tackle the challenges with solutions that can both increase food supply and ensure ecological health. The Food and Agriculture Organization of the United Nations (FAO) laid down five key principles of sustainable agriculture (FAO, 2014):

- 1. Improving efficiency in the use of resources**
- 2. Conserving, protecting and enhancing natural resources**
- 3. Protecting and improving rural livelihoods and social well-being**
- 4. Enhancing resilience of people, communities and ecosystems**
- 5. Promoting good governance of both natural and human systems**

Guided by these principles, a variety of certification programmes have emerged in the agricultural and food sector. For example, the Rainforest Alliance Certified green frog seal indicates that a certain product is produced while conserving natural resources and biodiversity as well as improving livelihoods and human well-being (Rainforest Alliance, 2017).

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Rainforest Alliance. (2017). *Rainforest Alliance Sustainable Agriculture Standard*.
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想了解更多，可以瀏覽永續社區學院的網上資源或報讀相關課程。
To learn more, you may visit the online resources of the Academy for Sustainable Communities or enroll in related courses.

幽谷中的鎖羅盆 So Lo Pun of The Valley

指南針失靈、村民一夜消失、有人被鬼嚇至心臟病發等傳說，都是不少行山客對鎖羅盆的固有印象。但對鎖羅盆村民來說，那裡卻是一個滿載生活痕跡的親切故鄉。

鎖羅盆是黃姓客家村落，位處荔枝窩以北，三面環山，面向吉澳海。清朝初年，村民的祖先明朝都侯黃維興南下來港，及後與落戶梅子林的曾起有結好，相邀到荔枝窩建村。荔枝窩人口膨脹，黃氏後人便遷至鎖羅盆定居。

鎖羅盆地形狹長，面積達28公頃，沿途探索，會看見一道道不同的自然和人文景觀。海口處有一堤壩，昔日村民就是用它來圍海造田，種植稻米。部分村民出海捕魚，如今海邊仍可看到一些舊碼頭遺跡。村中荒廢的「啟明學校」曾為村民提供小學一二年級的教育。

五六十年代起，大部分村民陸續移居英國，其餘搬至沙頭角和大埔等地區。現時村中有不少並排成行的破舊村屋，青磚正立面得以保存，並貼有村民題字的揮春，看起來頗具氣勢。這些房舍空間頗大，外牆上繪有裝飾，可見當時屋主經濟條件不俗。

2007年，一些村內長輩成立了村委會，定期商討村務，積極聯繫海內外村民。現在每逢春節、關帝誕、重陽節和慶春約太平清醮等日子，仍有很多村民回村，再度憶起昔日看牛、捉魚和煨番薯的童年。

Scary tales of compasses failing, villagers disappearing overnight... These are the impression that many hikers have of So Lo Pun. For the villagers of So Lo Pun, however, it is a homeland that retains abundant remnants of family and childhood life.

Located north of Lai Chi Wo, So Lo Pun is surrounded by mountains on three sides and faces the Crooked Harbour. It is a Hakka village belonging to the Wong Clan. The ancestors of So Lo Pun originally settled in Lai Chi Wo in the early Qing Dynasty, forming the village with the Tsangs from Mui Tsz Lam. As the population of Lai Chi Wo grew past capacity, the Wongs moved their home to So Lo Pun.

Venturing into the village, a variety of natural and human scenery can be identified. The dam along the coast was used by the villagers for creating paddy farmland. There are the remains of piers where fishermen would tie their boats. The abandoned "Qi Ming School" provided two years of primary education for the village children.

Since the 1950s and 60s, the villagers left mostly to the UK. Most village houses are now aged and worn. Despite this, the grey brick facade is well preserved. Decorations can be found on the walls of these spacious houses, suggesting that the owners of those times were financially substantial.

Nowadays, many villagers would still return to the village for important festivals. While there, they can once again recall their cherished childhood of watching over cows, catching fish and roasting sweet potatoes.



鎖羅盆一列荒廢的村屋與鮮紅色的揮春相映成趣，流露村民的思鄉之情。
Worn village houses with red couplets in So Lo Pun.



