

# GO Natural

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Sustainable Seafood in Hong Kong

南韓正寬法師

以寺刹料理獲選「2022年度亞洲50最佳餐廳」標誌人物

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Wins Asia's 50 Best Restaurants Icon Award 2022



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**出版社 Publisher**  
天然生活市場推廣及公關有限公司  
Go Natural Marketing & PR Co Ltd

香港皇后大道中70號卡佛大廈1104室  
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## 寺刹料理 疫情下找回身心平衡

### Temple food keeps your mind calm during the pandemic

「我深明全球疫情帶來的困難，希望情況能有所改善，讓我們再次相聚，分享食物，分享正能量。」剛獲選為「2022年度亞洲50最佳餐廳」標誌人物的南韓尼僧正寬法師 (Jeong Kwan) 如是說。

正寬法師主理的寺刹料理，從種植到烹調，一切都是修行的一環。在準備食物的過程中，抱著感恩心，向農夫、陽光、大地等一切因緣道謝；從菜園、煮食乃至進食過程，讓大眾體會生命循環，領略食物的珍貴和感受食物的真味，讓內心回復平靜。疫情反覆，面對未知的將來，心中忐忑，在所難免，寺刹料理正是幫助大家對抗逆境的心靈料理。

無論現在或未來，天然、健康及可持續的生活方式，都是大家追求的理想生活。希望你在《GO Natural 天然食品採購指南》找到更多實用的相關資訊。

下期再見！

"I am aware of the difficulties caused by the global pandemic and hope that the situation will improve so we can meet again to share food and positive energy," says Jeong Kwan, the 2022 recipient of the prestigious Icon Award -Asia 2022.

Every step of temple cuisine by Kwan, from food planting to cooking, is meditation. During food preparation, she always feels grateful to everything, and expresses gratitude to farmers, sunlight, the earth and other nidānas (causes and conditions) wholeheartedly. From the story of the vegetable garden, cooking to dining, everyone can experience the life cycle of food, gain insights into the preciousness of food and taste their natural flavor. This is a way to restore their peace of mind. Amid ups and downs of the pandemic, and in the face of an unknown future, feeling insecure is inevitable. Temple cuisine is exactly a spiritual cuisine guiding us to ride out the storm.

Whether now or in the future, a natural, healthy and sustainable lifestyle is everyone's desirable pursuit. Hope you'll find more useful and relevant information in our GO Natural Food Guide.

Until next issue,

**Yvonne**





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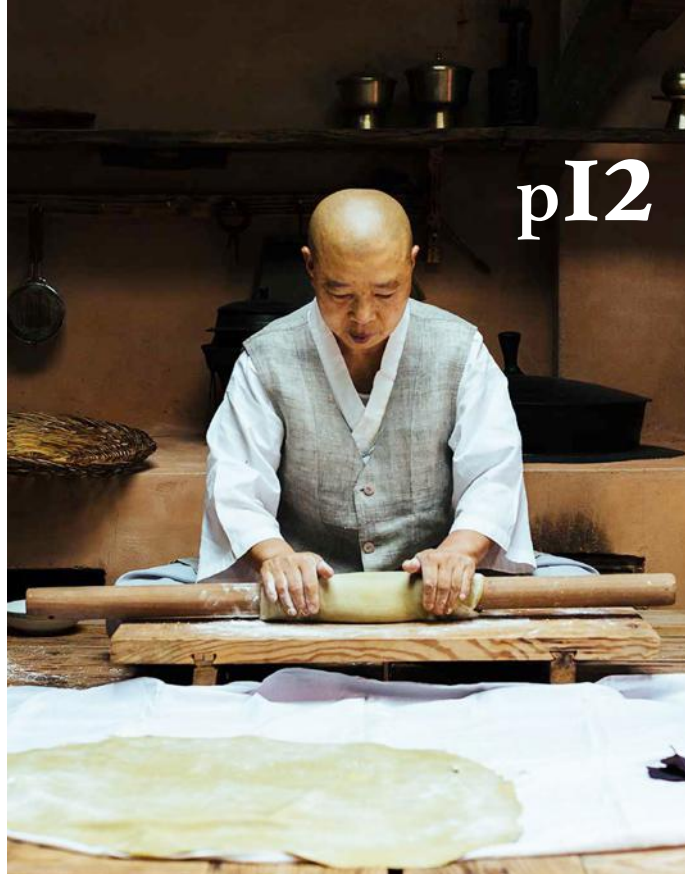
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南韓白羊寺

# 正寬法師

寺刹料理的一代宗師

「2022年度亞洲50最佳餐廳」標誌人物獎得主

South Korean Buddhist Nun

# Jeong Kwan

The Master of Temple Cuisine

Winner of the Asia's 50 Best Restaurants Icon Award 2022











## 哲學家廚師

南韓尼僧正寬法師 (Jeong Kwan) 剛剛獲選為「2022年度亞洲50最佳餐廳」標誌人物，此獎項由超過300位「亞洲50最佳餐廳」評審委員會成員投票選出，以表揚法師為其社區和整個餐飲業作出的傑出貢獻。

正寬法師在南韓慶尚北道永州市的一個農場長大，十七歲時母親離世，兩年後於全羅南道的白羊寺出家為尼。法師從未接受過專業廚師訓練，但自小已熱愛鑽研廚藝，出家46年來每日為寺院的出家人預備日常飲食，偶爾為訪客製作寺刹料理，並在全州大學餐飲廚藝系授課。法師熱愛大自然，尊重和愛護天然食材，加上與生俱來的創意和精湛的烹飪技巧，讓她做出不一樣的寺刹料理。

正寬法師引起全球飲食界關注，由紐約曼哈頓米芝蓮三星餐廳 Le Bernardin 的法籍廚師兼佛教徒 Eric Ripert 拜訪寺院後開始。深深被法師的寺刹料理打動的Eric，於2015年邀請法師到紐約為一眾美食記者、食評家介紹她的寺刹料理，其中《紐約時報》記者嘗過後驚為天人，並形容正寬法師的料理為「世界上最精緻的食物」。其後，法師被Netflix邀請在紀錄片《主廚的餐桌》Chef's Table 系列中亮相，其烹飪哲學啟發了世界各地的飲食業者，並吸引中外名廚親身前往拜訪學藝，令法師自始成為寺刹料理的一代宗師。

## The Philosopher Chef

The philosophical approach to temple cuisine cooking has gripped the culinary world when the Zen Buddhist nun Jeong Kwan from South Korea is honored with the Icon Award Asia 2022, where the jury panel, consisting of 300-plus voting members from the Asia's 50 Best Restaurants Academy, has presented the trophy to recognize her mindful temple-cooking style and artisanal techniques that calm the mind of diners.

Despite the fact that she was neither a formally-trained chef nor a restaurateur, Kwan developed a strong enthusiasm for cooking from an early age. At age 17, when Kwan's mother died, she decided to become a nun at Baegyangsa Temple where she began to make temple food for her fellow nuns and monks, as well as for occasional visitors during their temple stay. Other than that, Kwan teaches at Jeonju University's College of Culture and Tourism, humbly sharing her food philosophy with aspiring cooks.

Kwan's culinary art began to garner the world's attention when Eric Ripert, the famous French chef-cum-Buddhist practitioner from Manhattan's three-starred Michelin restaurant Le Bernardin introduced her to the fine-dining world. Years back, Ripert went to Baegyangsa Temple for temple food studies, where he was greatly inspired by Kwan's enchanting dishes. In 2015, he went on to invite Kwan to New York to prepare a temple-style luncheon for his special guests. After that, her story was covered in the New York Times, and on the Netflix series "Chef's Table".



《紐約時報》形容正寬法師的料理為「世界上最精緻的食物」，並稱她為「哲學家廚師」。

***New York Times described Kwan's dishes as "The most exquisite food in the world" and dubbed her the "Philosopher Chef".***



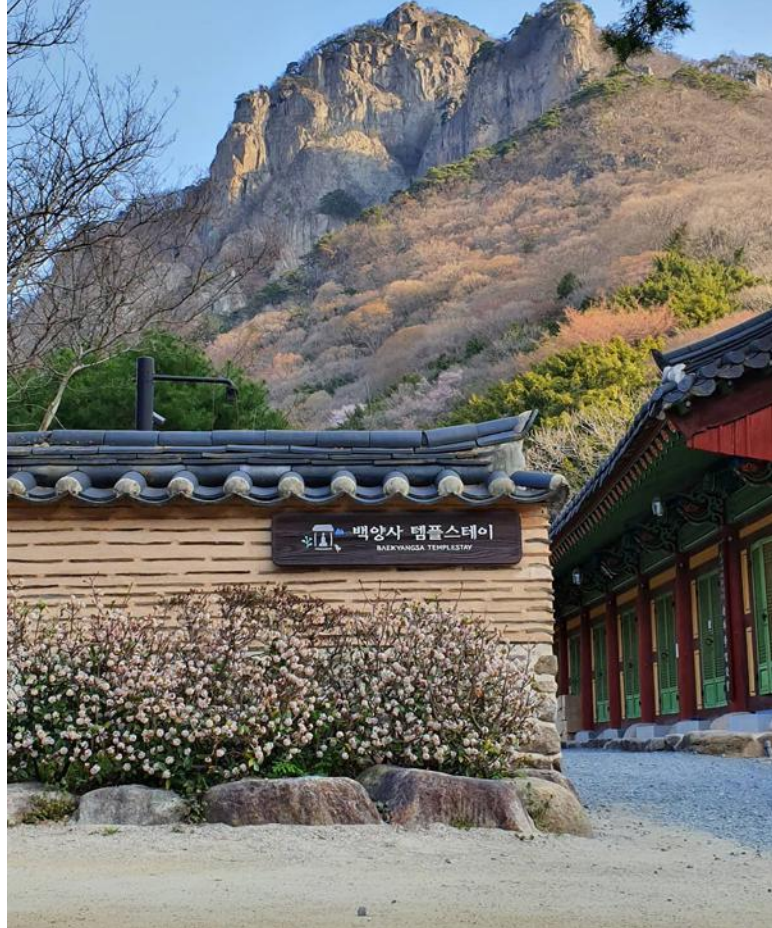
## 寺刹料理 - 也是一種修行

「寺刹料理」是寺院僧侶的日常素菜，無肉無五辛（即大蒜、洋葱、青葱、韭菜、韭葱），以天然食物為主。正寬法師認為，從種植到烹調，一切都是修行的一環。在準備食物的過程中，抱著感恩的心，向農夫、陽光、大地等一切因緣道謝；從菜園、煮食乃至進食過程，讓大眾體會生命循環，領略食物的珍貴和感受食物的真味，讓內心回復平靜。法師希望透過美食和眾人連繫起來，讓吃過她的食物的人可以「察覺」食物從何而來，尊重食物，感受食物的真味。

## Temple Cuisine - Food as Meditation

Temple food is prepared without five pungent spices: garlic, onions, scallions, chives and leeks, which are said to hinder spiritual practices. Based on the belief that no life should be sacrificed for one's own survival, no meat, fish or shellfish are used.

