

永續鄉郊

Rural Sustainability



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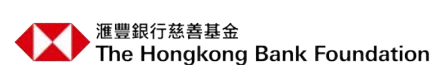
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永續發展沙龍 見證荔枝窩獲獎里程碑

A Sustainability Salon, A Moment of Recognition on the Lai Chi Wo Model



「官商民學」的跨界合作是「滙豐永續鄉郊計劃」順利推行的重要元素。
Cross-sector collaboration has been the key to the success of HSBC Rural Sustainability Programme.

跨界別協作項目「永續荔枝窩：農業復耕及鄉村社區營造計劃」於2013年開展，五年前正式進入名為「滙豐永續鄉郊計劃」的新階段，銳意實踐創新的社區經濟模式，以共同協作的手法，透過在地的行動，推動鄉郊永續發展，朝著荔枝窩全面復興的願景繼續進發之餘，亦為鄰近村落和景況相類似的地區，提供一個切實可行的永續發展模型。

荔枝窩項目獲頒2020年聯合國教科文組織亞太區文化遺產保護獎「可持續發展特別貢獻獎」，這是國際社會對項目持份者付出的不懈努力、甚至是「荔枝窩模式」的肯定。十年來，各界組織和人士合力耕耘，項目從可持續發展的三個重要方向——經濟、社會與環境，發展出一套強調城鄉共生並以自然為本的永續鄉郊模式。

「官商民學」深度對談 分享復育鄉郊經驗

當中，「官商民學」的深度跨界合作，更為同類項目帶來強大的動員力及影響力。聯合國教科文組織亞太區文化遺產保護獎的頒獎典禮上，荔枝窩計劃負責人羅惠儀博士主持了一場「永續發展沙龍」，邀請了來自大學、鄉郊、商界、政府的不同代表——包括香港大學公民社會與治理研究中心總監林維峯教授（林）、新界鄉議局執行委員陳嘉敏女士（陳）、時任滙豐氣候夥伴計劃亞太區總監鄺文昌先生（鄺），以及時任香港特區政府環境局局長黃錦星先生（黃），就鄉郊的永續發展分享經驗。以下是這場對話的精華節錄：

以社區及社群為本 共創重現活力

林：坦白說，一直以來都是摸着石頭過河，可幸這些聚在一起的石頭最終讓我們找對了路。鄉郊是屬於所有人的，自然應該由整個社會一起關心、守護。究竟鄉郊保育與發展之間可如何取得最好的平衡？如何讓社區——尤其在房子、樹木、農田等硬件以外——重現活力？這刻，我在荔枝窩的現場切實地感受到了。一言以蔽之，最重要的還是要以社區、社群為本。

鄺：回到2012、13年，整個項目在當時來說，可說是一個很大膽、很新鮮的想法，而真正了解鄉郊永續發展的人並不多。但可持續發展正需要新的思維。當時一開始推行的先導計劃，我們已深入地參與其中，最終能夠實踐到co-create（共創）的精神，是令人驕傲的事情。這個項目當初是個非常艱鉅的挑戰，但現在已證明了其影響力無遠弗屆，這實在讓人感覺非常高興。

Started in 2013 as “Sustainable Lai Chi Wo”, the Programme turned a new page in 2017 and renamed “HSBC Rural Sustainability”, with a focus on consciously pursuing innovative socio-economic models for rural communities with a collaborative approach emphasising village-based actions. It was hoped that with its sight set on reviving the community, the Programme could catalyse rural sustainability and also provide a practical model for neighbouring villages and rural areas alike to follow.

Following a decade of commitment on sustainable development, the Lai Chi Wo village, the Programme and its partners and stakeholders were honoured with the UNESCO Asia-Pacific Awards for Cultural Heritage Conservation in 2020. The effort has been commended for the collective actions on conserving the rural cultural landscape in Lai Chi Wo, as well as the experimentation of the “Lai Chi Wo model”, a prototype championing the integration between urban and rural, as well as nature-based sustainability comprising economic viability, environmental well-being and social equity.

A cross-sector reflection on the rural revitalisation model

Cross-sector collaboration has been not only the key to the success of the Programme, but also critical in terms of its ability to mobilise and create impact for projects with similar visions. In the Presentation Ceremony of UNESCO Asia-Pacific Award for Cultural Heritage Conservation for Lai Chi Wo Rural Cultural Landscape, Dr Winnie LAW, Deputy Director, Centre for Civil Society and Governance, HKU, hosted a salon of sustainable development. Attended by distinguished guests representing multiple sectors, including Mr Wong Kam-sing, the then Secretary for the Environment, HKSAR Government, Ms Carmen Chan, Executive Committee Member of Heung Yee Kuk New Territories, Mr Barry Kwong, the then Head of Climate Solutions Partnership, Asia Pacific Region, HSBC, and Professor Wai-Fung Lam, Director, Centre for Civil Society and Governance, HKU, the salon was summarised in the following.

