

綠田園有機雅宴 2006 Organic Slow Feast

享受一頓生態、美食與文化結合的全有機晚宴
支持一個為地球、為健康的慈善活動

Enjoy a completely organic fusion cuisine of ecology, gourmet and culture. Support a charity event for the earth and our health

2006年11月18日(星期六)下午6時30分
尖沙咀北京道一號七樓功德林上海素食

November 18, 2006 (Saturday) 6:30pm
Kung Tak Lam Shanghai Vegetarian Cuisine, 7/F, 1 Peking Road, Tsim Sha Tsui

主辦 Organized by:



協辦 Co-organized by:



贊助 Sponsors



本地有機農墟 Local Organic Farmers' Markets

大埔農墟 Tai Po Farmers' Market

地點Venue: 大埔蔬菜產銷合作社 (大埔太和路消防局對面)
Tai Po Vegetable Marketing Co-operative Societies Ltd. (near Tai Po Fire Station and Tai Wo KCR)
墟期Service Hours: 每月第二/三/四 (及第五) 個星期日
上午九時正至下午五時正
(個別公眾假期休息 - 請參閱場內或網頁上的通告)

9:00 am - 5:00 pm Every Sunday
except the 1st Sunday of each month
(please refer to announcement in the market or website for special arrangement of public holiday)

查詢Enquiry: 2387 4176
網頁Web Page: <http://market.fedvms.org/>

有機菜站 Organic Stop

地點Venue: 屯門香港黃金海岸商場棕櫚廣場
Palm Court, Hong Kong Gold Coast Shopping Mall, Tuen Mun
墟期Service Hours: 逢星期二/四——上午十時正至下午一時正
逢星期六/日——上午十時正至下午五時正 (售完即止)
Every Tue/Thu: 10:00 am - 1:00 pm
Every Sat/Sun: 10:00 am - 5:00 pm
(Close when stocks are out)

查詢Enquiry: 2387 4176
網頁Web Page: <http://market.fedvms.org/>

嘉道理有機農墟 Organic Farmers' Market of KFBG

地點Venue: 大埔林錦公路嘉道理農場暨植物園
Kadoorie Farm and Botanic Garden,
Lam Kam Road, Tai Po

墟期Service Hours: 每個月的第一個星期日上午9:30至下午4:30
9:30 am - 4:30 pm First Sundays of each month

入場費Admission Fee: 每位10元 (60歲以上長者及12歲以下小童免費)
\$10/person (Visitor over 60 and under 12 are exempted)

查詢Enquiry: 2488 1317
網頁Web Page: <http://www.kfbg.org.hk/>

灣仔農墟 Farmers' Market in Wanchai

1) 日期Date: 2006年11月12日及12月10日
Nov and 10 Dec 2006
時間Time: 下午1:00 - 5:00 1:00pm - 5:00pm
地點Venue: 銅鑼灣白沙道
Pak Sha Road in Causeway Bay

2) 日期Date: 2006年11月19日至2007年4月29日期間
每逢星期日
Sundays from 19 Nov 2006 to 29 April 2007
時間Time: 上午11:00 - 下午5:00 11:00am - 5:00pm
地點Venue: 灣仔告士打道花園 (稅務大樓旁)
Gloucester Road Park in Wan Chai
(Next to Revenue Tower)

查詢Enquiry: 2488 0602
網頁Web Page: <http://www.greenpeace.org.cn>

波老道藝墟 Borrett Road Market

地點Venue: 波老道20號港島學校停車場
Car park of The Island School, 20 Borrett Road, Mid Levels

墟期Service Hours: 每個月第二個星期日上午10:00至下午5:00
10:00 am - 5:00 pm Second Sunday of each month

查詢Enquiry: 2523 6835 / 6418 1627
網頁Web Page: <http://www.borrettmroadmarket.com/main.htm>

主席的話 Message from Chair

心服口服開展
有機戀情
As You Begin Your
Organic Affair Tonight



親愛的朋友：

綠田園基金感謝你今夜光臨，締造了這個難得的緣份，因為你將會

- 親自見證有機食品的天然美味，在品嚐過我們準備這些驚詫又感動的美食之後，從此明白人家說「好吃的不健康、健康的不好吃」如何大錯特錯；
- 讚嘆我們香港的有機農友如何用心種出多采多姿的作物，造福社會，惠澤眾生；
- 在享受過慢食的祝福之後，悟出自然自在的人生哲理，此後懂得留給自己閒暇空間，盡量感應、欣賞世間的美事；
- 認識更多關於順應自然的生活大道理小智慧，於是更樂於過有機生活，令自己和周圍的人更健康更幸福，境界更上一層樓；
- 以實際行動支持本地的有機農產事業，讓綠田園基金由於你的慷慨捐助而做更多更有意義的綠色教育工作。