According to Kwan, every step of temple cuisine, from food planting to cooking, is a meditation. During food preparation, she always feels grateful to everything, and expresses gratitude to farmers, sunlight, the earth and other nidānas (causes and conditions) wholeheartedly. From the story of the vegetable garden, cooking to dining, everyone can experience the life cycle of food, gain insights into the preciousness of food and taste their natural flavor. This is a way to restore their peace of mind.



「若是全心全意地去做菜，吃的人一定會感受得到而更珍惜食物，並把這個正念延續下去。」

*“The heart and soul put into the food will be received by the people who eat it and create a positive and sustainable cycle.”*



## 尊重成材 惜得是福

自小在農場長大，正寬法師現在於全羅道省內藏山公園內的白雲寺居住，一直與大自然共同作息。法師相信人與自然，能量互補，植物也有感覺和意識。她以正念向植物發放能量，讓它們能在充滿正能量的環境下茁壯成長。

正寬法師的日常食材，大多是法師親自於寺院旁菜園種植或者於附近山間採摘。這些看似尋常、信手拈來的香草、野菜、水果和鮮花，生長在深山裏，享受無窮無盡的陽光和新鮮空氣，盡收天地日月精華，變成清新獨特，鮮味無窮的食材。

正寬法師每天早上都會在田間耕作、修行。她認為了解食材的獨特本質，並揀選時令食材，然後才決定烹調方法是非常重要的。夏天當造的野菜，法師只會輕焯，配上醬汁便可，越簡單越能品嚐到食物的鮮味。菠菜在冬天特別甜，即使用菠菜做同一道菜，不同季節會有不同的味道。在冬天，她會將不當造的農作物風乾，留待日後食用。

以順其自然方式打理農田，讓植物自然生長，不下殺蟲劑，所以葉上會有蟲洞，有時其他動物甚至會將蔬菜吃掉，但這就是法師與大自然和諧共處的方式。

盡用食材，不棄邊角，法師相信，只要略花心思，食物的每一部分其實都可以成為珍品。例如，正寬法師會把邊角餘料用來發酵，做出不同的醬料。香菇莖可以煮吃，也可以曬乾磨成粉末用作調味料。



## Be Respectful of Ingredients

Growing up on a farm when she was a kid and now living in Baekyangsa Temple located in Naejangsan National Park, Kwan has been living and working with Nature and developed a strong sense of respect for seasonal produce. The connection between Kwan and produce is a cornerstone of her temple cuisine. By applying principles of meditative mindfulness during the growing process, Kwan sends positive thoughts to the plants, and in turn to the beings that the plants will feed. It's a holistic process that continues as the food is cooked and then consumed.

Most of the ingredients of Kwan are grown by herself in the garden next to the temple or collected in the nearby mountains. These seemingly ordinary herbs, wild vegetables, fruits and flowers grow deep in the mountains, are the gifts from Nature.

Practicing farming every morning all year round, Kwan believes that it is important to understand the unique nature of the ingredients and choose what is in season are very important before deciding on the cooking method. Throughout spring and summer, she soft boils leafy vegetables or fruits and seasons them with the right choice of sauce. During wintertime, non-seasonal ingredients are air-dried for future consumption.

Jeong Kwan doesn't tend her farm which grows wild without pesticides and blends seamlessly into the surrounding forest. She believes that the air, water and sunlight will take care of it. Sometimes animals will take vegetables and insects will chew holes in leaves. But this is how she shares, harmoniously, with Nature.

From her perspective, every part of the ingredients is worth eating. The edible mushroom stems can be sun-dried and ground for food seasoning. She also ferments the leftovers for the next season. It is a way to enjoy the full life and flavor of a plant throughout the year.



**燉煮野生香菇** 在寺廟旁溪邊採摘的野生香菇會先風乾三日。煮食前用水泡浸20分鐘，瀝乾後，先以陳年五年的醬油、紫蘇油、發酵山莓汁和熟成的鹽為醃料塗抹整個香菇。然後以韓國米糖漿、栗子、紅棗及來自寺廟附近一棵300年樹齡的銀杏樹的銀杏，以慢火燉煮而成。

**Braised Shiitake Mushrooms** Wild shiitake mushrooms picked along the stream next to the temple are first sun-dried in the open air for three days and then soaked in water for 20 minutes before cooking. Five-year-aged soy sauce, perilla oil, fermented Korean raspberry juice and time-sweetened salt are applied to coat the whole shiitake mushrooms. They are then braised over low heat with rice syrup (jochung), chestnuts, and red dates (jujubes) as well as ginkgo from a 300-year-old ginkgo tree near the temple.





**蓮華水** 在佛教，神聖的蓮花代表純潔、覺醒和忠貞。蓮花在盛放前便採摘下來，並好好保存於冰箱中。飲用時正寬法師將蓮花在熱水中解凍，並仔細地把每片花瓣打開，讓人喝到鮮甜的蓮華水，同時欣賞蓮花綻放在水中的美態。

**Lotus Flower Water** In Buddhism, the sacred lotus is a symbol of purity, spiritual awakening, and faithfulness. The lotus flowers are harvested shortly before they bloom and are put into the freezer. Kwan thaws them in hot water and opens the flower petals carefully one by one to reveal the beauty in their shapes.

**醃漬蘿蔔** 已洗淨的蘿蔔擦上鹽巴後放入甕缸裏，一年後取出，再加入醬油、大醬、五莓汁發酵。五莓汁會中和蘿蔔的鹹味，為蘿蔔增添複雜的層次，而味道不會過鹹。

**Pickled Radish** Packed with salt inside breathable earthenware jars, the white radish sits there for an entire year and lets Nature do its work. When the radish is mature, it will be taken out for fermentation in soy sauce, soybean paste and five-berry juice in sequence. The sweetness of the five-berry juice will extract its saltiness from inside, making it flavorful with complex layers without an additional punch of salt.



「簡單的調味可將平凡的蔬菜昇華至完美的精緻菜餚。」

*"The simple seasonings will transform simple vegetables into delicate, impeccably crafted dishes."*



**拯救食物** 在大學教授時，法師發現學生們做菜時浪費了很多食材。為了向他們傳達尊重食材的重要，法師便建議他們把已扔進垃圾桶的食材做飯。學生們都很詫異，反問為甚麼要用「垃圾」做菜！

**Save the Food** When Kwan was teaching cookery at the university, she found that students had thrown away a lot of leftovers when they cooked. In order to underscore the importance of paying respect to food, Kwan advised them to make dishes by using the food scraps in the trash. They felt odd and queried why the "garbage" should be used as ingredients.





## 天然調味料

正寬法師的寺刹料理，繼承素食的傳統做法，主要採用水煮、蒸、焯等烹飪方式，擺盤裝飾樸實無華，味道以清淡為主。

佛門素食不以肉、海鮮和五辛入饌，法師從不使用現成的調味料，所有調味料都是以發酵或脫水等方法自製。大醬、醬油、薑黃、胡椒、乾辣椒、蘑菇粉、海帶粉、紫蘇子粉等都是法師會大量使用的調味料。此外，法師會用芝麻粒、芝麻粉、芝麻糊等，加入剛焯好的蔬菜，提升食物味道。有時還會用米糖漿和山椒增加食物甜味，材料簡單但用法多變。

## Natural Seasonings

Kwan's temple cuisine is a continuation of using traditional vegetarian cooking methods, primarily boiling, steaming and soft-boiling. The food presentation is all about simplicity, with an emphasis on mild and light flavor.

Excluding meat, seafood and five pungent spices from Buddhist vegetarian recipes, Kwan never uses prepared seasonings.

Home-made seasonings like soybean paste, soy sauce, turmeric, pepper, dried chili, mushroom powder, kelp powder, perilla seed powder obtained through the process of fermentation or dehydration are always used in Kwan's dishes. Sometimes, Kwan adds sesame seeds, sesame powder or sesame paste with soft-boiled vegetables to enhance the flavor of the organic produce, or simply sweetens the dishes with rice syrup and sansho pepper.

**大醬和醬油** 黃豆經洗淨，搗碎成磚塊狀大豆磚 (meju) 後，將其浸泡在鹽水中，會不斷釋放出可口的胺基酸，因為黴菌和細菌在寒冷的冬天會分解大豆蛋白質，豆磚會發酵為大醬 (doenjang)、而色澤深沉又美味的鹽水則發酵成為醬油 (ganjang)。寺院的大醬和醬油都是經過至少兩年陳釀而成。

正寬法師最重視醬油，差不多每一道菜也會用上醬油。陳年已五到十年，甚至一百年的醬油，是寺院的傳家寶。

**Doenjang & Soy Sauce** After soybean is chunked, compressed, and shaped into a cube or a sphere called meju (the soybean block). After at least 2-year of fermentation, the aged meju are mashed to become doenjang (soybean paste or Korean miso), and the filtrate is boiled to become soy sauce.

Kwan creates almost every dish with soy sauce - the basis of seasonings. The harmonic mixture of soybeans, salt and water ages with time.

Soy sauce that has been aged for five to ten years, or even a hundred years, is the heirloom of the temple. ☀️



「寺刹料理可安穩人的身心。」

“Temple food keeps a person's mind calm and static.”

Feature photos: Asia's 50 Best Restaurants, Baekyangsa



「順其自然」  
"Let Nature Do its Thing"