A community-based rejuvenation via co-creation

Lam: To be honest, we have played by the ear, but fortunately, quite rightly so. The rural area belongs to all of us. Naturally, it should be cared for and guarded by all parties of our society. How to strike a better balance between conservation and development in rural settings? Apart from the houses, the trees and the farmlands, how do we rejuvenate the community? I've got the answer from being in Lai Chi Wo here and now. It is important that the Project is evolved around the community.

Kwong: Looking back into 2012 and 2013, the Programme was such a bold and fresh idea at that time. It was not so common for people to fully understand the concept of rural sustainability. But it was exactly the reason why the Programme was launched: it was a novel way of thinking. We have been deeply involved right from the start and are proud to be able to practise and sustain the ethos of co-creation. A remarkable challenge at the start, the Programme has proven its far-reaching impacts. It has been a pleasure to witness this happening.



Tony是復村前最後一批有在荔枝窩生活過的原居民。他參與了計劃中的社區共創項目，與本地藝術家合作，在其中一間老屋中策展了他家庭回憶的展覽。
Tony was among the last group of Indigenous villagers living in Lai Chi Wo before revitalisation. He participated in a co-creation project of the Programme and collaborated with local artists to curate an exhibition of his family memories in an old village house.



復耕過程讓不同的城市人有機會在荔枝窩學習及實踐永續生產。
The revitalisation process has provided urban dwellers with opportunities to learn and practise sustainable production in Lai Chi Wo.

發展與保育並行不悖 復育偏遠鄉郊

陳：其實，發展與保育之間並不對立，兩者並駕齊驅的荔枝窩就是好例子。荔枝窩的項目既有大學研究支援、商界的資源支持，以及鄉事委員會主席及各位村長的開明領導，但如果欠缺這種跨界的合作，單靠一方的力量，只能說是寸步難行。我好感觸，目前新界不少偏遠的鄉村正面臨「減村」的危機，很多地方正等着大家幫手，請各位繼續支持我們。

黃：荔枝窩的荔字裏面有三個「力」，這三個「力」都非常重要！第一個「力」，可以理解為「當地村民支持的力量」；第二個「力」，代表商界和大學投入的財力；第三個「力」，就是政府支持復育偏遠鄉郊政策的跨部門執行力，例如參與復耕往來荔枝窩與馬料水的街渡、處理民宿牌照、支援碼頭擴建等不同的部門及署方；另有環保署轄下成立的鄉郊辦及鄉郊保育資訊委員會。我們希望齊集社會各方的力量，加上鄉事組織的支持，為香港偏遠鄉郊的可持續發展一齊努力。

十年來，城鄉之間的互動，起了不少變化。然而，保育鄉郊文化和環境的熱情從未停止，而各界對於永續鄉郊的演繹，亦逐漸超越了發展與保育之間的二元對立思維。隨著「滙豐永續鄉郊計劃」獲獎，更令跨界合作的永續發展模式進一步被肯定。今日醞釀，明日城鄉——「荔枝窩項目」即將迎來第二個十年，期望聚合更多跨界合作的力量，進一步重現偏遠鄉郊的活力，並繼續探索以社群為本、在發展與保育之間取得平衡的永續鄉郊模式。



「滙豐永續鄉郊計劃」獲聯合國人居署 2021亞洲都市景觀獎

“HSBC Rural Sustainability Programme” won UN-Habitat 2021 Asian Townscape Award

評審團讚揚「滙豐永續鄉郊計劃」，「把一條荒蕪的鄉村復興成理想的農場，各個機構激發出人們的活力，並透過城鄉互動使其得以持續」。
The jury commended that the HSBC Rural Sustainability Programme “revived a devastated rural village into an ideal farm. The various organizations brought out the vitality of the people. We also focused on the interaction between rural and urban areas to make it sustainable”.



香港大學公民社會與治理研究中心助理總監戚曉麗帶領嘉賓到位於荔枝窩的香港大學實驗農場視察項目的復育成果。
The guests, guided by Katie Chick, Assistant Director of the Centre for Civil Society and Governance at The University of Hong Kong, checked out the HIKU experimental farm at Lai Chi Wo.