這個城中盛會得到越來越多社會人士支持，成為本地有機業界一年一度的熱鬧派對，都是大家樂善好施群策群力的結果，相信這一餐不但令你對有機美食耳目一新，還會吃出健康吃出愛，得到食物和它們背後的有心人的誠摯祝福。

Dear Friend,

The Produce Green Foundation welcomes you warmly to our gathering tonight, and thanks you for contributing to our fun. You will

- Witness in person the great taste Nature blessed us with food grown according to The Way;
- Admire at the love and brilliance of our local organic farmers and be grateful to them;
- Appreciate the wonder of "slow living" after enjoying this feast in a pace "compatible to our nature";
- Learn more about the theory and practice of organic living, become a healthier and happier soul; and
- Have done a good deed by supporting our Foundation, and enabling us to do more to spread the green message in this community.

This is the third time we present this annual Feast to you, and it is becoming the talk of the town. May the food and our company boost your loving energies every day—until we meet again next year.

主席 周兆祥
Simon S.C. Chau
Chair



局長賀辭 Message from the Secretary

綠田園基金於一九八八年設立全港首個有機教育農場，透過有機耕作的概念來推廣綠色生活，對推動有機農業及環保教育作出了極大貢獻。綠田園更於二零零四年以別開生面的形式首辦「有機雅宴」，寓教育於美食，加深市民對有機農作物和健康飲食文化的認識，實在深具意義。

有機耕種是一種按照自然規律來種植農作物的耕種方法，有機農夫會避免使用人工合成的化學農藥和肥料，並配合輪種和動植物廢料交替使用，從而避免損害環境、保持泥土肥沃，並盡量維護生態平衡。可持續發展是有機耕種背後的精神，這與我們自然保育政策的理想可謂不謀而合。

隨著教育的普及和整體市民對環保的進一步認識，現代人愈來愈重視健康飲食。我深信，綠田園會繼續發揮力量，積極推廣這種既可讓市民吃得健康，又有利保護自然環境的耕種方式。

最後，我謹預祝二零零六「有機雅宴」籌辦成功。

Since the establishment of its education farm in 1988, the Produce Green Foundation has been promoting the concept of green living through organic farming activities, and has made significant contributions to fostering organic agriculture and environmental education. The Organic Slow Feast, which combines education with gourmet food, is a special event held annually since 2004 to enhance the public's understanding of organic crops and healthy diet.

Organic farming is in fact a way to produce crops in response to the course of nature. Apart from avoiding the use of chemical pesticides and fertilizers, organic farmers also practise crop rotation as well as composting by using animal and plant residues. Such kind of farming practices could prevent possible pollution problems brought about by chemical pesticides and fertilizers, while maintaining soil fertility and ecological balance at the same time. The rationale behind organic farming happens to coincide with the aim of our nature conservation policy - for sustainable development.

With more popular education and a deeper understanding of the public towards the environment, people now are more aware of the importance of eating in a healthier way. I firmly believe the Produce Green Foundation would continue to strive to promote organic farming, which protects the health of both the general public and the natural environment.

Finally, I would like to wish the Organic Slow Feast 2006 every success.

環境運輸及工務局局長 廖秀冬博士

Dr. Sarah Liao

Secretary for the Environment, Transport and Works

節目程序

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下午6時30分
2006年11月18日
尖沙咀北京道一號七樓功德林上海素食

主禮嘉賓

廖秀冬博士
環境運輸及工務局局長

司儀

毛孟靜小姐、林超榮先生

節目

下午6時30分 嘉賓就座：慈善義賣

下午7時 綠田園基金主席周兆祥博士致歡迎辭

下午7時05分 主禮嘉賓廖秀冬局長致辭

下午7時10分 致送紀念品予主禮嘉賓、贊助藝術家及義工

下午7時15分 雅宴開始

下午8時30分 慈善義賣及本地藝術家作品慈善拍賣

下午9時40分 抽獎

下午10時 雅宴結束

Programme

6:30 pm
November 18, 2006
Kung Tak Lam Shanghai Vegetarian Cuisine
7/F, 1 Peking Road, Tsim Sha Tsui