人物專訪 INTERVIEW

# 台灣ECOCO如何變革廢物回收營運模式 以垃圾創造近2億元新台幣的消費市場

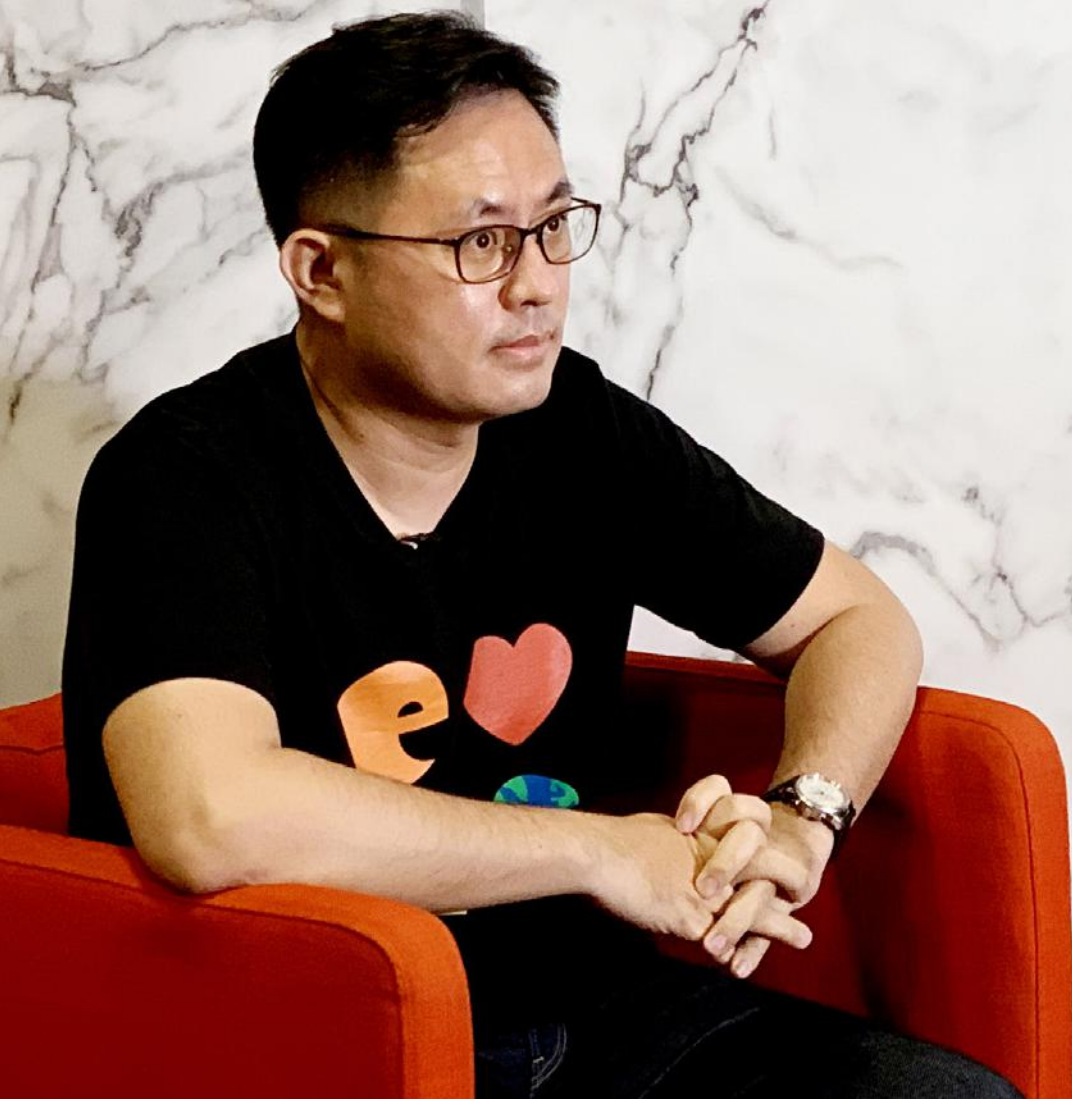
李漢揚

台灣「ECOCO 宜可循環經濟」創辦人

## How ECOCO's Recycling Business Creates NT\$200M New Green Money

Andrew Li

Founder of ECOCO Circular Economy, Taiwan







有別於其他國家或地區的廢物回收服務大部分由政府機關或非牟利團體營運，李漢揚創立的「ECOCO 宜可可循環經濟」，以私營公司身份，創出全新的營運模式，並以出租回收機為主要收入來源，將廢物回收變成一盤前景秀麗的生意。

ECOCO 由2018年開始營運，現時在台灣12個城市有108部逆向智能回收機投入服務，累計已收集 1,449萬個膠樽、301萬個鋁罐、1,152 萬個5號（即聚丙烯PP）塑膠杯、209萬個廢電池。市民透過回收機交回樽、罐、杯、電池可即時獲得積分，積分可於全台灣45個品牌旗下餐廳、百貨、藥房、眼鏡店、卡拉OK、油站、美術館、潛水學校、保險公司等500多個門市及網上平台，換取或以折扣購買商品或服務。過去3年，超過7萬個台灣家庭投入回收行列，產生了5,800萬積分，已被兌換的積分超過3,000萬點，帶動市場超過2億元台幣的消費力。

**As opposed to waste collection and recycling services run by government agencies or NGOs in the rest of the world, Andrew Li's private entity "ECOCO" has devised a new business model to translate waste recycling ecosystem into a lucrative business.**

Since its operation in 2018, ECOCO has already placed 108 reverse vending machines in 12 cities of Taiwan. As of now, the cumulative collection volume has amassed to 14.49 million plastic bottles, 3.01 million aluminum cans, 11.52 million Plastic#5 (polypropylene or "PP") cups, and 2.09 million waste batteries; 70,000 households have engaged in the point-reward program to trade recyclables for points, and 45 brands in Taiwan are lined up to build a network of over 500 outlets or e-commerce platforms for point-redemption. Through the program, consumers can enjoy discounts or redeem goods or services from a range of participating merchants, including restaurants, department stores, pharmacies, optical shops, karaoke lounges, gas stations, art galleries, diving schools and insurance companies within the network. Since its inception 3 years ago, more than 30 million points have been redeemed for consumption valued over NT\$200 million, spurring the growth of consumer market in Taiwan.



YC - Yvonne Chang, 《GO Natural 天然食品採購指南》出版人

AL - Andrew Li - 「ECOCO 宜可可循環經濟」創辦人

YC：ECOCO 的名字有特別意思嗎？

AL：「ECOCO」是Eco Coin (循環貨幣) 的意思，以循環經濟理念創造的積分獎賞系統，鼓勵更多市民、企業和團體一起為地球做一些事情。對市民來說，以廢物換取由不同合作商戶提供的消費積分，垃圾就變成有價值的「貨幣」，市民再憑「貨幣」到合作商戶兌換商品或服務，真正落實循環經濟。

YC：作為一間私營公司，並以出租回收機為主要收入來源，ECOCO對租戶來說有甚麼吸引力？

AL：我們的大多數租戶是零售商、咖啡館和餐館。ECOCO 為他們帶來好處。租戶可提供針對性的獎勵，鼓勵附近居民定期回來進行回收和購物。此外，我們會到租戶載走廢物，然後轉賣給後端的廢物處理廠，對租戶而言，他們不須自行處理廢物，更能獲得一筆販賣廢物的額外收益。雖然我們會因應不同租戶而調整不同的租賃模式，但讓更多租戶分享利潤，是我們長遠目標之一！畢竟租戶確實在現場的維護中貢獻了許多力量。最後，購買反向自動售貨機需要很高的初始成本，但是從 ECOCO 租賃比購買新機器便宜得多。

YC：對市民來說，積分可以兌換到的產品或服務越多元化越好，而這方面 ECOCO 都做到了，由餐飲、零售、公益到其他商業服務，帶給市民很多不同的選擇。對提供消費積分的商戶，例如 Foodpanda、台式手搖飲連鎖店「迷客夏」等企業來說，ECOCO 對他們又有何吸引之處？

AL：對合作商戶來說，加入 ECOCO，為市民提供各式各樣的產品和服務，鼓勵大家將回收變成一種可持續的習慣，提高廢物回收量，他們是身體力行履行企業社會責任 (CSR)，而消費者對真正支持環保的企業都有較大的忠誠度，所以我們亦為企業的形象加分。其次，極高的廢物回收率創造了更多積分，帶動市民到不同商戶進行消費，此舉直接為商戶帶來新顧客。最後，商戶以往花費不少支出於傳統的宣傳媒介，例如電視、報章雜誌廣告及印發宣傳單張等，花費龐大但卻無法了解成效。但我們的積分系統及手機應用程式，就可以幫助商戶達到「精準行銷」，透過數據分析，掌握用戶的消費模式，繼而訂立更精準的行銷策略。







YC – Yvonne Chang, Publisher of *GO Natural's Buyer's Guide to Natural Foods*

AL - Andrew Li, Founder of "ECOCO Circular Economy"

YC: What special meaning does "ECOCO" imply?

AL: "ECOCO" stands for Eco Coin (circular currency). It's a point-reward program based on the concept of circular economy, aiming to create a better world by uniting more citizens, enterprises and groups towards a common goal. To citizens, waste is exchanged for points redeemable in a variety of cooperative merchants. In this way, a truly circular economy can work out when "trash" becomes convertible "currency" for citizens to trade for goods or services from the merchants.

YC: Providing vending machine leasing options for clients is the key business model of ECOCO. How does ECOCO appeal to tenants?

AL: Most of our tenants are retailers, cafes and restaurants. ECOCO can benefit their businesses. Tenants with ECOCO can offer store-specific incentives so that citizens in the neighbourhood will come back regularly to recycle and shop, thus ECOCO helps them attract more walk-ins and drive sales to their stores.

We will pick up the waste from the tenants, and then resell the waste to the waste processing plants at the back-end. Throughout the collection, tenants themselves do not need to handle waste transportation, but can earn additional income from waste sales. We tailor different leasing models according to needs of our tenants. Profit-sharing from our waste sales with more tenants

is one of our long-term business goals! After all, they play their key role in onsite maintenance.

Lastly, purchasing a reverse vending machine involves high initial costs, however, leasing from ECOCO is much cheaper than buying a new one.

YC: To citizens, the more diversified the products or services that points can be redeemed for, the more people will participate. For those participating merchants such as Foodpanda and Taiwan's bubble tea chain Milkshop who offer points for redemption, how do they find ECOCO program attractive to them?

AL: To the participating merchants, partnering with ECOCO to provide citizens with a variety of products and services will in turn encourage them to develop a sustainable habit for handling recyclables, thereby, increasing the amount of waste to be recycled. This program turns out to be a viable way for enterprises to carry out the Corporate Social Responsibility (CSR) initiative. Meanwhile, consumers are more loyal to companies with sincere commitment to environmental protection. So, being ECOCO's partners help them build a better corporate image. Next, higher waste recycling rate will create more points for redemption, propelling citizens to spend at different merchants, which is a direct way to connect new customers with the participating merchants. Lastly, merchants no longer have to spend lavishly on commercials published on traditional media, such as TV and prints, with unknown effectiveness. Instead, our app-enabled point-reward program helps merchants to achieve "precision marketing". Through data analysis at the cloud, they can gain insight from consumers' behavior, in order to formulate a more target-oriented marketing strategy.