項目讓離鄉多年的原居民黃伯及群英姐可以重返村落定居。
Indigenous villagers Mr. Wong and Susan left Lai Chi Wo many years ago, but the Programme attracted them to return and settle down in the village.

Rural development and conservation are not mutually exclusive

Chan: Development and conservation are in fact not dichotomies. Lai Chi Wo is a good reference of practising both development and conservation. The Programme was feasible only because of cross-sectoral collaboration: research conducted by the university, resource support from the corporate sector, as well as open-minded leadership by chairpersons of rural committees and the village representatives. Otherwise, it was improbable to proceed. I am saddened that remote villages are disappearing, and I urge everyone to please support us.

Wong: I draw inspiration from the three sources of “force” in the Chinese character of “Lai”. All of these “forces” are key to our Programme. The first “force” could be understood as the local support; the second “force” as the inputs from the business sector and the university; and the third “force” as the capacity to execute policies to support the revival of remote villages. We hope to join all forces of our stakeholders, with the support from the rural organisations, to work for the betterment of rural sustainability of rural communities in Hong Kong.

Urban-rural interactions have evolved considerably in the last decade. The passion for conservation of rural culture and environment, however, has not stopped for a moment. Rural actions have transcended dichotomous understandings of development and conservation, and consolidated the role of cross-sector collaboration in the Programme. As the Lai Chi Wo programme enters its second decade, more parties are expected to join forces to revitalise remote villages and to further explore the community-based model of rural sustainability.



荔枝窩村獲美國建築師學會（香港）特別嘉許獎2021

Lai Chi Wo Village conferred Community Citation 2021 by American Institute of Architects (Hong Kong Chapter)

評審團讚揚荔枝窩村彰顯了「個人和團體持續協作保護這座歷史悠久的客家圍村的遺產，包括活化其傳統農業和文化景觀以及一些房屋，從而促進鄉村社區的永續發展，並鼓勵有效控制新界鄉村的土地利用」。
Lai Chi Wo Village was awarded “for the ongoing collaborative efforts of individuals and organizations in heritage conservation of this historic Hakka walled settlement including revitalisation of its traditional farming and cultural landscapes together with a number of the houses, thereby promoting sustainable rural community development and encouraging effective control over rural land use in the New Territories”.

本地廚房——以食養農 連繫身心與意志

LoCoKITCHEN: Connecting Like-minded for Sustainable Production



藉疫情反思本地農產品的供求，「本地廚房」帶動消費者建立起關注本地食物生產及農業發展的意志。COVID-19 has been a blessing in disguise for LoCoKITCHEN, which incubates a community committed to caring for local food production and the development of the agricultural sector.



性價比不是一切

應如何鼓勵本地人「食本地嘢」？「本地種植」項目經理文沛兒（Iris）先來分享，說到近期有位蘿蔔產品的顧客，開箱品嚐後大讚「蘿蔔有蘿蔔味」，「蘿蔔啱個甜、啱個質地，唔係我哋平時食開」，甚至有「不得了，返唔到轉頭了」的好評。但對於這樽無添加的蘿蔔醃漬，這名客人的第一印象是「好鬼貴」，不過後來他告訴Iris，覺得自己「好膚淺」——所謂的膚淺，大概是一般人慣性透過價格去閱讀並了解一件產品的價值。

「食本地嘢」只是第一步。真正要鼓勵的，是大眾關注食物生產及農業發展的意志。近半年，外圍供貨量的不穩提供了誘因，讓消費者願意踏前一步，並意識到本地農品及漁獲的存在與意義。Iris說，「本地種植」的工作重點，正正就是要說服客人「購買」良品背後的價值，而非純粹「支持」本地此亮麗招牌。相對「日出而作，日入而息」這種對農業比較平面、遙遠的想像，團隊更主動地透過創新的產品，以飲食介入本地的發展議題，「講嘅係點樣同本地農業有真實嘅連繫」，帶動消費者持續關注本地農場、食物工廠，以及整條產業鏈。

隨疫情發展，焦點落在農產品的供應鏈上。物流業的服務遭中斷後，本地菜價節節上漲，連帶建屋以外的土地價值，我們能否吃得起香港菜、以至如何建立起一個永續共融而健康的在地食物系統等存在已久的話題，在各大小討論區內一併復活；甚至，有農夫暗示，當下正是香港農產的復興元年。位於香港邊陲的食品加工小隊「本地廚房」，正借助疫下供應與價格波動的日常，革新食物與消費者的被動關係，嘗試在「食平嘢」與「食好嘢」的二元想像與視野開始變得模糊之際，鼓勵香港人「食本地嘢」，並建立起關注本地食物生產及農業發展的意志。

Waves of COVID-19 have disrupted the food supply chain as the price of local fresh produce skyrocketed. The society's attention on food supply has timely rebooted the much-needed discussions of some deep-rooted issues — for instance, the affordability of local vegetables, the roles and values of land, and the probability of setting up a sustainable, inclusive and healthy local food system. Yet, the food supply shocks were strategically leveraged by LoCoKITCHEN, a small-scale food processor which prides itself on encouraging Hong Kong citizens to eat more local, to care for local food production and the development of our agricultural sector.