Officiating Guest

Dr. Sarah Liao Sau-tung
Secretary for the Environment, Transport and Works

Master of Ceremony

Ms Claudia Mo, Mr. Lam Chiu Wing

Programme

- | | |
|-----------------|---|
| 6:30 pm | Reception: charitable sales |
| 7:00 pm | Welcoming Address from Dr. Simon Chau, the Chair of the Produce Green Foundation |
| 7:05 pm | Message from Dr. Sarah Liao Sau-tung, Secretary for the Environment, Transport and Works |
| 7:10 pm | Presentation of souvenir to Officiating Guest, Artist-donors and Volunteers |
| 7:15 pm | Dinner Commence |
| 8:30 pm | Charitable Sales and Charitable Auction of Works of Art from Local Artists |
| 9:40pm | Lucky Draw |
| 10:00 pm | Dinner End |

玄米綠茶

白毫綠茶、糙米

中華七色大拼盤

炸豆腐粒蔬菜沙律 秘製豆腐、芥花籽油、生菜、紫椰菜、牛油果、意大利生菜、番茄、番薯、千島醬汁

煎老豆腐 秘製豆腐、生菜、生抽、茴香籽、月桂葉、芥花籽油

豆渣餅 豆腐渣、芥花籽油、海鹽

涼拌菇粒茄子 茄子、茶樹菇、秀珍菇、鮑魚菇、雞腿菇、辣椒、甜椒、芥花籽油、海鹽、原蔗糖

什菌水餃 茶樹菇、秀珍菇、鮑魚菇、雞腿菇、小棠菜、麵粉、高筋麵粉、芥花籽油、海鹽

雪菜拌南瓜 南瓜、白蘿蔔葉、海鹽

海帶 海帶、花生醬

田園雜菜湯

湯料包括椰菜、紅蘿蔔、黃椒、紅椒、番茄、西芹、紅菜頭、茶樹菇、秀珍菇、鮑魚菇、雞腿菇、薯仔等
另有紅腰豆、花豆、雞心豆、利馬豆、芥花籽油、海鹽

京爆什菇

味噌、茶樹菇、秀珍菇、鮑魚菇、雞腿菇、芥蘭、小棠菜、西芹、原蔗糖、粟粉、葵花籽油、生抽、海鹽、原蔗糖

南瓜燴香辣雜錦

南瓜、西蘭花、黃椒、紅椒、露筍、芋頭、紫椰菜、茶樹菇、秀珍菇、鮑魚菇、雞腿菇等
另有腰果、松子、南瓜子、芥花籽油、生抽、海鹽、原蔗糖

金黃豆腐餃

秘製豆腐、南瓜、菜心、豆苗、蘑菇、芥花籽油、粟粉、海鹽

迷你素盆菜

適應多種有機蔬菜，包括：芋頭、南瓜、白蘿蔔、紅蘿蔔、生菜、薯仔、茶樹菇、秀珍菇、鮑魚菇、雞腿菇等
另外配以豆腐、芥花籽油、生抽、海鹽、原蔗糖、茴香籽、月桂葉

冰豆腐什菌炒小棠菜

秘製豆腐、茶樹菇、秀珍菇、鮑魚菇、雞腿菇、小棠菜、橄欖油、海鹽

荷葉飯

荷葉、芥蘭、紅蘿蔔、茶樹菇、秀珍菇、鮑魚菇、雞腿菇、糙米、白米、古代米、雞蛋（無受精）、芥花籽油、海鹽

牛肝菌菠菜包

牛肝菌、菠菜、麵粉、高筋麵粉、酵母、原蔗糖、芥花籽油、海鹽

椰香紅豆糯米飯

椰油、椰汁、紅豆、糯米、芥花籽油、芒果、原蔗糖

香草茗茶

香草茶、蜜糖



Completely Organic Menu

Genmai Green Tea

Balhao green tea, brown rice

Assorted Platters of Colours

Deep Fried Bean Curd with Vegetable Salad Specially made Bean Curd, Lettuce, Red Cabbage, Avocado, Italian Lettuce, Tomato, Sweet Potato, Canola Oil, Thousand Island Dressing

Fried Bean Curd Specially made Bean Curd, Lettuce, Soy Sauce, Fennel Seed, Bay Leaf, canola Oil

Soybean Cake Soybean Remains, Canola Oil, Sea Salt

Cold Dish of Mushroom and Egg Plant Egg Plant, Cha Shu Gu, Oyster Mushroom, Abalone Mushroom, Shaggy Mane, Chili Pepper, Sweet Pepper, Canola Oil, Sea Salt, Raw Sugar

Assorted Mushroom Ravioli in Chinese-style Cha Shu Gu, Oyster Mushroom, Abalone Mushroom, Shaggy Mane, Shanghai Cabbage, White Flour, Bread Flour, Canola Oil, Sea Salt