YC：回收膠樽其實並非把膠樽掉進回收機就完成，如果回收前的準備功夫不足，會影響回收成效，最後送到堆填區。ECOCO 如何教育市民做好回收工作？

AL：台灣人雖然環保意識強，但要主動做好垃圾回收分類並不容易。不同類型的垃圾，例如：鋁箔包、寶特瓶（註：即PET 膠樽，即樽身、樽蓋、標籤分別以三種不同塑膠材料製造的膠樽）等，未經細緻的分類便全都丟進同一個回收桶裏，導致廢物處理廠需要另花上更多成本重新分類和清洗。我們的智能收瓶機專收寶特瓶、鋁罐、塑膠杯等三種台灣最常見的瓶罐垃圾，結合物聯網和光學辨識系統加以分類，避免市民誤丟其他種類的垃圾，收瓶機同時會偵測瓶罐內的殘液，如果大於5%的瓶罐，瓶罐會被退出拒收，為的就是鼓勵大家落實先洗淨後回收的概念。

另一方面，由於ECOCO鼓勵市民先去瓶蓋、洗空瓶、去招紙後再投入收瓶機，我們收到的回收物料品質較高，省卻廢物處理廠的初階分類工作，因此他們都願意以較高的價錢購入我們的回收物料，亦為我們帶來更高的利錢。

YC：ECOCO 現時有三種不同型號的回收機，分別是收瓶機、收電池機和整合機（兼有瓶罐及電池）。由挪威引進的收瓶機一台要90多萬元台幣，成本不菲，會考慮自行生產以減低成本嗎？

AL：過往我們的收瓶機全部由挪威引進，今年起將陸續推出100% 台灣製造的收瓶機。因為疫情關係，讓我們試行了好幾個在軟硬件上「零接觸模式」的新機種。

其實，現時的電池回收機已是由我們自行研發，全機「Made in Taiwan」。現時，政府的電池回收獎勵計劃，回收500克以上回饋11元台幣，600克亦作500克計算，不足500克就一毛錢都沒有。因為獎勵機制的級距問題，市民要累積到500克電池時才拿去回收，但此時電池往往早已生鏽、漏液。而我們的電池回收機卻能做到即使只有一顆電池也能回收，並可換得點數。我們估計，我們單一部電池回收機的回收量，便是政府設在便利店一部回收機的50倍。

YC：ECOCO 未來一年的目標及發展計劃是甚麼？

AL：利用過去3年的營運經驗和的數據，在台灣各城市全力開拓新回收點，並恢復跟疫情前已有聯繫的海外公司進行商討。以租賃模式為主的營運模式雖然今年開始已有利潤，但我們會繼續擴大營收，並以IPO為中長期目標。9月底將推出新款的回收機，收集樽、罐與電池機外的物件。

「其實 ECOCO 要做的不是「回收」，而是一個機制，一個引起大家關注「回收」這件事的「媒介」。我們就像一個資源回收的整合商，利用軟件和線下設備，將產業鏈的所有公司和市民連結起來。」 Andrew Li







YC: Collecting plastic bottles for recycling is not simply dropping the stuff into the recycling vending machine. Before dropping them into the machine, some procedures have to be taken to ensure the waste quality. Otherwise, they will end up in landfill. How does ECOCO provide civic education for them when it comes to recycling?

AL: Although the Taiwanese have a strong eco-awareness, it is not easy for them to take the initiative when it comes to sorting trash. When different types of trash, such as aluminum foil bags, PET bottles (Note: the bottle itself, cap, and label are made of three different types of plastic materials) are dropped in the same machine without careful pre-sorting, it will add costs to re-sorting and cleaning in the waste treatment plants. Our smart recycling vending machines specifically collect Taiwan's three most common waste bottles, from PET bottles, aluminum cans to plastic cups. Capitalizing on the Internet of Things and optical recognition system, our machines sort waste bottles accurately in order to prevent citizens from mistakenly dropping other types of waste into the smart collectors. Our sensors will also detect whether there is any residual liquid inside the bottles. If bottles and cans are larger than standard size by 5%, our smart machine will reject the waste input. This is our way to encourage everyone to wash the bottles and cans before dropping them into our machines.

Thanks to our effort in encouraging the public to remove the caps, clean empty bottles, and detach the labels before dropping them into our machines, the waste we collect is of high quality. That saves the expenses of the waste treatment plants in the initial sorting process. So, they are more willing to buy our collected waste at higher prices, bringing us better profits.

YC: Recycling plastic bottles is not actually completed by dropping the plastic bottles into the recycling machine. If the preparation before recycling is insufficient, the whole batch of recycled materials may be contaminated or seep into a large amount of impurities, which will affect the recycling effect. The plastic bottles can only be disposed of in the heap fill area. How does ECOCO's "Ecoco Smart Recycling Machine" educate citizens to do recycling?

AL: Taiwanese are aware of environmental protection, but it is not easy to take the initiative to recycle and classify garbage. The recycling bins of many stores have not been carefully sorted, and different garbage such as aluminum foil bags and PET bottles (note: that is, PET plastic bottles, that is, plastic bottles made of three different plastic materials for the bottle body, bottle cap, and label) are all thrown away. In the same garbage bag, waste disposal manufacturers need to re-sort and clean at an additional cost. Our smart bottle collecting machine "Ecoco Smart Recycling Machine" collects the three most commonly produced bottle and can wastes in Taiwan, such as plastic bottles, aluminum cans, and plastic cups. Combined with the Internet of Things and optical recognition systems, they are classified to prevent people from accidentally throwing them away. For other kinds of garbage, the recycling machine will also detect the residual liquid in the bottles and cans. If the bottles and cans are larger than 5%, they will be rejected and rejected, in order to encourage everyone to implement the concept of washing first and recycling.

On the other hand, since ECOCO encourages the public to remove the caps, wash the empty bottles, and remove the adhesive film before putting them into the recycling machine, the recycled materials we receive are of high quality and save the waste treatment manufacturers' initial sorting work. Therefore, they are willing to buy our recycled materials at a higher price, which also brings us higher interest.

YC: What are ECOCO's goals and business plans for the coming year?

AL: By utilizing our business experience and collected data over the past 3 years, we will extend our reach across Taiwan, and resume pre-pandemic negotiation with our overseas partners. Our business model based primarily on the leasing model has turned profitable since the beginning of this year. We will go on to expand our revenue stream and go for an IPO in the medium to long-term run. A new model of recycling vending machine will be launched at the end of September to collect items other than bottles, cans and batteries. ☀️

*"Frankly, what ECOCO intends to do is not just 'collection and recycling waste' but building an ecosystem as the mechanism to garner everyone's attention to 'waste collection and recycling'. We are somewhat a one-stop waste collection platform using software and physical equipment to connect more companies and a wider community within the ecosystem."*  
Andrew Li





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## 認識韓國濟州島凸頂柑

韓國柚子茶成行成市，如果你識飲識食，一定知道用濟州島凸頂柑 (Dekopon) 造的柚子茶才是最頂級。

濟州島有三大特產：柑橘、海產及黑毛豬。2018年南北韓恢復對話後，南韓軍方曾一連兩日出動軍機，空運200噸濟州柑到平壤，作為北韓送贈松茸的回禮。而濟州柑中又以產自西歸浦一帶的凸頂柑最珍貴。

### 凸頂柑最珍貴

凸頂柑，又名「不知火」、「醜柑」、「醜八怪」等，由日本人將清見和，將椪柑兩種品種的柑橘進行雜交形成的品種，昔日在韓國是御前貢品。

每年11月至2月是凸頂柑的當造期，柑皮皺，油亮光澤，底部渾圓，頭頂有個「篤」。凸頂柑皮薄果衣少，清香獨特，果肉豐滿，無渣無核，汁多濃郁，甜度非常高，濟州島人愛用它來製成不同的醬料、食品 and 飲品。

## Something about Dekopons from Jeju Island

South Korea's bottled citron teas (aka yoja teas) are sold everywhere throughout the country. Foodies like you should know that the citron tea made of Dekopons from Jeju Island is the cream of the crop.

All of the citrus fruits are from the family Rutaceae, or simply the rue family. Citrus trees are

Jeju Island is best known for its citrus harvest, seafood and black pork. Jeju tangerines, in particular, are among the national treasures of Korea. After the inter-Korean summit had held in 2018, South Korea's military force airlifted 200 tons of tangerines from Jeju to Pyongyang for two straight days in return for North Korea's shipments of pine mushrooms.

### Top-of-the-Range

Dekopons grown in Seogwipo of Jeju Island are at the premium end of the market.

Dekopon (generic name: shiranuhi or shiranui, ugly mandarin) is a seedless variety of citrus – the hybrid between a kiyomi and a ponkan cultivated by the Japanese. In the past, they were gifts presented to the royal rulers of Korea, indicating their importance in the national history of Korea.

The fruits are ripe for harvest during the coldest winter times (from November to February annually). With a layer of rough, wrinkled and glowing skin, each dekopon has a distinctive bump at the top and a flat, round bottom. Characterized by a refreshing aroma, the seedless dekopons have a thin rind and mesocarp while their thick, fine-textured flesh is juicy, super sweet and strong in flavour. 🌞



a kind of flowering plants yielding pulpy fruits under the generic name of pomelos, which are rich in a variety of species, including honey pomelos, grapefruits, tangerines, shatian pomelos, wendan pomelos and many others.



專題 FEATURE

# 香港「優質養魚場計劃」

實踐由魚場到餐桌的可持續飲食概念

The Accredited Fish Farm Scheme (AFFS) Hong Kong

## From Farm to Table









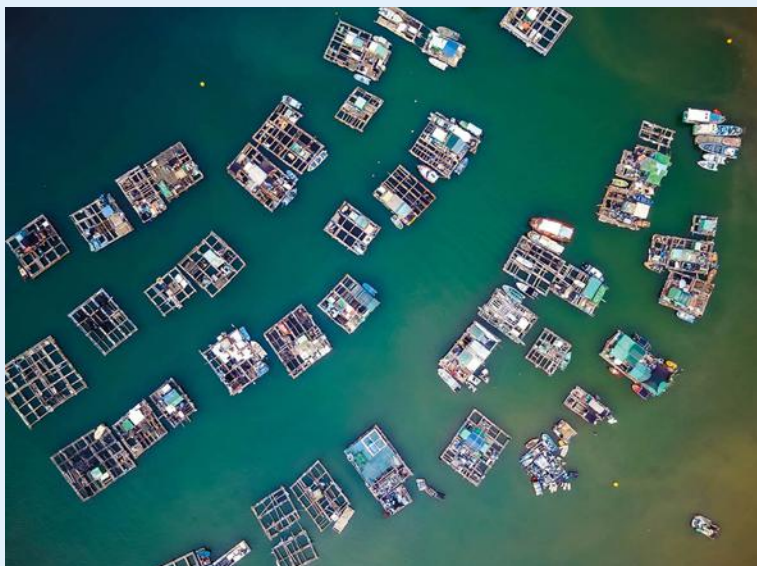


香港漁農自然護理署於2005年推出「優質養魚場計劃」，旨在支持本土漁業的可持續發展，透過推廣良好水產養殖方法、生產程序標準及產品銷售前的測試，提升香港水產養殖場水平，為市民提供優質的水產品。現時，超過150個本地魚場已參與計劃，提供十多種不同的鮮活、冰鮮和速凍海魚、塘魚和其他水產品，包括港人喜歡食用的花尾龍躉、魚仲（又稱海鱸、槽仔魚）、花鱸魚、圓眼燕魚、石鯊（又稱鯊魚）、黃鰻鯪、紅魚、石蚌、寶石魚和烏頭等。

Launched in 2005, the Accredited Fish Farm Scheme (AFFS) is an initiative of the Agriculture, Fisheries and Conservation Department (AFCD) Hong Kong to promote the sustainable development of the local fisheries industry.

Through the promotion of good aquaculture practices, standardization of production processes and pre-market fish sample tests, AFCD aims to provide the public with quality, safe aquaculture products while assisting dedicated fish farms in gaining a competitive edge.

Currently, more than 150 registered local fish farms supply a wide variety of popular live, chilled and frozen local marine and pond fishes, such as giant grouper, cobia, Japanese seabass, orbicular batfish, black croaker, pompano, red snapper, star snapper, jade perch, grey mullet, etc.