小廚房，大野心 A small kitchen with a big heart

2020年由香港大學公民社會與治理研究中心及社企「本地農舍」成立的「本地廚房」獲滙豐支持在沙頭角建立佔地800呎的小型食品製造廠。由農產品做起，從社區內發掘人力而生產，以本地農產為生產線的主角，兩年下來已發展成每日過百樽產能的規模；目標希連結小型農場、生產者及零售網絡，應付本地農夫的實際需求；將銷售渠道未能及時消化的農產，進行品質可靠、過程複雜的加工程序，並透過「本地種植」的品牌推出市場，延長其保鮮期限並成為更高價值商品。

LoCoKITCHEN was supported by HSBC and jointly founded by the Centre for Civil Society and Governance at HKU and social enterprise FarmShare in 2020 as a licensed, quality-oriented food processing kitchen in Sha Tou Kok, New Territories. It started off with a mission to feature local produce and create a network of resources and support among small farms, producers and retail outlets, along with an intention to address the practical needs of local farmers: the licensed kitchen, branded under LoCoFARMS, could take and process sizeable quantity of produce, and extend its shelf life as a higher value commodity. The production capacity of the plant has been improving over the years and now it is capable of producing over 100 bottles of its core products every day.

Price doesn't say it all

How to encourage consumers to eat more local produce has been a challenge, according to Iris Man, project manager of LoCoFARMS. She recalled a recent feedback from a consumer: the first impression of the brand's pickled white radish was "very expensive", only to admit later that his comment was too "shallow", understanding the value of a product should not be weighted only by the retail price. However, there was "no way back" for him after tasting this "astorishingly made" product with organically grown white radish.

Trying and reaching out for local products would merely be the first of the many steps. The real effort would be required for the public's commitment for locality. Amid a disrupted supply chain, consumers have been incentivised to realise the values of locality. It is therefore crucial for LoCoFARMS to explain the values behind such commitment through innovative products: instead of asking kindly for "moral support", the brand was more about creating an awareness on the entire chain of production, as well as an authentic connection between consumers and the agricultural sector.



「本地種植」的產品通常需要經過一個生產季度的開發實驗，與農夫協商，反覆調整產品形態和味道，才會進行小規模量產，推出市場。LoCoFARMS products usually need to undergo a season of R&D, which involves liaisons with farmers and multiple adjustments to the product forms and tastes, before entering the market in small scale.



網購平台上，「本地種植」的滿意度有4.8分（5分為滿分），留言者一般都附上「質感優異」、「符合期望」、「風格獨特」及「想再回購」等正評標籤。LoCoFARMS has got a 4.8 rating (out of 5) with rave reviews on the online shopping platform — for instance, "excellent quality", "totally my expectation", "unique flavours", "will return for more".

創意產品背後的研發小故事

Pinkoi 購物平台，是「本地種植」的另一條戰線。上架的主打產品——包括雙薑黃金醬、蘿蔔和風甘酢漬及粒粒冬瓜露等，盡是Iris口中作為闡述複雜理念的「入屋」首選，然而這些創意產品背後必經漫長的研發過程。負責為「本地種植」品牌監督生產的「本地廚房」廠長梁凱珊（Vivian）解釋，每件新品落實投產前，均經過無數次的品質檢定及風味測試。就以最近的薑品為例，Vivian笑說「不停試薑係會有後果嘅，熱氣㗎，會爆暗瘡」。早前研發出來的第一代薑茶本身「好好味，但係沖起之後有好多浮面嘅薑皮。」雖然有部分負責風味品鑑的同事覺得「食到渣」才代表真材實料，但亦有意見認為「好黏口」，Vivian於是作出妥協並改用薑汁，最後版本「乜嘢渣都無」。

至於極受歡迎的金無花果檸檬果醬，背後隱藏著比薑茶更為曲折的研發故事。坪崙「有心機」農場的金無花果原本是供應給酒店餐廳的，但因疫情的緣故無人接手，於是馬上接洽「本地廚房」。經過數月的研發過程，加入了上水仔記農場的香水檸檬，成為了現時無花果醬食譜的最終版本，但準備量產時卻錯過了無花果的收成季節。以為投放的時間付諸流水，怎料農場過了一年後，再主動找Vivian合作生產果醬，推出後反應非常熱烈。

