

# 自耕自足

## HIGH-RISE GARDENS

伴隨近年興起的環保與健康飲食概念，香港掀起在市區天台和新界郊區耕種的熱潮

With the concept of green and healthy dining taking hold in recent years, Hong Kong has taken on the urban farming trend on the city's rooftops as well as in the New Territories

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新界有不少有機農場，除售賣新鮮的有機農作物，部分更開放予公眾參觀及耕作。

There are a handful of organic farms in the New Territories that make their produce for sale as well as open the farms for public visit and farming

香港的農業式微多時，根據香港漁農自然護理署的資料顯示，香港只有約七平方公里的土地用作耕種，主要提供蔬菜、家禽及豬隻。不過在崇尚慢活和反璞歸真的生活概念下，不少嚮往有機農產品的本地人進一步投入有機耕種，享受自給自足的樂趣，促使天台農場和有機農場應運而生。

成立僅兩年的雲耕一族，於中環藝穗會天台經營天台農場。即使空間有限，雲耕一族希望透過市區天台農場，展示可持續的農作生產系統，並連結食物生產及消費，推廣環保及可持續生活方式。雲耕一族的創辦人之一 Pol Fàbrega 說：「我們為食肆提供農作物，除了食材新鮮，更可身體力行減少碳排放。」

Hong Kong's agricultural industry has been in prolonged decline, with statistics from the Agriculture, Fisheries and Conservation Department showing only seven square kilometres of land is currently in use for farming, supplying mainly vegetables, poultry and pork. However, advocacy for the concepts of slow living and getting back to basics has led many locals to demand organic produce – and engage in the pleasure of organic farming. Consequently, many urban rooftops and organic farms have sprung into existence.