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## 為甚麼選擇「優質養魚場計劃」的優質魚？

### 本地

本地飼養，採用高速急凍及真空包裝技術，快速送抵餐廳及零售點，保持優質魚百分百新鮮、美味。

### 安全

漁護署定期派人檢測水質及養殖環境，不論水產苗、水質、飼料及出品均需通過檢測，確保零孔雀石綠、零藥殘、零重金屬超標。

### 優質

經檢測合格的優質魚會獲發合格證書及標籤作識別，標籤附有二維碼供市民追蹤食材來源。

### 低碳

相比進口海鮮，大大減少長途運輸產生的碳排放。

## Why AFFS's Fish?

### Local

Direct from the sea or fish ponds, caught, quick-frozen and vacuum-packed locally, the freshest seafood is delivered straight from the fish farms to the restaurants.

### Safety

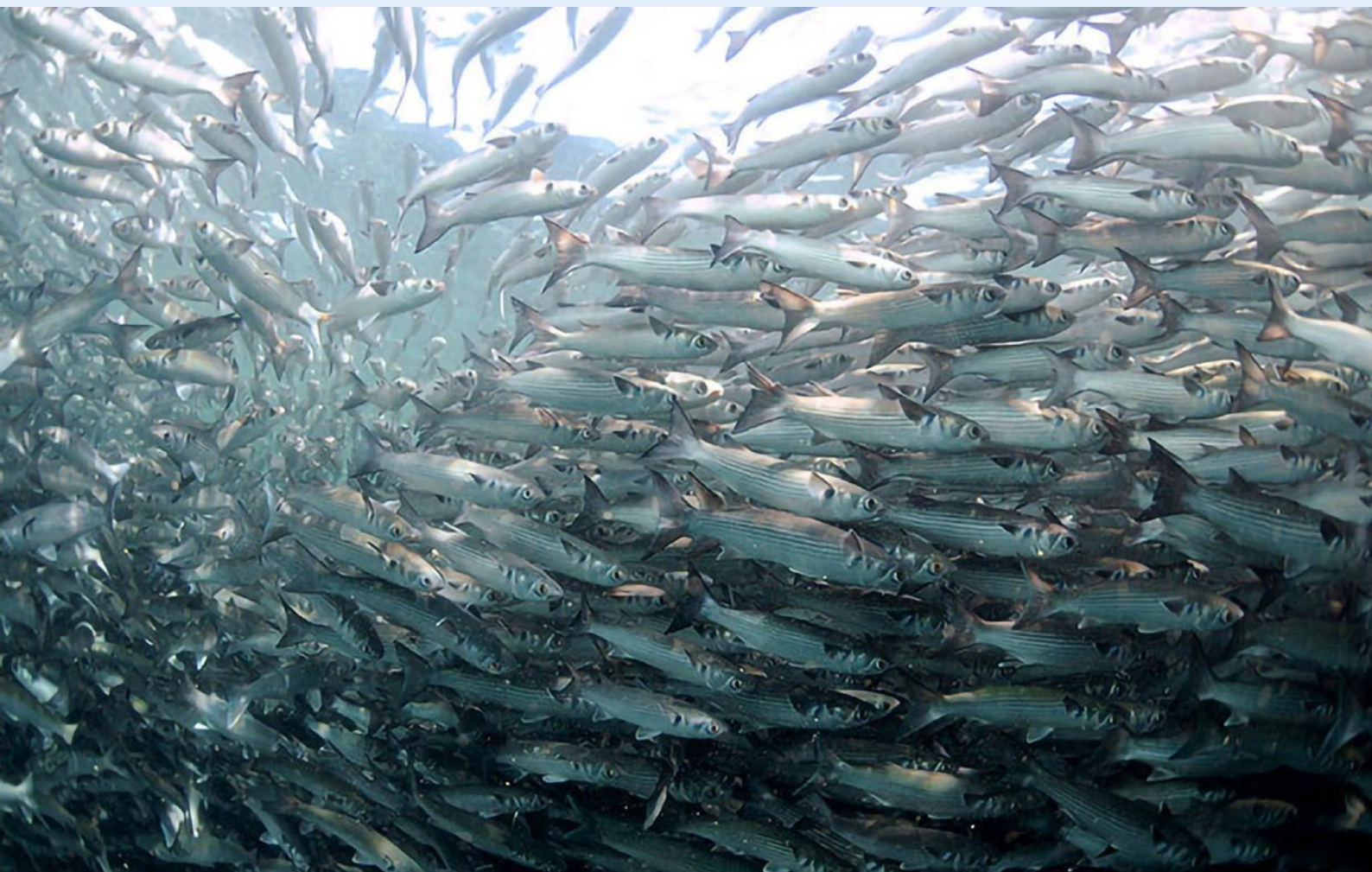
Regular inspections of water quality and breeding environment are conducted by the AFCD. The aquatic fry, water quality, feed and outputs are all tested for qualification to ensure that they contain zero malachite green, zero drug residues, and zero heavy metal exceedance.

### Quality

Each fish approved by AFCD will be issued a certificate of compliance and a tag. The QR-code enabled fish tag allows customers to use their mobile phones to scan the sticker and obtain relevant information about the product.

### Low Carbon

Local sourcing means a shorter distance to deliver the food and thus a lesser carbon emission.





# 「優質養魚場計劃」 養魚場各具特色

## 6 ACCREDITED FISH FARMS TO CHECK OUT

### 陳平有魚場

Chan Ping-Yau Fish Farm



地點：南丫島索罟灣

特色：有別於傳統的井字型魚排，以魚產量大的深海養魚籠養殖優質魚。

旗艦產品：黃鰺鯪、魚仲、石蚌、紅魚

**Location** : Sok Kwu Wan, Lamma Island

**Selling points** : Unlike the traditional way in floating rafts, a more productive cultivation of high-quality fish is ensured through the use of deep-sea aquaculture cages.

**Core products** : Pompano, Cobia, Star snapper, Red snapper



### 元朗一帆漁業

Sail Fish Co Ltd



地點：元朗南生圍

特色：「優質養魚場計劃」其中規模最大的魚場之一，塘魚通過漁護署的泥味測試，確保沒有泥味才會推出市面，魚場並設有ISO認證加工場。

旗艦產品：烏頭、鯪魚、寶石魚、南美白蝦

**Location** : Nam Sang Wai, Yuen Long

**Selling points** : Among the largest-scale fish farms in Hong Kong, their products pass the AFCD's tests for the muddy smell. Pre-packaged in its own ISO-certified processing plant, all its accredited fish available in the market are assured muddy smell-free.

**Core products** : Grey Mullet, Grass carp, Jade perch, Pacific white shrimp



### 仟國水產

Aqua Millennium



地點：西貢榕樹凹

特色：與香港城市大學及香港科技大學等合作，分享養殖各類海產的優良高效方法。

旗艦產品：波紋龍蝦、軟殼龍蝦、巨型泥鰻、沙巴龍躉、白花魚、黃鰺鯪、圓眼燕魚

**Location** : Yung Shue Au, Sai Kung

**Selling points** : In collaboration with the City University of Hong Kong and Hong Kong University of Science and Technology to explore highly effective ways for better fish quality and yield.

**Core products** : Panulirus homarus, Soft-shell lobster, Giant mottled spinefoot, Sabah grouper, White croaker, Pompano, Orbicular batfish



## 本土養殖 Hong Kong Aquaculture



地點：西貢榕樹凹

特色：以「神經血締」屠宰方法，減少魚神經感覺，令魚肌肉放鬆，更易放血，減低血腥味，魚肉更鮮嫩雪白。

旗艦產品：圓眼燕魚 (由漁護署引入的新品種)、黃鰺、魚仲、花鰻魚

**Location :** Yung Shue Au, Sai Kung

**Selling points :** The Japanese method "Ikejime" is used to cut live fish in a humane way. By paralyzing the fish body for blood draining, it preserves the freshness and taste of the fish.

**Core products :** Orbicular batfish, Pompano, Cobia, Japanese seabass



## 富琴有機火龍果農莊 Fu Kum Organic Pitaya Farm



地點：上水古洞

特色：以自家種植火龍果果皮及有機飼料養殖優質魚，再以魚的有機物灌溉農作物，從而做到魚菜共生。

旗艦產品：羅非魚、寶石魚

**Location :** Kwu Tung, Sheung Shui

**Selling points :** Rearing in Fu Kum's aquaponics system, fish are fed with peels from homegrown dragon fruits and organic feed. The nutrient-rich fish's waste, as part of the food chain, is used for watering the plants.

**Core products :** Tilapia, Jade perch

## 澳背塘有機養殖場

### O Pui Tong Organic Fish Farm



地點：吉澳澳背塘

特色：並獲香港有機資源中心頒發有機水產養殖認證。

旗艦產品：馬氏珍珠貝、華貴櫛孔扇貝

**Location :** O Pui Tong, Crooked Island

**Selling points :** Awarded the Organic Aquaculture Certification by the Hong Kong Organic Resource Center.

**Core products :** Pteria martensii, Mimachlamys nobilis





## 優質魚深受 餐飲業歡迎

### TOP CHEFS SUPPORT LOCAL SUSTAINABLE SEAFOOD



#### 豆酥醬油海鱸魚

#### Shallow-fried Cobia Fillet with Crispy Soybean Sauce

「我們一向對揀選環保、低碳的食材有一定的堅持。我們選用香港『優質養魚場計劃』的本地優質魚，就是以實際行動為本土漁業的可持續發展出一分力！近來我們選用了約十公斤重的海鱸魚，喜歡海鱸魚肉質多而肥美，魚油豐腴。海鱸魚原條運來，只需切件起肉後簡單以鹽、胡椒粉調味，蘸上薄薄的蛋漿便作煎封，口感香脆，配上簡單的豆酥醬油更能突顯其濃郁鮮味。」

香港賽馬會滿貫廳總廚林勤飛師傅

"Committed to the choice of eco-friendly food and low-carbon ingredients, we primarily source high-quality local fish from the Accredited Fish Farm Scheme (AFFS) Hong Kong. This action supports the sustainable growth of local fisheries. We have recently selected cobia weighing around 10kg each. These meaty and oily whole fish, are filleted into chunks and seasoned with salt and pepper, and then coated with egg batter and shallow-fried to create a crunchy mouthfeel. An additional dressing with simple crispy soybean sauce further enhances their rich fresh flavor."

Patrick Lam, Chief Cook of Moon Koon Restaurant,  
Hong Kong Jockey Club

#### 「翡翠炒沙巴龍躉球」搭配 「黑蒜粉絲蒸沙巴龍躉頭腩」 Sautéed Garoupa Fillet and Vegetables + Steamed Garoupa Head with Black Garlic and Vermicelli

「美心中菜」去年曾以「優質養魚場計劃」的沙巴龍躉，於美心皇宮、翠園、八月花及八月居等中餐廳推出精選優惠。菜式全部零味精，摒棄花巧烹調技巧，發揮優質食材的原始鮮味。

Last year, Maxim's Chinese Cuisine offered two specialty dishes featuring the AFFS-branded garoupas at Maxim's Palace, Jade Garden, Jasmine and House of Jasmine. All dishes are MSG-free. The use of back-to-basics cooking techniques brings out the original flavors of premium ingredients.