Pickled Chinese Radish Green With Pumpkin Pumpkin, Chinese Radish Leaf, Sea Salt

Kelp Kelp, Peanut Butter

Mixed Vegetable Soup

With Selected Cabbage, Carrot, Yellow Sweet Pepper, Red Sweet Pepper, Tomato, Celery, Beet Root, Cha Shu Gu, Oyster Mushroom, Abalone Mushroom, Shaggy Mane and Potato. Along with Red Kidney Bean, Pinto Bean, Chickpea, Baby Lima Bean, Canola Oil and Sea Salt

Fried Assorted Mushroom in Peking style

Miso, Cha Shu Gu, Oyster Mushroom, Abalone Mushroom, Shaggy Mane, Chinese Kale, Shanghai Cabbage, Celery, Raw Sugar, Corn Starch, Canola Oil, Soy Sauce, Sea Salt

Pumpkin with Spicy Vegetables, Mushroom and Nuts

Pumpkin, Broccoli, Sweet Pepper, Asparagus, Taro, Red Cabbage, Cha Shu Gu, Oyster Mushroom, Abalone Mushroom, Shaggy Mane, Along with Cashew Nut, Pine Nut, Pumpkin Seed, Canola Oil, Soy Sauce, Sea Salt, Raw Sugar

Golden Bean Curd Ravioli in Chinese style

Specially made Bean Curd, Pumpkin, Choy Sum, Pea Shoot, Mushroom, Canola Oil, Corn Starch, Sea Salt

Mini Veggie Pun Choi

With Combinations of Vegetables, including: Taro, Pumpkin, Chinese Radish, Carrot, Lettuce, Potato, Along with specially made Bean Curd, Cha Shu Gu, Oyster Mushroom, Abalone Mushroom, Shaggy Mane, Canola Oil, Soy Sauce, Sea Salt, Raw Sugar, Fennel Seed, Bay Leaf

Fried Frozen Bean Curd with Assorted Mushroom and Shanghai Cabbage

Specially made Bean Curd, Cha Shu Gu, Oyster Mushroom, Abalone Mushroom, Shaggy Mane, Shanghai Cabbage, Olive Oil, Sea Salt

Steamed Rice Wrapped in Lotus Leaves

Lotus Leaf, Chinese Kale, Carrot, Cha Shu Gu, Oyster Mushroom, Abalone Mushroom, Shaggy Mane, Brown Rice, White Rice, Amaranth, Egg (non fertilized), Canola Oil, Sea Salt

Steamed Spinach Bun with Porcini

Porcini, Spinach, Flour, Bread Flour, Yeast, Raw Sugar, Canola Oil, Sea Salt

Glutinous Rice and Adzuki Bean with Coconut Milk

Coconut Oil, Coconut Milk, Adzuki Beans, Glutinous Rice, Canola Oil, Mango, Raw Sugar

Herbal Tea

Herbal Tea, Honey





1988年的秋天，香港一群關心現代農業、關心人類環境的人士組成了綠田園，並在粉嶺鶴藪村後一個山谷裡一片約二十多萬平方呎的土地上，設立了全港第一個有機教育農場。在此，我們經過了18個冬春，開展了本地的有機運動及綠色教育工作。

推動本地綠色教育

我們每年平均接待約400個團體，至今已有接近60萬人次參加過我們舉辦的活動，當中包括農場內的活動、耕種課程、外展活動、社區園圃活動及導師訓練。此外，有約3,000多人曾在農場內租地自耕，在假日與家人及友好到農場享受田園之樂。

培訓本地有機人才

我們每年舉辦、協辦及支援與有機農業相關的課程，包括有機耕種課程、有機導師訓練、有機農業入門課程等，為有意從事有機生產、有機零售、有機導師，甚或以自娛方式種植的人士提供培訓。

參與本地有機認證系統

綠田園基金與浸會大學及香港有機農業協會，於2002年12月開始建立一個本地有機標準及認證系統，以提高消費者對本地有機產品的信心。到目前為止，已有約20個本地農場及加工單位獲得認證。

支援建立社區園圃

我們曾協助學校、社區、屋苑等約70個團體建立社區園圃，亦設立了香港首個有機網絡——香港有機學校及社區網絡，設立HKONE網頁，為有興趣有機耕種的個人及團體提供聯絡及支援。

全港首個市區大型長者社區園圃

我們於2003年建立了「荃灣金色有機園圃」，面積約1,700平方米，有接近210戶園友，由約30名長者義工協助日常管理。同時，園內亦舉辦多種活動（包括耕種講座、義工培訓、社區推廣導賞活動、烹飪班、太極班等）供園友參加。

