

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.



雲耕一族致力於推廣天台有機耕作，在天台種植蘿蔔、香茅、菠菜、番茄及生菜等有機作物。農場同時作教學及示範用途，歡迎公眾人士參與，雖只有少量種植，但已足可令參加者感受在城市耕作的樂趣。

農場三位創辦人亦希望推廣「不時不食」的概念，從味道、耕作方法及科學知識等方面入手，實踐可持續生活方式的理念。除了天台耕作，雲耕一族亦會為客戶設計、安裝及管理天台農場，成為推廣都市農業的另一種方式。

於柴灣、觀塘及荃灣均設有天台農場的都市農莊，提供耕種場地讓公眾人士租用，所有出產都歸種植者所有。負責人林世昌表示，農莊會提供基本設備，由租用人決定種植甚麼，更可於辦公時間隨時打理自己的農場。由於不少租用人難以每日淋水及除草等，因此他們也可以幫忙打理。目前冬季生產的農作物，包括番茄、薯仔、芥菜、羽衣甘藍等十多個品種，不少更是市面上難以買到的貴價蔬菜。

雲耕一族位於中環藝穗會天台的農場，種植十多種農作物

Rooftop Republic's farm at The Fringe Club grows more than 10 varieties of crops (above and right)

雲耕一族所種的作物主要供應本地食肆（右圖）

Rooftop Republic mainly supplies its produce to local restaurants (right)



都市農莊亦舉辦課程，讓有意學習及體驗有機蔬菜種植的人士實踐耕種的樂趣。參加者除學習基本的種植知識及技巧，還可學到不同農作物的特性、認識肥料及防蟲方法，學員除了享受耕作的過程外，更可收穫親自栽種的作物。

新界農場是本地有機耕作的另一道風景，這些農場主要集中於元朗及打鼓嶺一帶。位於元朗的振生園有機農場供應近20種蔬菜，全以有機耕作種植，並已獲得香港有機資源中心認證。農場場主余常光表示，其家人早於1962年開始經營豬場，2008年接受政府的「家禽農場結業特惠補助金計劃」轉而經營農場至今。

振生園種植了不少作物，除了常見的士多啤梨外，還有沙律菜、甜椒、西瓜、番茄及其他蔬果。部分蔬果種植多個品種，例如常見的車厘茄多是紅色及橙色，但這裡還有黃色、綠色及黑色等。農場場主余常光說：「農產品顏色愈豐富，對健康愈有益。我們避免作物品種單一影響銷路，因此以多種顏色吸引顧客。很多人喜歡一次購買整個星期的食品，種類太少會影響他們的購買慾。」農場定期於屯門及大埔農場銷售作物，並開放予市民參觀，推廣有機農業。

Established two years ago, Rooftop Republic operates a rooftop farm at The Fringe Club in Central. Although the space there is limited, Rooftop Republic hopes to demonstrate a sustainable food production system through its farm, and establish links between the processes of food production and consumption in order to promote an environmentally friendly and sustainable lifestyle. Pol Fàbrega, one of Rooftop Republic's founders, says, "We supply our produce to the restaurants. Apart from the freshness of the ingredients, we make an effort to reduce carbon emissions at the same time."

Rooftop Republic also promotes organic farming, and it grows radishes, lemongrass, spinach, tomato and lettuce among other crops. Its rooftop farm is also used for teaching and demonstration purposes, and it welcomes participation by the public. Although the crop range is limited, it is nonetheless sufficient to enable participants to appreciate the fun of farming in the city.



都市農莊提供淋水及除草的服務，同時提供種子，方便顧客（上及右上圖）

City Farm offer services such as watering and weeding as well as providing seeds to customers (above and above right)

都市農莊位於柴灣的天台農場，附近被不少工廠包圍，但可為作物阻擋部分強風（下圖）

The rooftop farm of City Farm in Chai Wan is surrounded by many industrial buildings that serve as a natural wind shelter for crops (below)

Rooftop Republic's founders also hope to promote the concept of "seasonal eating" through taste, farming methods and scientific knowledge as examples. This will in turn facilitate their pursuit of the concept of a sustainable lifestyle. Apart from operating its rooftop farm, Rooftop Republic also helps clients design, install and manage rooftop farms, which is yet another way to promote urban agriculture.