### 炙燒薄魚片配柑橘油醋醬

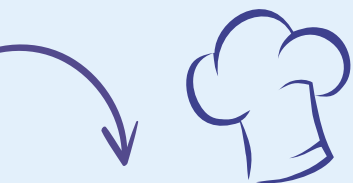
### Flame-grilled Thin Fish Fillets with Citrus Vinaigrette Sauce

「石鯪肉質鮮嫩，由於只有一條大骨，起肉做魚扒或咸鮮都非常簡便，所以通常我都會將石鯪切成薄塊、烤焗，然後蘸上以橙汁、檸檬汁調成的醬汁來吃，特別醒胃。」

藍帶廚師Bonnie So

"Fresh in taste and buttery in mouth-feel, black croakers with one main backbone only are easy for deboning. Best for fillet-cut or salt-marination, I always fillet the flesh into thin slices. After oven-baking, I top them with citrus or lemon marinade. Oh-so-appetizing!"

Chef Bonnie So, Le Cordon Bleu



## 香港超過100間零售點支持

「優質養魚場計劃」現時在香港有超過100間零售點售賣已處理好的速凍優質魚，消費者買回家後只需解凍清洗，便可烹煮。零售店包括：百佳、TASTE、Fusion、Foodwise、AEON、一田百貨、Organic Plus、Soda Mall、源生坊、點點綠等。消費者亦可透過魚類統營處的「本地魚菜直送 Local Fresh」手機程式及網店，包括：HKTV Mall、早晨、Home+ 購買。

「我們店很多客人都不喜歡剖魚，而「優質養魚場計劃」的速凍優質魚就解決了這個問題！每條優質魚都以獨立包裝，並且已經去除了魚鱗和內臟，只需烹煮前一天把魚放到雪櫃的下格，食用前取出用水清洗便可烹食，實在非常方便。而且優質魚即捕即雪，保持了肉質和鮮味，所以一點魚腥也沒有。」

有機產品連鎖店 Organic Plus 創辦人陳廷章



## Retailers Join Force to Promote AFFS Fishes

Frozen fish in vacuum-sealed packaging are available at over 100 retail stores in Hong Kong. ParknShop, TASTE, Fusion, Foodwise, AEON, Yata, Organic Plus, Soda Mall, Health Aims, Greendotdot are where you can bring home the fish. All the frozen fish are pre-processed and what consumers need before cooking is just thaw and wash.

"Many of our customers dislike processing fish on their own. Rapid-frozen high-quality fish from the Accredited Fish Farm Scheme (AFFS) fix this problem. The scales and organs of every high-quality fish are removed before vacuum seal-wrapping. Consumers just need to remove the pre-packaged fish from the freezer and put it in the refrigerator for defrosting overnight. Then, rinse it for cooking. The prep is very easy. Without any fishy smell, the tenderness and fresh flavor of high-quality fish caught from farms are well-kept through immediate processing and freezing."

Michael Chan, Founder of Organic Plus





# French Organic Beet Potatoes & O



**Now Available**

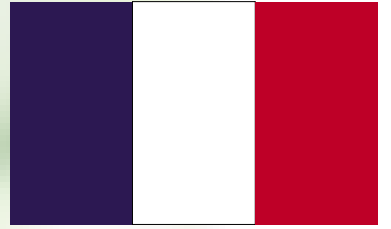


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# 超級食品新選擇 羽扇豆

## The Next Superfood LUPIN

### 什麼是羽扇豆？

羽扇豆，又稱魯冰花，跟鷹嘴豆、大豆、花生、扁豆和豌豆同屬豆類，主要種植地包括：澳洲、東歐、南非和美國。雖然羽扇豆在亞洲並未太流行，但近年越來越多食品公司推出以羽扇豆為主要成份的健康食品。

### 營養豐富

- 高蛋白（約 40%）
- 高纖維（約 30%）
- 低碳水化合物
- 低脂肪
- 低血糖指數
- 不含麩質

### 食品應用

- 麵粉、湯、燉菜、麵條、麵包
- 零食
- 肉類替代品
- 無麩質產品
- 生酮飲食

### 可持續性

羽扇豆能為農民和環境帶來了多種好處。非基因改造的羽扇豆，抗蟲能力比較高，耐旱、比其他農作物需更少的水和肥料，即使在乾旱與土壤不太肥沃的情況下也能有合理的產量，是一種可持續耕作的農作物。

### 缺點<sup>2</sup>

羽扇豆是跟花生最相近的食物。據估計，大約 50% 對花生過敏者亦會對羽扇豆敏感。澳洲和新西蘭食品標準局於 2017 年將羽扇豆列入其過敏原清單。

### What is Lupin?

Grown in Australia, Eastern Europe, South Africa and the United States, lupin (also called lupini beans) is a legume - just like chickpeas, soybeans, peanuts, lentil and pea.

Although lupin has yet to reach mainstream popularity in Asia, there are some key reasons why you should get ahead of the game and start.

### Nutritious

- High protein (roughly 40%)
- High fiber (roughly 30%)
- Low carbohydrates
- Low fat
- Lo GI
- Gluten-free

### Food Applications

- Flour, soups, stews, noodles, breads
- Snacks
- Meat substitutes
- Gluten-free products
- Keto diet

### Good for the Earth

Lupin presents several benefits for farmers and for the environment. The non-GMO Lupin is inherently pest resistant, requires low maintenance (it takes less water and fertilizer than other crops), and able to withstand difficult environmental conditions, making this warrior bean an

營養成分<sup>1</sup> 已煮熟的成熟羽扇豆(無鹽)

Nutrition Facts<sup>1</sup> Lupins Mature Seeds  
Cooked Boiled Without Salt

### Nutrition Facts

Serving Size  
100 grams (100g)

**Calories** **119**

% Daily Value \*

<b>Total Fat</b> 2.9g	<b>4%</b>
Saturated Fat 0.3g	<b>2%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 4mg	<b>0%</b>
<b>Total Carbohydrate</b> 9.9g	<b>3%</b>
Dietary Fiber 2.8g	<b>10%</b>
<b>Protein</b> 15.6g	<b>31%</b>
Vitamin C 1.1mg	<b>1%</b>
Vitamin D 0µg	<b>0%</b>
Iron 1.2mg	<b>7%</b>
Calcium 51mg	<b>4%</b>
Potassium 245mg	<b>5%</b>
Phosphorus 128mg	<b>10%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

eminently sustainable crop.

### Downside<sup>2</sup>

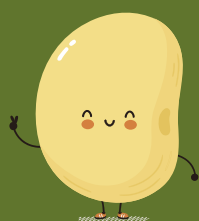
Lupin is peanut's closest relative amongst foods and it has been estimated that approximately 50% of individuals with peanut allergy can react to lupin. Food Standards Australia and New Zealand added lupin to its allergens list in 2017.



資料來源 Sources:

1. USDA Food Data Central
2. The University of Manchester





## 羽扇豆 LUPIN

各式各樣的羽扇豆食品

Forward-thinking healthy food brands are finding new ways to use lupins.



1. 羽扇豆 (開邊) Lupin Split, Raw Earth - Australia; 2. 羽扇豆片 Lupini Flakes, Aviate Foods - USA; 3. 有機羽扇豆麵粉 Organic Lupin Flour, Ecoideas - Canada; 4. 羽扇豆乳酪 Lughurts Plain, Made with LUVÉ - Germany; 5. 羽扇豆粉 Ground Lupin Bean Plain, Carrington Farms - USA; 6. 羽扇豆麵粉 Lupin Flour, Modern Mountain Flour - USA; 7. 有機羽扇豆 (水浸) Organic Lupin Bean in Water, Biona Organic - UK; 8. 羽扇豆芝麻醬檸檬小紅莓小吃 Lupini Bean Powered Bite Tahini Lemon Cranberry, Lupii - USA; 9. 低碳水化合物羽扇豆意大利粉 Low Carb Pasta Made with Lupin Bean Flour, Kaizen Food Co. - USA; 10. 羽扇豆與檸檬胡椒粉混合 Lupin Crumbing Mix with Lemon Pepper, The Lupin Co. - Australia; 11. 羽扇豆蛋白片 Toasted Protein Flakes, Lupin for Life - Australia; 12. 羽扇豆冬陰功味小吃 Lupin Snacks - Tom Yum flavour, Supermood - Thailand; 13. 向日葵雲尼拿奇亞籽曲奇 Sunflower Butter with Vanilla and Chia Cookies, UpliftFood - USA; 14. 意式羽扇豆小吃 Italian Snacking Lupini Beans, Brami - USA; 15. 羽扇豆脆片 Lupin Chips, Pinarie Foods - Australia; 16. 羽扇豆屑 Lupin Crumb, You Cook - Thailand







4



5



6



8



9



10



14



15



16



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多年來能成為法國 No. 1 糖漿品牌，Teisseire 品質之超卓，不言而喻。始創於1720 年的 Teisseire 是法國歷史最悠久的糖漿品牌，三百多年來，為餐飲業及消費者提供品質最好的產品。

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每樽Teisseire糖漿都在法國廠房製造，然後原裝出口到世界各地，以保障消費者安全及保證產品質素為首要重任。

### 水果含量比例最高

選用來自世界各地的新鮮水果和植物製成的果露系列，水果味道特別濃郁。

### 天然蔬果色素

產品色彩繽紛，大部分來自蔬果的天然色素 - 紅色來自紅甜椒，黃色來自柑橘類水果，綠色來自薄荷葉的葉綠素。

### 獨特秘方

透過蔗糖和果糖的黃金比例配方，提昇水果鮮味，創造獨一無二的味道。

302 years ago, in the foothills of the French Alps, Mathieu Teisseire was so inspired by the taste of ripe, juicy cherries that he created a liqueur that truly captured the rich flavour of the fruit.

Mathieu Teisseire's passion for concentrating flavour is the inspiration for what has become the no.1 best-selling syrup in France.

Over the last three centuries, Teisseire's syrups have elevated the taste experience of countless glasses of water, refreshing cool drinks, cups of coffee & tea, and mocktails & cocktails of every kind.

Mathieu Teisseire – expertise in crafting true, French flavor since 1720.

### 100% Made in France

To maintain product quality and safety, each bottle of Teisseire is manufactured and packaged in our factory in Crolles, France.

### Water from French Alps

Natural spring water in French Alps is the key ingredient that the clean, pure and neutral taste allows the full flavor to shine through.

### High Fruit Content

Teisseire sources fruit and plant extracts from all over the world. The Fruit Range has the highest fruit content amongst other brands.

### Natural Coloring

Fruits, vegetable and other natural sources are used for colors. Synthetic coloring is only used when colors are not easily found naturally in nature, such as blue for 'Le Blue'.



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Based in Hong Kong, with partner offices in Singapore, Japan, Australia and mainland China, we are a brand consultancy and marketing agency dedicated to serving sustainable and healthy lifestyle brands to grow in Asia Pacific markets.