推動慢食文化

自2002年開始，綠田園基金舉辦多個慢食活動，包括慢食嘉年華及社區講座，以及舉辦全有機的綠田園有機雅宴，推廣這種既健康又環保，兼對生產者友善，同時亦要兼顧食味的綠色飲食文化新概念。

推廣生態旅遊活動

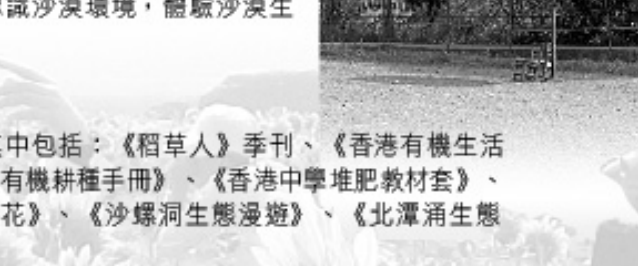
自1997年，我們一直舉辦生態漫遊年度籌款及常規活動，共帶領超過5,000人到香港的郊野進行考察。同時亦製作導賞書刊、單張及網頁，近年更開辦生態導賞員課程，由不同專家執教，理論與考察並重，課程已加入持續進修基金「可獲發還款項課程」名單內。另外，我們還於2004-2006年的夏天舉辦遠赴內蒙古阿拉善的生態考察活動，與近百位參加者一起親身感受環境保育的重要性，認識沙漠環境，體驗沙漠生活，並了解當地的環保工作。

出版刊物

歷年來，我們出版了不少刊物，以配合各種教育及推廣工作。其中包括：《稻草人》季刊、《香港有機生活指南》、《香港常見蔬菜病蟲害及其有機防治手冊》、《完全校園有機耕種手冊》、《香港中學堆肥教材套》、《有機耕種：理論與實踐》、《花蹤處處——香港100種常見野花》、《沙螺洞生態漫遊》、《北潭涌生態漫遊》等。

展望

在今日全球消費者追求健康生活的大氣候下，香港一個小小的民間有機團體，非常幸運地得以在這個大都市內，持續18年推廣有機耕種、綠色生活。過去的寸進仍有不少改進的空間，希望往後我們可以更有效地將有機及綠色生活的概念向香港市民以至國內朋友推廣。



In the autumn of 1988, a group of local enthusiasts concerned about modern farming and environment established the Produce Green Foundation. They set up the first Hong Kong organic educational farm in a piece of land of 200 thousand square feet within a valley behind Hok Tau Village of Fanling. From then on, we experienced 18 winters and springs, and started a local organic movement and green education work in Hong Kong.



Promote Local Green Education

We serve about 400 organizations each year. Since the opening of the farm, almost 600,000 people participated in our activities including farm activities, farming courses, outreach programmes, community gardening projects and tutor training. Besides, more than 3,000 people joined our Organic Farmers' Scheme as weekend organic farmers.

Train up Local Organic People

We organize and assist other organizations to organize different organic related courses every year. Including organic farming courses, organic tutor trainings, organic farming introductory courses and etc. These serve as initial trainings for those who want to farm organically, to set up green shops or to act as a tutor in organic farms or even to grow for leisure.



Establish Local Organic Certification System

Produce Green Foundation, the Hong Kong Baptist University and the Hong Kong Organic Farming Association jointly set up the Hong Kong Organic Resource Centre (HKORC) in December 2002. The centre sets up an organic standard and certification system for local organic products to build trust between consumers and producers. About 20 local organic farms and processor have been certified by HKORC.

Assist the Setting Up of Community Gardens

We helped about 70 schools, communities and housing estates to build up their organic community gardens. We also started up the first organic gardening network, the Hong Kong Organic School and Community Network (HKONE). It has developed a web site to provide information to individuals and groups.



Develop the First Community Garden for the Elderly in Urban Area

We set up the Tsuen Wan Community Garden for Elderly in 2003. It is about 1,700 square metres in size, with about 210 members and is managed by about 30 elderly volunteers. They participate in the various activities organized, including gardening talks, volunteer trainings, guiding tours for communities, cooking classes and Tai Chi classes.

Promote Slow Food Culture

Since 2002, we organize slow food carnivals, talks and Organic Slow Feast with completely organic ingredients to promote the concept of Slow Food. This is a novel idea about green eating and culture that recognize the health of consumers, producers and the environment should be considered while not sacrificing the pleasure of taste sensation.