永續發展實驗坊2019 Sustainability Hackathon 2019

2019年6月，永續社區學院以鄉村科技為主題舉辦了第一屆永續發展實驗坊。五十多位參加者聚首香港大學，參與了一系列有關永續發展、鄉郊創新、設計思維、社交媒體推銷等啟發性活動，並組成隊伍，為本地鄉村構思科技項目，推動永續發展。

參賽隊伍到四條伙伴鄉村（荔枝窩、梅子林、薄扶林村和大江埔村）考察，經過三星期的準備，最後共有12隊向評審員提出方案。冠軍隊伍以其「埔姜仔」方案的創新性、影響力和可行性脫穎而出，獲得港幣一萬元現金獎。

第二屆永續發展實驗坊將於2020年夏季舉行，請密切留意。

In June 2019, the Academy for Sustainable Communities held its first Sustainability Hackathon with the theme of Rural Technology. Over 50 participants gathered at HKU, preparing through a series of inspiring talks and workshops on sustainable development, innovation, design thinking, and marketing, and forming teams to begin conceiving their projects. Participating teams made visits to partner villages to understand their struggles and potentials. Following three weeks of preparation, 12 teams pitched their projects to a panel of judges. One team stood out for the innovation, impact and viability of their proposed *Vitex negundo* project, winning them the first place and a cash prize of HK\$10,000.

Keep an eye out for the next Sustainability Hackathon to be held in Summer 2020.



永續發展實驗坊2019冠軍隊伍「埔姜仔」與評審團主席林維峯教授合照。
Champion team of the Sustainability Hackathon 2019 together with Professor Wai-Fung Lam, the judging panel chair.

永續社區證書課程 Certificate in Sustainable Communities



永續社區學院「永續社區證書課程」（資歷架構級別：3；資歷名冊登記號碼：18/000784/L3；資歷名冊登記有效期：2018年9月11日（持續））已於2019年9月開課。課程包括四個科目，涵蓋文化景觀、本地生態、永續農業和社區協作等範疇的基礎知識。學員將對永續社區的主要概念有基本認識，並從資深工作者帶領的課堂和實地考察習得實用技能。

本課程已加入持續進修基金可獲發還款項課程名單內。本課程在資歷架構下獲得認可(資歷架構三級)。

學院課程畢業生及活動參加者將獲邀參與永續社區學人計劃，可優先參與永續發展實驗坊及鄉郊初創培育計劃。

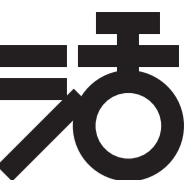
The "Certificate in Sustainable Communities" programme (QF Level: 3; QR Registration No.: 18/000784/L3; QR Registration Validity Period: From 11 Sep 2018 - on-going) of the Academy for Sustainable Communities commenced in September 2019. The full certificate programme, including four modules, encompasses basic knowledge of cultural landscapes, local ecology, sustainable agriculture and community partnerships. Students of the programme will gain a foundational understanding of the key concepts of sustainable communities and develop practical skills through lectures and field studies conducted by experienced practitioners.

This course has been included in the list of reimbursable courses under the Continuing Education Fund. The course is recognised under the Qualifications Framework (QF Level 3).

Academy graduates and event participants will be invited to join the Academy's Fellowship Scheme. Fellows are eligible to participate in the Sustainability Hackathons and the Rural in Action Start-up Scheme.

課程資料及活動詳情請瀏覽學院網頁。

For course and event details, please visit the Academy website.



「尋田·探土」 荔枝窩藝術計劃 “On Earth” Lai Chi Wo Art Project



荔枝窩這片鄉郊土地擁有源遠的客家文化，「尋田·探土」計劃以貼近大自然的陶瓷藝術為主軸，探討她的「人」、「地」、「物」。計劃讓參加者和村民認識陶藝技術，製作具有荔枝窩特色的陶瓷器以及記錄村民故事，並與本地人士和身處海外的村民分享成果，吸引他們從不同角度了解和感受荔枝窩，讓村民與下一代共同延續荔枝窩的客家文化和自然生態環境。

「尋田·探土」是「社區共創：重塑鄉郊」的第二個項目，在2019年正式展開。這項目現正聯同之前的「土磚築語」項目和「滙豐永續鄉郊計劃」的項目團隊於2019年12月一起舉辦大型鄉村活動，詳情請留意計劃的網站更新。

"On Earth" Lai Chi Wo Art Project focuses on the "People", "Land" and "Natural Resources" of Lai Chi Wo with ceramic art as the vehicle for exploration. The project organises various activities that allow participants and villagers to learn about ceramic art, create Lai Chi Wo characteristic art pieces, and record villagers' stories. The result of the project will be shared with both the local and overseas public.