GO Natural Marketing & PR Co Ltd is the publisher of GO Natural Food Guide and GO Natural Beauty Magazine.

### Our services

- Copywriting, translation, content marketing
- Marketing collateral design and production
- Website design, SEO and SEM
- Email marketing
- Social media management
- PR & publicity
- Influencer marketing
- Trade buyer food sampling event management

想知客戶對我們的評價？  
請瀏覽我們公司網站！

Hear what our happy clients say  
about us? Please visit our website!

[www.GoNaturalMarketing.com](http://www.GoNaturalMarketing.com)





美國著名蘋果汁品牌  
150多年歷史，信心保證  
*Martinelli's - Over 150 Years of Brand Excellence*

## Martinelli's 馬天尼

馬天尼，擁有超過150年歷史的知名品牌。

自1868年創立以來，一直使用加州肥沃土壤的山谷所種植的蘋果，生產出100%金牌優質果汁。產品更在不同博覽會上獲得超過50面金牌，商標獲冠以「金牌馬天尼」的稱號。

### 產品特點：

- ✓ 原裝美國進口，產地盛產優質蘋果
- ✓ 採用美國優質品種蘋果，調製出完美香純的果味
- ✓ 無添加糖、色素、防腐劑等添加劑

Since 1868, Martinelli's has been producing Gold Medal premium 100% juices from apples grown in the fertile valley in CA. Its products have been honored with more than fifty gold medals for excellence at a variety of expositions, leading to the adoption of the brand trademark, "Martinelli's Gold Medal®".

### Product features:

- ✓ Made from U.S. Grown Fresh Apples (Not from Concentrate)
- ✓ A unique combination of the finest varieties of U.S. grown apples
- ✓ No added sugar, coloring, and preservatives

### 產品生產地 Country of Origin

美國 USA

### 產品種類 We are Offering

純果汁、有機果汁及有汽水汁

Pure Apple Juice, Organic Apple Juice, Sparkling Apple Cider & Juice

### 服務以下國家及地區顧客 Target Regions

香港及澳門

Hong Kong & Macau

### 目標顧客 Target Customers

零售商、批發商及餐飲業

Retailers, Wholesalers & Foodservices

### 採購及查詢聯絡 Company & Contact Information

東秀有限公司

Assure Company Limited

Tel : (852) 2388 8839

Email : [info@assure.com.hk](mailto:info@assure.com.hk)

URL : [www.assure.com.hk](http://www.assure.com.hk)







Sparkling Apple Cider  
有汽蘋果汁 (不含酒精)  
Pkg: 750ml x 12



Pure Apple Juice  
純蘋果汁  
Pkg: 296ml x 24



Sparkling Blush  
Apple-Raspberry Juice  
有汽蘋果紅桑莓汁 (不含酒精)  
Pkg: 750ml x 12



Sparkling  
Apple-Grape Juice  
有汽蘋果葡萄汁 (不含酒精)  
Pkg: 750ml x 12



Sparkling  
Apple-Cranberry Juice  
有汽蘋果紅莓汁 (不含酒精)  
Pkg: 750ml x 12



Sparkling Blush  
Apple-Pomegranate Juice  
有汽蘋果石榴汁 (不含酒精)  
Pkg: 750ml x 12



Organic Pure Apple Juice  
有機純蘋果汁  
Pkg: 296ml x 12



Sparkling Blush  
Apple-Raspberry Juice  
有汽蘋果紅桑莓汁  
Pkg: 296ml x 12



Sparkling Apple Juice  
有汽蘋果汁  
Pkg: 296ml x 12





## 美味、健康又方便的零食小吃 Delicious, Healthy, and Convenient Snack Packs

### SnackMate 新仕美

新仕美SnackMate嚴選世界各地優質的原材料，為追求健康生活的您提供多種健康、方便和美味的零食選擇。

#### 產品特點：

- ✓ 非切片的原粒果乾，大顆圓潤，口感飽滿
- ✓ 豐富膳食纖維及維他命
- ✓ 不含膽固醇
- ✓ 不含人造色素
- ✓ 獨立小包裝，一開即食，隨時隨地隨心享用

SnackMate selects superior quality raw materials around the world and brings you a delicious, healthy, and smart way to snack. It offers great choices of convenient snack packs that can help you to pursue a healthy lifestyle.

#### Product features:

- ✓ Whole fruit (Non-sliced), large size with rich texture
- ✓ Good source of fiber and vitamin
- ✓ Cholesterol free
- ✓ No artificial colours
- ✓ Convenient pocket packs

#### 產品種類 We are Offering

原粒藍莓乾、原粒紅莓乾、去核西梅及杏脯乾  
Whole Dried Blueberries, Whole Dried Cranberries, Pitted Prunes and Dried Apricots

#### 服務以下國家及地區顧客 Target Regions

香港、澳門及中國  
Hong Kong, Macau and China

#### 目標顧客 Target Customers

零售商及批發商  
Retailers & Wholesalers

#### 採購及查詢聯絡 Company & Contact Information

東秀有限公司  
Assure Company Limited  
Tel : (852) 2388 8839  
Email : [info@assure.com.hk](mailto:info@assure.com.hk)  
URL : [www.assure.com.hk](http://www.assure.com.hk)





Whole Dried  
Cranberries 7's  
原粒紅莓乾 (7包裝)  
Pkg: (25g x 7) x 12



Whole Dried Cranberries  
Zipper Bag  
原粒紅莓乾  
(密實保鮮裝)  
Pkg: 200g x 8

#### 泌尿系統健康 Maintain Urinary System Health

含多酚、獨特的原花青素、纖維、維他命C和槲皮素，預防尿道細菌性感染，提升免疫力。

Rich in polyphenols, proanthocyanidins, fiber, vitamin C, and quercetin, it prevents urinary tract infections and strengthens the immune system.



Whole Dried  
Blueberries 7's  
原粒藍莓乾 (7包裝)  
Pkg: (15g x 7) x 12

#### 護眼補腦 Promote Eyes and Brain Health

含有天然花青素，護眼明目，增強夜間視力，促進眼部血液循環。豐富抗氧化物，防止自由基攻擊腦部和神經細胞，減緩腦部退化，有助維持記憶力。

Anthocyanins protect eye health, improve eyesight, and enhance night vision. Rich in antioxidants, it prevents free radicals from attacking the brain and nerve cells, may slow down the degeneration of the brain, and helps maintain a memory.



Pitted Prunes 7's  
去核西梅 7小包  
Pkg: (24g x 7) x 12

#### 腸道健康 Improve Gut Health

含豐富食用纖維及山梨糖醇，幫助排便，保持腸道健康。水溶性纖維，能有助降低體內膽固醇，減輕心血管負擔，更有助預防骨質疏鬆。

Rich in dietary fiber and sorbitol, it normalizes bowel movements and helps maintain gut health. Water-soluble fiber helps lower cholesterol levels, reduces the burden on cardiovascular and helps prevent osteoporosis.



Dried Apricots 6's  
杏脯乾 6小包  
Pkg: (20g x 6) x 12

#### 抗氧美肌 Boost Skin Health

含天然維他命E、維他命C及β胡蘿蔔素，抗氧美肌，保護皮膚細胞免受紫外線的損害，預防皺紋。

Rich in natural vitamin E, vitamin C, and β-carotene, and with antioxidant effect, it protects skin cells from UV damage and prevent wrinkles.



# 貿易展總覽 – 2022年國際食品展覽會

(截至2021年3月31日)

溫馨的提示！我們盡力確保資料準確，但在這非常時期，請出發前確認展覽會是否如期舉行。

## Trade Show Calendar International Food Exhibitions 2022

(As of 31 March 2022)

Friendly reminder! We're working hard to be accurate. But these are unusual times, so please check that exhibitions remain open before you go.

### March / April

29 March–1 April

馬來西亞國際食品展

馬來西亞吉隆坡 - 吉隆坡國際會議中心

Food & Hotel Malaysia

Kuala Lumpur, Malaysia - Kuala Lumpur Convention Centre

<https://www.foodandhotel.com>

13-15 April

日本東京高級食品及食材展覽 / 有機生活博覽會

日本東京 - 東京Big Sight

Premium Food Show / Organic Lifestyle Expo

Tokyo, Japan – Tokyo Big Site

<https://ofj.or.jp/ofe/top.html>

### May

6-8 May

亞洲素食展

中國香港 - 香港會議展覽中心

Vegetarian Food Asia

Hong Kong, China – Hong Kong Convention & Exhibition Centre

<https://www.vegfoodasiahk.com>

12-14 May

亞洲國際有機產品博覽會

中國上海 - 上海世博展覽館

Biofach China

Shanghai, China – Shanghai World Expo Exhibition & Convention Center China

<http://www.biofachchina.com/en>

18-20 May

SIAL 國際食品展(上海)

中國上海 - 上海新國際博覽中心

SIAL CHINA

Shanghai, China - Shanghai New International Expo Center

<https://www.sialchina.com>

19-20 May

新加坡咖啡茶展覽會

新加坡 - 濱海灣金沙酒店金沙博覽會議中心

Cafe Asia

Singapore – Sands Expo & Convention Center

<http://cafeasia.com.sg>

24-28 May

泰國亞洲世界食品展

泰國曼谷 - IMPACT曼谷影響展覽中心

THAIFEX – Anuga Asia

Bangkok, Thailand - IMPACT Muang Thong Thani

<https://thaifex-anuga.com/en/>

### June

7-9 June

世界食品(深圳)博覽會

中國深圳 - 中國深圳國際會展中心(新館)

ANUFOOD China

Shenzhen, China – Shenzhen World Exhibition & Convention Centre

<http://www.anufoodchina.com>

7-10 June

首爾國際食品及酒店用品展覽會

韓國首爾 - 韓國國際會展中心Kintex

Seoul Food & Hotel

Seoul, Korea - KINTEX

<http://www.seoulfoodnhotel.co.kr/main/main.php>

12-14 June

夏季優質食品及飲料展覽會

美國紐約 - 曼哈頓賈維茨會展中心

Summer Fancy Food Show

New York, USA - Jacob K. Javits Convention Center of New York

<https://www.specialtyfood.com/shows-events/summer-fancy-food-show/>

22-24 June

亞洲特色食品展暨餐飲酒吧展

新加坡 - Suntec 新達城國際會議展覽中心

Specialty & Fine Food Asia

Singapore – Suntec Singapore

<https://www.specialty-asia.com>

22-24 June

健康天然原料、食品配料中國展

中國上海 - 上海國家會展中心

Hi & Fi Asia-China / HNC / ProPak China / FoodPack / Starch Expo

Shanghai, China - National Exhibition Convention Center

<https://www.figlobal.com/china/en/home.html>

22-24 June

上海國際加工包裝展覽會

中國上海 - 上海國家會展中心

ProPak China

Shanghai, China – National Exhibition and Convention Centre

<https://www.propakchina.com/en>

22-25 June

台北國際食品展覽會

台灣 - 台北南港展覽館

Food Taipei

Taipei, Taiwan – Taipei Nangang Exhibition Centre

<https://www.foodtaipei.com.tw/index.html>

### July

7-8 July

食物可持續發展研討會(歐洲)