Promote Eco-tourism

Since 1997, we have been organizing annual fundraising and regular Eco-Walk activities. We have brought more than 5,000 people to our countryside for eco studies. We produced eco-tour publications and web sites. We organize eco-walk tutor trainings with experts and the course is being listed in the Reimbursable Course List. Moreover, organized ecological study tour to Inner Mongolia in the summer of 2004 to 2006. The tours allowed almost 100 participants to have a first hand experience on desert ecology, the environmental protection work done there.



Publications

In the past years, we produced many publications to assist our education and promotion work. They include: Produce Green Quarterly, Hong Kong Organic Living Directory, Common Vegetable Pest and Disease in Hong Kong and their Organic Control, A Complete Guide to Organic Farming in Schools, Compositing Education Pack For Secondary Schools, Organic Farming: Theory and Practice, 100 Common Wild Flowers in Hong Kong, Eco-Walk Sha Lo Tung, Eco-Walk Pak Tam Chung etc.

Prospective

Globally, consumers express more concern about healthy living nowadays. We, as a small organic NGO in Hong Kong, are please to have a chance to promote organic living in this metropolis continuously for 18 years. We see plenty of room for improvement in our work in the past. We will continue to work in an effective manner to promote green living in Hong Kong and in the mainland.

怎樣分辨真正有機產品？ How Can I Know Which One is Really Organic?



消費者願意付出更多的金錢和時間購買有機產品（要多走幾步去特定店舖才可買到），可惜卻常常徘徊於真假難分的疑竇之間，結果不是寧濫勿缺的姑且一試，便是寧缺勿濫地打退堂鼓。報稱有機，是否可信？

有機有無得驗？

無。由於「有機」產品不單單是不用化學農藥，或者用有機肥料那樣簡單，還有輪種、緩衝區、其他對環境友善的操作等多方面的要求，故此，單純以化驗方法不能確定產品就是「有機」。若驗出產品含禁用物品，產品當然不是「有機」；但即使化驗不到有禁用物品，產品亦不一定就是「有機」。

怎樣認證有機產品？

由獨立的第三者作為認證機構，設定生產標準，安排檢查員到生產單位作詳細的核實檢查，再經認證委員會的審議，才發出認證證明，讓生產者將有機標籤放到產品上，使消費者知所選擇。認證包括定期及不定期的農場及設施檢查，詳細活動記錄，以及在有需要時進行泥土、水質及產品化驗，以確保生產過程達到一個最低標準。

多少本地有機農場已獲認證？

約3成。現時本港大約有有機農戶/農場約70-80個，當中19個已獲香港有機資源中心（HKORC）認證，3個獲香港有機認證中心（HKOCC）認證，亦即是說，全部已獲認證的農戶/農場約佔3成。

無認證的還算不算是有機？

要問清楚。本地約有7成農戶/農場沒有認證，原因可能包括：

Although health conscious consumers are willing to pay more and to make more effort (available in some specialized shops only) for organic products, they might be quite frequently encountered the difficulty of distinguishing real or fake organic products. As a result, they would either try their luck or choose to avoid buying. How can I know which one is really organic?

Can Organic be Verified by Laboratory Tests?

No. "Organic" products are not just produced by simply not using chemical pesticide nor using organic fertilizers. Organic farmers have to consider many more aspects, such as crop rotation, buffer area, other environmentally friendly practices and etc. So, the "organic" quality cannot be verified by just laboratory tests. Testing, in some cases, may be used to detect non-compliance but is not sufficient to proof the compliance.

How to Certify an Organic Product?

The certification is carried out by an independent third party. They set production standards, send inspectors to production unit for auditing, review each case by certification board, then issue organic certificates and allow producers to apply their seal onto certified products. The certification process includes regular and surprise farm and facility inspection, detail activity log and sample analysis for soil, water or product when necessary. These may provide a guarantee of a lowest standard for organic production.

How Many Local Organic Farms are Certified?

About 30%. We have about 70-80 organic farms in Hong Kong at the present. 19 of them are now certified by the Hong Kong Organic Resource Centre (HKORC), while 3 by Hong Kong Organic Certification Centre (HKOCC). So, in total about 30% of our local organic producers are certified.

How About those not Being Certified, Are They Organic Too?

You have to ask. About 70% of local organic producers are not certified. This may due to:

● Incapability

If a farmer wants to be certified, he has to handle large amount of paper work (i.e. farm log everyday) and documents (i.e. all receipts) to prove that he is producing according to the standard. This is not easy for most farmers, especially for those old ones. The Federation of Vegetable Marketing Co-operative Societies (FVMCS) may provide lots of assistance to farmers, but they have limited resources.