關注食農發展 口味以外的覺醒

「本地廚房」的出品涉及相當高的先天成本及風險，研發期長，鮮貨供應不穩，甚至「都試過全軍覆沒，你都可以未有成品」，量產後團隊更要盡快接觸銷售對象，讓他們有信心花一個與眾不同的價錢，跳出安舒區去嘗試。生產這種無添加的季節性產品，無疑是與時間競賽。但Iris補充，「本地種植」盡量「唔告急、唔打情牌，主打就係好味」，確保原味、好味的體驗得以傳遞開去，讓香港人的口味得以覺醒，意識到食物背後的生產及零售社群的整體福祉。蘿蔔——毫無懸念地——真的應該有蘿蔔味。

The ups and downs behind the R&D process

LoCoKITCHEN products are now available on Pinkoi. It is an e-commerce platform that is best suited as a mass-friendly carrier of complicated, layered messages and narratives behind the products. Yet these innovative products took lengthy periods of research and development before taking any shape. One of the key steps would be the countless rounds of quality assessment, said Vivian Leung, the head of operations at LoCoKITCHEN. For instance, the first generation of ginger tea exuded a great taste, but it came with a layer of ginger peel that sacrificed the smoothness of the drink. The final version of the tea features purely ginger juice without any peel.

The sought-after golden fig and lemon marmalade was a different story with a twist. The thin-skinned sweet golden figs from Zen Organic Farm in Ping Che, meant to be supplying for a hotel restaurant, were abandoned due to COVID. LoCoKITCHEN picked them up from the Farm and spent months in research and development. Finally, a seasonal, sweet and fruity marmalade was successfully created by marrying the produce with tangy citrons from Sheung Shui Ma Kee Farm. The team was ready for mass production, but then the harvesting season of fig was missed. It was thought to be a blow to the project only until a year later the Farm reached out to Vivian again and the product has been a proven success with overwhelming orders and purchase.

The awakening beyond taste

The process of manufacturing and investment of all these seasonal, organic products of LoCoKITCHEN is inevitably a fierce race with time, involving great risks and high costs. The products, once launched, have to reach their target consumers as soon as possible. The brand LoCoFARMS, a promise of delivering an authentically good taste and a consciousness that concerns the entire well-being of the community behind production and retail, is indeed worth a try.



「我哋隻無花果醬係可以做 pizza、bakery，又可以襯餅乾。有好多fans兩星期已經食晒成樽醬！冇諗過原來有人係鍾意到咁嘅地步，真係好開心㗎！」本地廚房的 Vivian 說。
“Our golden fig and lemon marmalade works as a base for pizza and bakery, even matches with biscuits. Our fans told me that they could finish a jar within two weeks! It wasn't expected, to be honest. I'm truly over the moon,” says Vivian.

鄉郊永續發展與 聯合國可持續發展目標

Rural Sustainability for Attaining UN Sustainable Development Goals

面對貧窮問題、人權問題和氣候變化等全球性挑戰，聯合國全體會員國於2015年通過《2030年可持續發展議程》作為發展藍圖，以17個可持續發展目標團結世界各國協力採取全面的行動。

因應全球各地城鄉發展差距擴大，鄉郊發展滯後和人口外移，目標11「可持續城市和社區」提到「通過加強國家和區域發展規劃，支持在城市、近郊和農村地區之間建立積極的經濟、社會和環境聯繫」。這正是「滙豐永續鄉郊計劃」的理念，我們積極透過農產銷售合作鏈、鄉郊領袖培訓、鄉郊創始培育及社區共創計劃等，促進城鄉互動。

雖然「滙豐永續鄉郊計劃」主要實踐目標11，但此計劃同時也呼應了其他多個可持續發展目標。例如我們與多個本地農場、生產者及零售網絡合作，共建永續糧食系統，呼應了目標12「負責任消費和生產」。我們採用農林間作法，試驗能夠保育林木以減緩氣候變化的永續農業方式，呼應了目標13「氣候行動」。計劃初期在荔枝窩進行了生態基線調查以便進行長期的生境管理工作，呼應了目標15「陸地生物」。港大與商業機構、政府和社會各界協作推行這個計劃，呼應了目標17「促進目標實現的伙伴關係」。

事實上，鄉郊永續發展愈來愈強調糧食、水、能源、健康、教育、經濟發展和性別平等之間的聯繫，對多個可持續發展目標都能作出貢獻。

In addressing the challenges of poverty, human rights and climate change, all United Nations Member States adopted the “2030 Agenda for Sustainable Development” in 2015. The Agenda calls for holistic actions in global partnership with the establishment of 17 Sustainable Development Goals (SDGs).