"On Earth" started in 2019 and is the second project under the Co-Creation of the Community Scheme. This project, together with the previous "Murmur of the Bricks" project, will join hands with the "HSBC Rural Sustainability" programme team to organise a village festival near the end of 2019. Please pay attention to updates on the programme website.

創作團隊 Artists Team

張焯詩 Rachel Cheung / 區瀾藍 Suzanne Au / 李彥鈺 Dexter Lee / 姚俊樺 Yiu Chun Wa

荔枝窩藝術計劃「尋田·探土」



相片提供 Photo source: 尋田·探土 On Earth



相片提供 Photo source: 尋田·探土 On Earth

村民和遊客在荔枝窩的瓦片上繪畫，感受土地和人的互動和連結。
Villagers and visitors draw on tiles collected from Lai Chi Wo to feel the man-land interaction and connection.

夏季第一瓜—冬瓜

Wax Gourd: The Best Gourd for Summer

不時不食，夏天便是吃瓜的時節，而深受大眾喜愛的冬瓜更有「夏季第一瓜」的稱號。冬瓜體積大，含水量高，重量可達五六十斤，能補充炎熱天氣下身體流失的水分。它脂肪少，熱量低，而且全身都是寶，可以連皮帶籽煮成湯水。

冬瓜有眾多不同品種，風味有別，各有食法。青皮大冬瓜味道清甜，適合煲湯、炆炒、紅燒；白皮冬瓜外皮有一層白霜，口感綿軟，最適合用來炆火腿；迷你冬瓜體型較細，適合現今小型家庭自家製作冬瓜盅。

挑選好冬瓜！

挑選優質冬瓜，秘訣是選皮硬、肉質結實，重量達30斤以上的。這樣的冬瓜夠成熟，纖維與水分充足；嫩瓜則容易煮爛，口感不佳。因不便長途運輸，巨型大冬瓜在街市買少見。要食又大又好的冬瓜，要學會向本地貨源入手，多個本地農場在盛夏都有大冬瓜出售。

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 roasted 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!

自製冬瓜盅 DIY Double Boiled Wax Gourd Soup

材料 Ingredients

冬瓜一個、雞肉（也可選擇豬肉、排骨、海鮮、鴨肉等）、蝦／蝦米、瑤柱、冬菇、夜香花、水／上湯、鹽、胡椒粉
One wax gourd, chicken meat (may also use pork, pork ribs, seafood, duck, or other meats), shrimp or dried shrimp, dried scallops, dried mushrooms, night fragrant flowers, water or stock, salt, and pepper

步驟 Method

1. 冬菇去蒂，與雞肉、蝦米和瑤柱一同浸軟，切粒。浸過材料的水可留下來做湯底。
Remove the stalks from the dried mushrooms and soak with chicken meat, dried shrimp and dried scallops until soft. Dice these ingredients. The water used can be put aside for making the soup base later.
2. 切開冬瓜頂部，挖去瓜囊，預留最少一吋厚的瓜肉。如瓜肉較厚，可刮起切粒備用。
Cut open the top of the wax gourd, remove the flesh inside but leave at least one inch of flesh. If the flesh is thick, scrape it off and dice for later use.
3. 把已切粒的材料連水或上湯加入冬瓜內至八分滿，然後一併放入大鍋中蒸燉一小時。
Put the diced ingredients inside the wax gourd and add water or stock until the gourd is 80% full. Put the wax gourd into a large pot and steam for an hour.
4. 以筷子測試冬瓜肉，能插入、軟身即可。最後加入夜香花蒸煮五分鐘，並以鹽和胡椒粉調味。
The wax gourd is ready if a chopstick can easily penetrate the flesh. At last, add night fragrant flowers and steam for another five minutes. Season with salt and pepper.



荔枝窩產品 Lai Chi Wo Produce and Products



青皮大冬瓜 本地自留品種



WG162 高華種子育成種



白蟬 高華種子育成種

查詢 Enquiry 荔枝窩有農墟 Lai Chi Wo Farmers' Market

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策動永續發展坊於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。策動永續發展坊秉承中心的使命，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 <http://www.socsc.hku.hk/psl/>

「滙豐永續鄉村計劃」由策動永續發展坊推行，建立生態農業生產、農產銷售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-kitchen 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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計劃網頁 Programme website