● Lack of Extra Manpower

Other than normal production work, most local organic farmers have to deliver produce to consumer and to sell produce in farmers markets by themselves. So, even farmers who have the ability to handle certification

How Can I Know Which One is Really Organic?

- **無能力**—做認證，農戶需要處理大量的文書工作（例如記錄每天的田間工作）及準備不少文件（包括所有單據），以證明自己的生產方法符合標準，這不是所有農戶（特別是老農）有能力獨力完成的。菜聯社（農民合作社）會為農戶提供不少協助，但他們的人手亦有限。

- **無人手**—目前不少有機農戶除了處理田間的生產工作外，尚要兼顧物流（送菜）、營銷（到農墟賣菜）等工作，故此，即使是有能力做認證的農戶，亦可能未能騰出足夠人手處理認證工作。

- **無錢**—香港有機資源中心（HKORC）的認證費用，按成本計，每個農戶每年約需10,000元（大中型農場另計）。目前，由於獲得資助，可以減至3,000元，而菜聯社的社員可再獲得資助，只酌繳1,000元。但對部分小農戶來說，這仍是一筆相當大的支出，在未確知認證可額外增加多少收益前，他們仍會卻步。

- **其他**—嫌麻煩、怕被人監管（理論上，認證機構只是幫助農戶向消費者證明自己的生產方式，並非監管機構）、怕不獲認證、早已建立自己的消費者群而沒有需要參加等。

這類農戶產品的有機狀態或有機完整性，不一定比已獲認證的差，說不定可能更高。消費者想了解這類產品的質素，最好就是親身探訪農場，或到農墟購買有機菜，與農友對話，了解他們的運作、理念或機構的背景等。

其他無認證的有機產品

除了本地7成農戶/農場生產的有機菜沒有認證之外，亦有部分進口產品，以及一些原來入口時有認證，但在香港分拆細包出售的有機產品，亦有機會屬這一類。這些產品主要在包裝上說明是有機的，甚或表明成分有認證，但產品本身沒有獨立的有機認證或認可機構的標誌。消費者想了解這類產品的質素，最好就是多向店員、生產者或其他有關人士查詢。

其他與有機相關的說明

♣ 無公害

國內發出的無公害蔬菜認證，表示產品的農藥殘餘沒有超過特定標準。這些產品已比一般無任何認證的蔬菜有較多的保證，但卻不是有機。另外，亦可能有部分產品只是宣稱，並未獲認證。

♣ 綠色食品

由隸屬於中國農業部的綠色食品發展中心發出的產品認證，分A及AA級兩類，前者可用低毒的化學農藥，即並非有機，而後者則十分接近有機。

work, they just do not have time or extra manpower to do so.

● Financial Barrier

According to the HKORC, the certification fee is about \$10,000 per year per farm (larger farms would be charged differently). But now, due to the availability of subsidy, HKORC requires only \$3,000. For members of FVMCS, the co-operative provides further financial support. Their members pay only \$1,000 per year finally. But this is still a considerable amount for some small farmers. Before they can be sure of sufficient extra return, they still hesitate to carry out the certification.

● Other Reasons

Dislike all the trouble caused by the certification process, do not want to be monitored (actually, the certification is a partners of farmers to help them to build trust with consumers, rather than a monitoring system), afraid not to be certified, already have their own consumers groups and need not to be certified etc.

The organic status or organic integrity of their products might not necessarily be worse. They may even of higher standard. We just know little about that. If consumers want to have a better understanding of the quality of these products, the best way is to visit the farm or to shop in the farmers markets. Talking to the farmers directly may help to know their operation, production ideology or the background of organization, etc.

Organic Products without Certification

Other than the produce from the 70% not certified local organic farmers, other imported organic products may have no certification too. Some of them may have certification as bulk pack when coming to Hong Kong. But they lose their certification once the pack is opened for re-packing to small packets for retail. These products have organic claims on their packages. Some even state that the ingredients are certified. But the product itself has no seal from any independent certifier or accreditor. For more information, consumers have to ask the supplier, producers and related for more information.

Other Wordings Related to Organic Concept

♣ Pollution-free

Certification for pollution-free vegetables in China refers to those with chemical pesticides residues lower than certain limit. These products provide better guarantee than others with no certification, but cannot be defined as organic. Please also note that some products might be claimed as pollution-free but have no certification at all.

♣ Green Food

Certification issued by the Green Food Development Centre under the Chinese Ministry of Agriculture. "Grade

怎樣分辨真正有機產品？ How Can I Know Which One is Really Organic?