In view of the widening rural-urban disparities, Goal 11 “Sustainable Cities and Communities” calls to “support positive economic, social and environmental links between urban, per-urban and rural areas by strengthening national and regional development planning”. This is exactly the aim of our HSBC Rural Sustainability Programme which promotes rural-urban interaction through leadership training programmes, the co-kitchen model, the Rural in Action Start-up Scheme and the Co-creation of the Community Scheme, etc.

Although the HSBC Rural Sustainability Programme mainly focuses on implementing Goal 11, it also addresses many other SDGs. For example, Goal 12 “Responsible Consumption and Production” is addressed by collaborating with local farms, producers and retailers to enhance food system sustainability. Goal 13 “Climate Action” is addressed by experimenting with agroforestry to conserve trees and mitigate climate change. Goal 15 “Life on Land” is addressed by conducting an ecological baseline survey at an early stage for continuous habitat management. Goal 17 “Partnerships for the Goals” is also addressed as the Programme is a collaboration among the academic, business, public, and social sectors.

Sustainable rural development can contribute to many SDGs as it increasingly emphasises on the interconnectedness between food, water, energy, health, education, economic development and gender equality.



神秘的牛屎湖

Ngau Shi Wu – A Desolated Village Off the Beaten Track

牛屎湖是荔枝窩曾氏族人在人口膨脹過程中分支出來的村落，長年荒廢，人跡罕至，但近年政府修繕三桠村至西流崗的小徑，吸引了不少人沿路探索牛屎湖的古村秘境。

從三桠村沿山徑往牛屎湖，會途經一座百多米高的牛屎湖山。牛屎湖村處於林蔭密布的山谷中，前臨印洲塘牛屎湖灣。此灣深處的一座山丘小島建有小渡頭，方便昔日村民經水路出入。村民在小島兩端修築石堤連接兩旁的水畔，排走內側的海水，在其中開闢田地。據村長曾瑞文所說，整片農田遠看像湖泊一般，該村因此名為「牛池湖」，而「牛屎湖」之稱則可能是因村民的客家口音令人誤聽所致。如今石堤失修，農田變成寧靜的淺灘。

牛屎湖村曾有過百人居住，村民以耕種及捕魚為生，但就像慶春約其他村落一樣，牛屎湖的村民在上世紀60-70年代紛紛移居英國等地。1965年《華僑日報》和《工商晚報》先後報導該年3月6日來往沙頭角與牛屎湖的街渡遇上風浪沉船，船上12人全部墮海，僅八人獲救。村長說當時船主救起了大部分村民，但船主已年過六十，救人期間體力不繼，不幸與三位村民一同喪生。船主奮勇無畏的精神，得到村民敬佩。後來牛屎湖人口急速下滑，80年代已無人在村中居住，破舊的村屋和豬寮等現已被樹木和藤蔓佔據，多座殘留的釀酒爐灶則成為了牛屎湖村的特色遺蹟，讓人一瞥前人的生活面貌。

Ngau Shi Wu (also called “Ngau Chi Wu”) is a village branched out from the Tsang clan in Lai Chi Wo. It is a long abandoned village seldom visited. However, as the government recently improved the hiking trail from Sam A to Sai Lau Kong, more people are attracted to explore the ancient village of Ngau Shi Wu along the path.

Ngau Shi Wu is located in the valley of a hill called “Ngau Shi Wu Shan” and facing “Ngau Shi Wu Wan”, an inner bay of Double Haven. In the bay area, there is an islet where a small pier was built for villagers to travel by boat. To get more land for farming, villagers in the past built two dams from the islet to connect with the adjacent headlands. Nowadays the dams are in disrepair and the farmland is drowned by water.

There used to be over a hundred inhabitants in Ngau Shi Wu but most of the villagers moved abroad in the 1960s and 1970s. In 1965, two local newspapers reported that a Kaito ferry serving between Sha Tau Kok and Ngau Shi Wu encountered a storm on March 6 that year, and the 12 people on board all fell into the sea, with only eight being rescued. According to the village representative Mr. Tsang Sui Man, the ferry owner who was in his sixties bravely rescued most of the villagers but was then unable to sustain his strength, thus died with three villagers in the accident unfortunately. Later on, Ngau Shi Wu’s population further declined and the village was totally deserted in the 1980s. Houses and pig sheds are now dilapidated and occupied by vegetation. Remnants of winemaking stoves have become the characteristic relics of the village.