Another rooftop farm operator – City Farm – has rooftop farms in Chai Wan, Kwun Tong and Tsuen Wan. Its farms are rented out to the public, and the tenants get to keep their own produce. According to Osbert Lam, founder of City Farm, the basic facilities are provided, the tenants get to decide what to plant, and they can even come up to the farm during office hours to manage their plots. As many tenants find it difficult to do things like watering and weeding on a daily basis, the farm helps out in these aspects. The farm's current winter produce boasts well over 10 crops, including tomatoes,

potatoes, mustard greens and kale. Many types of its produce are not easily found in shops, and if they are they're sold at a steep price.

City Farm also organises courses, thus giving people an opportunity to learn and experience the fun of organic farming. Participants get to acquire basic cultivation knowledge and skills, and learn about crop characteristics, fertilisers and pest control. Apart from enjoying the farming process, participants also get to harvest their own crops.

The New Territories presents a different landscape in local agriculture, with most local farms concentrated in Yuen Long and Ta Kwu Ling. Located in Yuen Long, Chun San Yuen Organic Farm produces close to 20 types

振生園種植不少市面較少見的作物，如紫色椰菜花，場主還親自由日本引入小型翻土機（左下及下圖）

Chun San Yuen's crops include the rare purple cauliflower. The farm's owner Shea even brought in his own grader from Japan for efficient farming (below left and below)



振生園的農產品主要運往中環及大埔的農墟出售
The farm regularly makes its produce available for sale in Central and at the Tai Po Farmers' Market



of organic vegetables, and has certification from Hong Kong Organic Resource Centre Certification Ltd. The farm's owner, Sheung-kwong Shea, says his family started operating pig farms as early as 1962. In 2008, he turned to vegetable farming after the launch of the government's buyout scheme for poultry farms in 2008.

The farm's colourful array of crops includes strawberries, salad vegetables, bell peppers, watermelon and tomatoes. There are even different varieties of the same type of crop, such as red, orange, yellow, green and black cherry tomatoes. "Agricultural produce that is rich in colour is beneficial for health," Shea says. "We try to avoid relying on a single variety, and want to give our customers more colours to choose from. Our customers tend to shop for one week's supply, and having too few varieties would not appeal to them." The farm regularly makes its produce available for sale in Central and at the Tai Po Farmers' Market, and also opens its farm for public visits in order to promote organic farming.

澳門農耕體驗 MACAU'S FARMING EXPERIENCE

除了香港，澳門亦保留了少量本地農業，以都市農夫形式吸引市民參加。澳門民政總署每年都會舉辦「農耕新體驗」，鼓勵市民親身參與。今年第一期在上個月於黑沙公園的開心農耕場揭開序幕，活動分為體驗班及進階班，分別為期三個月及六個月，讓廣大市民及有種植經驗的人士參加。專業人員會在開課當日親臨講解及示範，與參加者分享耕作知識及技巧，並解答有關種植作物方面的問題。

Like Hong Kong, Macau has retained a small agricultural sector, which relies on its "urban farmers" appeal to draw participation by the local population. The Official Provisional Municipal Council of Macau organises the "New Experience of Farming" event every year, the latest of which is taking place now at Hac Sá Park's Happy Farm. Aimed at encouraging direct participation by locals, activities comprise an experiential course and an advanced course that are scheduled to last three and six months respectively, and are suited for both experienced and inexperienced farmers. Professionals will impart knowledge through teaching and demonstrations, technical guidance and addressing questions relating to planting.



參考資料 USEFUL INFORMATION

振生園有機農場
Chun San Yuen Organic Farm
chunsanfarm.com

雲耕一族
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rooftoprepublic.com

都市農莊
City Farm
cityfarm.hk

香港便覽
Hong Kong fact sheet
gov.hk/ct/about/abouthk/factsheets/docs/agriculture.pdf

澳門「農耕新體驗」
Macau's "New Experience of Farming"
nature.iacm.gov.mo

澳門的「農耕新體驗」鼓勵市民親身參與耕種

The "New Experience of Farming" encourages direct participation by locals