荷蘭阿姆斯特丹 - Mövenpick Hotel

Amsterdam City Centre

Sustainable Foods Summit (Europe Edition)

Amsterdam, The Netherlands, Mövenpick Hotel Amsterdam City Centre

<http://sustainablefoodssummit.com/europe/>

14-16 July

馬來西亞國際食品加工機械與設備展

馬來西亞吉隆坡 - MITEC馬來西亞國際貿易展覽中心

M'SIA - Pack & FoodPro Expo

Kuala Lumpur, Malaysia – MITEC, Kuala Lumpur

<https://mimf.com.my>

26-29 July

德國紐倫堡國際有機食品展

德國紐倫堡 - Messe Nuremberg

Biofach

Nuremberg, Germany – Messe Nuremberg

<https://www.biofach.de/en>

26-29 July

印尼國際食品及旅館用品展

印尼雅加達 - 雅加達國際展覽中心

Food & Hotel Indonesia

Jakarta, Indonesia - The Jakarta International Expo, Kemayoran

<https://www.foodhotelindonesia.com>

27-29 July

大米穀物產業展

日本東京 - 東京Big Sight

Rice Expo

Tokyo, Japan – Tokyo Big Site

<https://riceexpo.jp>

27-29 July

東京咖啡、茶點暨烘焙設備展

日本東京 - 東京Big Sight

Tokyo Cafe Show / Wellness Life Japan

Tokyo, Japan – Tokyo Big Site

<http://www.wfjapan.com/tokyo/>



## August

11-15 August

### 美食博覽

中國香港 - 香港會議展覽中心

### Hong Kong Food Expo

Hong Kong, China - Hong Kong Convention & Exhibition Centre

<https://event.hktdc.com/fair/hkfoodexpo-en/HKTDC-Food-Expo/>

## September

5-8 September

### 新加坡國際食品與飲料展

新加坡 - 新加坡博覽中心

### FHA Food & Beverage

Singapore - Singapore EXPO Convention & Exhibition Centre

<https://www.fhafnb.com>

5-8 September

### 澳洲墨爾本食品飲料展

澳洲墨爾本 - 墨爾本會議展覽中心

### Fine Food Australia

Melbourne, Australia - Melbourne Convention Exhibition Centre

<https://finefoodaustralia.com.au>

6-8 September

### 香港餐飲展 X 亞洲高端食品展

中國香港 - 香港會議展覽中心

### Restaurant & Bar Hong Kong x Gourmet Asia

Hong Kong, China - Hong Kong Convention & Exhibition Centre

<https://www.rbhk-ga.com>

6-8 September

### 亞洲天然及有機博覽

中國香港 - 香港會議展覽中心

### Natural & Organic Asia

Hong Kong, China - Hong Kong Convention & Exhibition Centre

<https://www.naturalandorganicasia.com>

7-10 September

### 國際清真展

馬來西亞吉隆坡 - MITEC馬來西亞國際貿易展覽中心

### MIHAS Malaysia International Halal Showcase

Kuala Lumpur, Malaysia - MITEC, Kuala Lumpur

<https://www.mihhas.com.my>

18-20 September

### 有機產品國際貿易展覽會

法國里昂 - 法國里昂歐洲中心

### NATEXPO

Lyon, France - Eurexpo Lyon

<https://natexpo.com/en/>

22-24 September

### 中國國際焙烤展覽會

中國上海 - 上海國家會展中心

### Bakery China

Shanghai, China - National Exhibition and Convention Center

<https://www.bakerychina.com/en>

28-29 September

### 亞洲保健食品展覽會暨會議

新加坡 - 濱海灣金沙酒店金沙博覽會議中心

### Vitafood Asia

Singapore - Sands Expo & Convention Center

<https://www.vitafoodsasia.com/en/welcome.html>

28 September-1 October

### 美西天然產品展覽會

美國費城 - 美國費城會展中心

### Natural Products Expo East / Biofach America

Philadelphia, USA - Pennsylvania Convention Center

<https://www.expoeast.com/en/home.html>

## October

5-7 October

### FI亞洲食品配料展

泰國曼谷 - 泰國詩麗吉王后國家會議中心

### FI Food Ingredients Asia

Bangkok, Thailand - The Queen Sirikit National Convention Center (QSNCC)

<https://www.figlobal.com/asia-thailand/en/home.html>

25-28 October

### 新加坡酒店用品展覽會

新加坡 - 新加坡博覽中心

### FHA HORECA

Singapore - Singapore EXPO Convention & Exhibition Centre

<https://www.fhahoreca.com>

## November

2-4 November

### 亞洲國際果蔬展覽會

泰國曼谷 - 泰國詩麗吉王后國家會議中心

### Asia Fruit Logistica

Bangkok, Thailand - The Queen Sirikit National Convention Center (QSNCC)

<https://www.asiafruitlogistica.com>

8-10 November

### FHC上海環球食品展

中國上海 - 上海國家會展中心

### FHC Shanghai Global Food Exhibition

Shanghai, China - National Exhibition and Convention Center

<https://www.fhcchina.com/en/>

9-12 November

### SIAL國際食品和飲料展覽會 (深圳)

中國深圳 - 深圳會展中心

### SIAL China South

Shenzhen, China - Shenzhen World Exhibition & Convention Center

<https://www.sialshenzhen.com/en>

10-12 November

### 香港國際美酒展

中國香港 - 香港會議展覽中心

### Hong Kong International Wine & Spirits Fair

Hong Kong, China - Hong Kong Convention & Exhibition Centre

<https://event.hktdc.com/fair/hkwinfair-en/HKTDC-Hong-Kong-International-Wine-and-Spirits-Fair/>

## December

7-9 December

### FHV 2022 越南食品酒店展

越南胡志明 - 西貢展覽暨會議中心

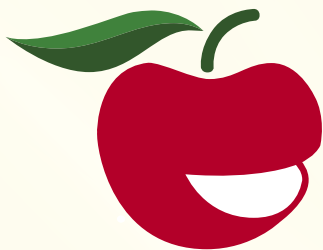
### FHV Food & Hotel Vietnam

Ho Chi Minh City, Vietnam - Saigon Exhibition & Convention Center

<https://foodnhotelvietnam.com>







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[www.foodandhotel.com](http://www.foodandhotel.com)



# PROPAK CHINA

The 28th International Processing and Packaging Exhibition

22-24 June 2022 | NECC (Shanghai), China

Concurrent Events:

FOODPACK  
CHINA



Hi Health ingredients  
China  
健康天然源

Fi Food ingredients  
Asia-China



POTATO  
EXPO



The Premier Processing & Packaging Event for China

## Exhibitor Profile



Food Processing Machinery



General Food Machinery



Packaging machinery



Industrial robots and automation



Packaging materials and products



Labelling technology/ Flexible packaging



Logistics packaging

### Space booking:

Ms. Vicky Leung (Asia & China)  
Sinoexpo Informa Markets  
T: +86 131 4389 6198  
E: vicky.leung@imsinoexpo.com

Mr. Andrea Boccellini (Worldwide)  
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### Follow us:



@OES\_ProPak



[www.propakchina.com](http://www.propakchina.com)





# ANUFOOD China

## Plant-based Food Zone

7-9 June 2022

Shenzhen World Exhibition & Convention Center

## About the Market

Plant-based food becomes a global phenomenon, the plant-based market has gradually entered a stage of development and trending period. Koelnmesse and Plant Based Foods Association of China Chamber of Commerce of I/E of Foodstuffs, Native Produce and Animal By-Products(CFNA) joint force to launch "Plant-based Food Zone", showcasing the unique charm of plant-based food in diverse ways, focusing on eco-innovation and sustainable development, providing a comprehensive exchange platform for enterprises.



### Plant-based Milk

**USD 39.5 billion**  
(2020) in Chinese plant-based milk market  
**24.2%** market share of total beverage market in China



### Plant-based Meat

**Est. USD 27.9 billion**  
(2025) with  
**15%** CAGR (2020-2025)  
in global plant-based meat market  
**Est. USD 13 billion**  
(2023) in Chinese plant-based meat market  
**50%** of global market



### Plant-based Food

**57%**  
AAGR (2015-2019)  
of plant-based new arrivals  
**USD 480.43 billion**  
(2024) with **13.82%**  
CAGR (2019-2024)  
in global plant-based food market

### What to showcase

Plant-based meat, Plant-based seafood, Plant-based egg, Plant-based dairy products, Plant-based milk and vegetable protein drinks  
Plant-based snacks and sweets, Super food, Plant-based instant food, Plant-based sauce and condiments, Fruits and vegetables  
Food supplement, Food additive, Plant-based raw material, Plant-based food processing and packaging equipment

### Whom to meet

Plant-based food importer, Distributor and wholesaler, Retailer, Supermarket, Hotel  
Restaurant chain, Western and vegan cuisine restaurant, E-commerce, Investor  
Industry media and association, Plant-based gourmet enthusiast

### Contact us

Koelnmesse (Beijing) Co., Ltd.

Ms. Nickel Tsui

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E-mail: n.tsui@koelnmesse.com.hk

Ms. Jane Wu

Tel.: +86 21 6390 6161-820

E-mail: jane.wu@koelnmesse.cn

### Concurrent events

- ◆ Forum for Plant-based Food: A coexistence of challenge and innovation
- ◆ Plant-based Tasting Session
- ◆ Business Matchmaking



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[www.thaifex-anuga.com](http://www.thaifex-anuga.com)



#### CONTACT

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#### JOINTLY ORGANISED BY







# 香港餐飲展 x 亞洲高端食品展

6 - 8 / 9 / 2022 | 香港會議展覽中心 HKCEC

亞洲頂尖食品及款待業展覽將於今年9月再度歸來，為卓越的餐飲和飲食業的專家帶來最新最佳的產品。就來和我們一起推動行業互動，促進業界交流，啟發創新意念！

One of the most established food hospitality exhibitions in the region is returning in September this year, serving culinary, beverage and restaurant experts of the highest calibre with the latest and finest products from the industry. Join us to create synergy, cultivate culinary exchanges, and inspire innovations!



展覽  
EXHIBITION



專業商貿配對  
MATCHMAKING



交流  
NETWORKING



精彩活動  
SIGNATURE EVENTS

主辦機構 Organiser:

同場舉行 Co-located with:



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# 亞洲天然及有機博覽

6 - 8 / 9 / 2022

香港會議展覽中心 HKCEC

亞洲天然及有機博覽從2014年起已躋身亞洲領先的天然及有機產品展覽，並帶來無數天然及有機產品。展覽會與亞洲天然及有機市場一樣潛力無限，是亞洲增長最快的天然及有機商貿平台。

Since 2014, **Natural & Organic Asia** has been the leading trade platform for all things natural and organic, convening regional professionals under one roof. Just as the Asia natural and organic market, NOA will continue to grow and be the bridge for the industry players.



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