♣ 野生

「野生」這個概念，亦包含在有機生產中，只要產品合乎一定的標準（如採集的速度不超過物種的天然恢復），經認證後，亦可標籤為有機產品。但純粹「野生」產品，並不同有機，它的實質含意，仍需向零售商或生產者查詢。

♣ 天然、環保、無污染、健康

均無特定清晰一致的標準，可能跟有機毫無關係，它們的實質含意，惟有向經銷商或生產者查詢。

♣ 無化學肥料、無化學殺蟲劑、不含農藥、有機肥栽種、堆肥栽種等

由於有機產品並非單純是用或不用某類物料來生產，而是有一整套的操作標準，故此生產過程中用了或沒有用某些物料，不一定就是有機。如果產品並未有認證標籤，那有關產品的真正生產方式，要向生產者查詢後才有分曉。

♣ 其他疑似個案

包括品牌為「有機」的蘋果；價錢牌上標明是有機青瓜，但與其他沒有標明是有機的青瓜放在一起，而且兩者價錢一樣；街市有售的「綠田園有機菜」、超市找到的「綠田園豆漿」...

我們無意明示或暗示這些產品的質素或有機完整性更高或更低，只是無從得知，只可以多發問，以獲得更多產品資料。另外，我們亦順便澄清，綠田園基金到目前為止，尚未在街市設立菜檔售賣「綠田園有機菜」，沒有生產豆漿或者薄餅，亦沒有在粉嶺以外地方設立分場。

如公眾對本會工作有疑問，可到本會網頁瀏覽 (<http://www.producegreen.org.hk>) 或致電本會查詢 (2674 1190)。

A" Green Food allows the use of limited and specified agrochemicals at safe level (that means, it is not organic) while "Grade AA" Green Food is very close to organic counterparts.

♣ Wild

"Wild" is included in the concept of organic too. Those tallied with organic standards (i.e. the collection does not exceed the natural replenishment) can be labeled as organic after being certified. However, a product having only a "wild" claim is not necessary equivalent to organic. Consumers should ask suppliers or producers for details.

♣ Natural, Environmentally-friendly, Zero-pollution, Healthy

There are no clear and consistent definitions for these terms. They could be totally not related to organic. The only way to know their real status is to ask the suppliers and producers directly.

♣ No Chemical Fertilizer, No Chemical Pesticide nor Insecticide, Use of Organic Fertilizers, Compost Grown etc.

Organic products are not just produced by using or without using certain material, but should be in compliance with a set of operational standards. If no further detail is provided, the claim itself does not provide sufficient information to judge if it is organic or not. So, ask the producers for more details.

♣ Other Suspected Cases

Such as apples of "Organic" brand, cucumbers with "organic" price label but placed together with ordinary cucumbers and has no price difference with the non-organic ones, "Produce Green Organic Vegetable" in wet market, "Produce Green Soy Milk" in supermarket,etc.

We have no intention of assessing the quality or organic integrity of the above products. The fact is we know little about them. So, the only thing we could do is to "ask more". We also would like to take this

opportunity to clarify that the Produce Green Foundation, so far, has not set up any stall in wet market to sell organic vegetables, has not produced soy milk nor pizza, has not set up a branch farm outside Fanling. For more information about our work, please visit our web site (<http://www.producegreen.org.hk>) or call us directly (2674 1190).



認識有機標籤 Learn more about Organic Labels

香港有機資源中心的認證標籤

Organic Labels of Hong Kong Organic Resource Centre



有機農產品或含有不少於
95%有機材料的加工產品
Organic agricultural
product or organic
processed product with
not less than 95%
organic ingredients



轉型期內生產的農產品
Organic in conversion
products



含有不少於70%但不多於
95%有機材料的加工產品
Organic processed
product with more than
70% but less than 95%
organic ingredients

常見國家或聯盟有機標籤

Common National or Union Organic Labels

不少國家或聯盟（如中國、美國、日本、歐盟等）要求有機產品必須經認可機構認證，並且使用統一標章，以方便消費者辨認。

More countries or union (i.e. China, U.S.A., Japan, European Union and etc.) develop their own national or union organic labels for products being certified by accredited certifiers to facilitate easier recognition by consumers.



中國有機標章
Organic Label of China



中國轉型有機標章
Organic in conversion
Label of China



美國有機標章
Organic Label of U.S.A



日本有機標章
Organic Label of Japan



歐盟有機標章
Organic Label of EU



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THE FEDERATION OF VEGETABLE MARKETING CO-OPERATIVE SOCIETIES, LTD.

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