相片提供 photo source: 環境保護署鄉郊保育辦公室 Countryside Conservation Office, Environmental Protection Department

永續咖啡價值鏈證書課程

Certificate in Sustainable Coffee Value Chain

永續社區學院與Coffee Lab Asia去年首次合作推出「永續咖啡價值鏈證書課程」，結合永續價值鏈的概念及咖啡農場的地地實踐，推動在香港建立永續的咖啡生產、消費和回收網絡。課程由香港大學、Coffee Lab Asia及國際咖啡質量研究所（CQI）導師組成的專業團隊教授，包括四個單元：

- 單元一：認識咖啡
- 單元二：從種子到成樹——咖啡種植
- 單元三：從果實到杯子——咖啡採收和後製處理
- 單元四：邁向永續發展——咖啡價值鏈

這是香港首個從種子到杯子、以咖啡生產和價值鏈管理為重點的綜合課程，並另設中期認證「咖啡種植、採收及後製專業培訓證書」以及「永續發展與咖啡行政管理人員培訓證書」。完成課程及通過相關評核之學員可同時獲得精品咖啡協會（SCA）及國際咖啡質量研究所（CQI）相關專業認可資格，及獲邀參加香港咖啡生產實習。

Last year, the Academy for Sustainable Communities and Coffee Lab Asia organised the “Certificate in Sustainable Coffee Value Chain” programme in collaboration for the first time. Integrating the concepts of sustainable value chains and hands-on practice at local coffee farms, the programme advocated the building of a sustainable coffee production, consumption and recycling network in Hong Kong. The teaching team included professional members from The University of Hong Kong, Coffee Lab Asia, and Coffee Quality Institute (CQI). The four modules are:

- Module 1: Introduction to Coffee
- Module 2: From Seed to Tree – Cultivating Coffee
- Module 3: From Cherry to Cup – Harvesting and Processing Coffee
- Module 4: Towards Sustainability – Coffee Value Chain

From seed to cup, this was the first comprehensive course offered in Hong Kong. Intermediate awards “Professional Training in Coffee Cultivation, Harvesting and Processing” and “Executive Training in Sustainability and Coffee” were available. Students, who completed the course and passed the relevant assessments, were also awarded with associated Specialty Coffee Association’s (SCA) and Coffee Quality Institute’s (CQI) recognitions, and were invited for local coffee production placement opportunities.

詳情請留意學院網頁
Please stay tuned to the Academy website



「身心靈健康」 社區共創項目

Co-creation Projects on Wellness

都市人生活壓力大，若能忙裡偷閒，到鄉郊接觸大自然，往往能體會到大自然的神奇療效。「滙豐永續鄉郊計劃」轄下最新一期「社區共創：重塑鄉郊」項目以「身心靈健康（Wellness）」為主題，邀請各界專家及有心人設計及試驗利用鄉郊資源提昇城市人身心靈健康為目標的社區共創計劃，獲選項目包括：

Urbanites have a stressful lifestyle, but when we sneak a break to visit the rural areas, we often can experience the healing power of Nature. The latest round of the HSBC Rural Sustainability Programme’s “Co-creation of the Community Scheme” invited specialists of different expertise and keen individuals to help identify and utilise rural capitals of villages for promoting wellness.

修靜體驗@荔枝窩 Xiu Jing Experience@Lai Chi Wo

應用臨床心理學和藝術治療的方法，在荔枝窩舉辦一系列修靜體驗營，透過「太極·隨意·自在」功，讓參加者體會鬆靜定，並學習如何應用在生活中。（項目倡議者：阮詠春）
This project applies clinical psychology and art therapy to organise meditation and mindfulness training camps in Lai Chi Wo to help participants experience relaxation, quietness and stillness. (Project Proponent: Yuen Wing Chun)



📍 www.jxyhk.info/

梅林屋下 Homey Mui Tsz Lam

由建築師、藝術家和專業正念導師合作領導，在沙頭角梅子林為公眾舉辦正念工作坊，亦會運用村中的碎屋瓦及竹資源，製作一個戶外遮蔭場地供社區使用。（項目倡議者：繼里畫坊）
Led by architects and in collaboration with artist and mindfulness trainer, this project organises mindfulness workshops in Mui Tsz Lam Village in the Sha Tau Kok area for the general public. The project also utilises local materials in the village to create a covered space for community use. (Project Proponent: The Common Map)



📍 TheCommonMap

星Sing合唱鄉郊玩樂園 Star Countryside Singing Tour

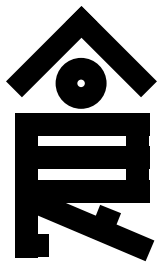
透過音樂治療、合唱團訓練和鄉郊活動，幫助自閉症譜系人士及其家人享受音樂，從而提升自閉症譜系人士的身心靈健康和社交能力，同時減低照顧者的壓力。（項目倡議者：自閉兒生命發展社；協辦機構：喜之妙事音樂教育中心）
This project offers music therapy choir programmes and related rural activities to help teenagers with autism spectrum disorder (ASD) and their parents improve physical, mental and spiritual health. (Project Proponent: Autistic Child Life Building Development; Project Collaborator: Heidi Music Hong Kong)



📍 自閉兒生命建立發展社
📍 heidimusichk

肉厚清甜的遲水白蘿蔔

Sweet and Juicy Late White Radishes



白蘿蔔味甘、辛，性涼，也許會令人誤會不宜多吃，但中醫認為，由於冬季會進食大量燥熱之物，因此白蘿蔔此等性涼味甘的食物不應避而不吃。香港種植的蘿蔔一般按下種的時間分為「早水蘿蔔」和「遲水蘿蔔」。遲水大蘿蔔的蘿蔔味較濃，而且肉質雪白，農夫每年都於重陽節後下種，在農曆新年前收割，令大家可以用肥大雪白的白蘿蔔製作蘿蔔糕。

農夫在種植白蘿蔔的過程中，往往需面對重重難關。大蘿蔔肉厚清甜而且水份豐富，自然會吸引田鼠、野豬等動物食用。而且種植大蘿蔔的時機及溫度都是影響收成的關鍵，種植時間過長，大蘿蔔便會出現「糠心」或「黑心」的情況，天氣太熱則會加速蘿蔔生長，令出產的大蘿蔔不夠水份及欠缺清甜。

White radishes taste sweet and spicy and are considered a “cooling food” in Chinese medicine. As people often consume a lot of “warming food” in Winter, it is good to eat white radishes to strike a balance. White radishes grown in Hong Kong are often classified into “Early Radishes” and “Late Radishes” according to the time of growing. Late Radishes are grown after Chung Yeung Festival and harvested before Chinese New Year. They are tasty and good for making radish cakes.

Farmers usually face many challenges when growing white radishes. As the big white radishes are sweet and juicy, they often attract wild animals such as boars and field mice. Also, if the white radishes are grown for too long, their flesh may have holes or turn greyish. High temperature may accelerate the growth of the radishes, making them less juicy and less sweet.

●

本地種植 × 田嘢 - 「香港蘿蔔2022」

LoCoFARMS × TinYeah – “HK Robert Go! 2022”

推廣本地生產的組織「田嘢」自2020年起創建了「香港蘿蔔」計劃，集合以土地友善方式耕種的本地農戶、小店及餐廳，透過港人熟識的白蘿蔔，把本地菜帶到市民的日常。「香港蘿蔔」踏入第二年，與本地食農創新品牌「本地種植」合作，嘗試更多本地加工元素。除了推介本地的新鮮遲水大蘿蔔，計劃更向市民大眾推廣利用本地蘿蔔製作的蘿蔔糕及特色產品，令本地農產品更多元化，開拓更多本地農業的可能性！



今年計劃聯合了13個農場、10間餐廳及食物加工廠，及超過40間小店，合共推出了逾15,000斤蘿蔔到市場，將「香港人食香港菜」的概念推廣到更多餐桌上。

TinYeah, an organisation which promotes local produce, collaborated with eco-friendly local farmers, small shops and restaurants and launched the project “HK Robert Go!” in 2020 to bring local produce into the daily life of Hong Kong people through white radishes. In this second year of the project, TinYeah partnered with LoCoFARMS, a new local agro-food innovation brand supported by the HSBC Rural Sustainability Programme, to explore further local processing potentials of the local white radishes. This includes promoting radish cakes and other special products. It helped diversify local farm products and open more possibilities for local agriculture.

The project collaborated with 13 farms, 10 restaurants and food processing factories as well as over 40 small shops this year. Over 15,000 cabbies of white radishes were sold to the market, promoting the concept of “Hong Kong people eat Hong Kong vegetables” to more families.

 香港蘿蔔 [hkrobertgo](#)



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永續坊於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。永續坊秉承中心的使命，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 ccsg.hku.hk/project-psl/

「滙豐永續鄉郊計劃」由永續坊推行，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-production 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.

採用森林管理委員會認證紙張及大豆油墨印製 Printed with soy ink on FSC paper