

GO Natural

天然食品採購指南 FOOD  GUIDE

水耕科技突破環境局限
帶來全年好收成

*Year-round harvests anywhere:
hydroponics triumphs*

日本特色農產品

*Japanese specialty
agricultural products*

天然 | 有機 | 可持續
NATURAL | ORGANIC | SUSTAINABLE



叻茶由本地專業中醫團隊於2022年成功研製，選用不同茶底對應草藥效用，全天然成分，無添加劑，道地藥材，含豐富益生菌，有效改善體質及腸道健康。

Lectcha, a Hong Kong brand, redefines kombucha by blending Western techniques with Traditional Chinese Herbal Medicine. Founded in 2022, Lectcha combines tea bases and authentic herbs for a new-generation kombucha that delights the palate and nourishes the body.

Crafted with care, Lectcha boasts all-natural ingredients, no additives, and beneficial probiotics for gut health. Its mission is to make health accessible to urban dwellers seeking convenience and well-being.



花旗參沙參黨參紅茶菌

三參合用，補而不燥、潤而不寒，性質溫和，為疲勞過度人士補充體力。

主要成分：過濾水、紅茶、紅茶菌、美國花旗參、黨參、沙參、紅棗、生薑

American Ginseng Kombucha

A rejuvenating drink for energy boost and enhanced well-being. Beneficial for fatigue, allergies, sluggish metabolism and drowsiness.

Key ingredients: Filtered Water, Black Tea, Kombucha Culture, American Ginseng, Asiabell Root, Glehnia Root

蜂蜜茉莉茶菌

味甘性平，補虛潤燥，促進腸道健康。

主要成分：過濾水、茉莉花茶、茉莉茶菌、蜂蜜

Honey Jasmine Kombucha

A go-to thirst-quencher that enhances your immunity while enjoying a touch of sweetness. Ideal for digestion, sensitive stomachs, bloating and dry mouth.

Key Ingredients: Filtered Water, Jasmine Tea, Kombucha Culture, Honey



現代益生菌發酵 × 傳統中醫食療
= 新一代發酵良茶

NEW-GENERATION KOMBUCHA INFUSED WITH
TRADITIONAL CHINESE HERBAL MEDICINE



年輕中醫師王逸君 (Stella) 是「叻茶」創辦人，她解釋：「叻」意思是「聰明」，中醫「聰明」指耳聰目明，睇得清楚，聽得明白惟有健康的身體才可達到！

叻茶專注健康，致力生產優質又符合現代都市人生活習慣的健康「良茶」，讓大家調理身體時不必再皺眉捱苦。

Stella來自中醫世家，在修讀中醫哲學博士期間，在多番研究及自釀之下，結合家族經營醫館的臨床經驗，結合中醫藥食同源的養生概念，打造性味溫和的新時代養生「良茶」。



Dr. Stella Wong, a young TCM doctor hailing from a family of Chinese medicine practitioners, established "Lectcha" during her Ph.D. studies in TCM. Through Lectcha, she revolutionizes the perception of Chinese herbal teas, highlighting their "smart" attributes. In Cantonese, "Lect" signifies "smart," while "Cha" represents tea. Traditional Chinese Medicine views being "smart" as synonymous with preserving health, enhancing focus, and sharpening the senses. Lectcha empowers individuals to drink smart and remain smart!



桑葚製首烏紅茶菌

滋養肝腎、補血氣，讓髮絲重現光彩，防止脫髮。

主要成分：過濾水、紅茶、紅茶菌、桑葚、製何首烏

Mulberry & Fo-Ti (cured) Kombucha

Effective for managing hair loss, insomnia, lower back tenderness, occasional dizziness and persistent thirst.

Key Ingredients: Filtered Water, Black Tea, Kombucha Culture, Mulberry, Fo-Ti (cured)

提供三款不同包裝：250毫升罐裝（只限蜂蜜茉莉茶菌、花旗參沙參黨參紅茶菌）、250毫升玻璃樽裝、1公升家庭裝。

Three different packaging options are available: 250 ml canned (only for Honey Jasmine Kombucha, and American Ginseng Kombucha), 250 ml glass bottle and 1000 ml family pack.



枸杞桂花紅茶菌

性質平和，滋陰明目，補肝腎，可紓緩疲勞、眼睛乾澀、皮膚乾燥，排毒抗衰老，特別適合飲酒過多人士。

主要成分：過濾水、紅茶、紅茶菌、枸杞、桂花

Goji Osmanthus Kombucha

Addressing burnout, dry eyes, fatigue, stress, poor skin, and the effects of regular alcohol consumption, this product offers anti-aging and detoxification benefits.

Key Ingredients: Filtered Water, Black Tea, Kombucha Culture, Goji, Osmanthus

雪梨沙參白茶菌

特別為新長冠而引發的呼吸道過敏、季節性過敏、咳嗽、乾喉等症狀，同時促進呼吸道健康。

主要成分：過濾水、白茶、白茶菌、雪梨乾、北沙參

Pear Glehnia Root Kombucha

Navigating the challenges of Long Covid, encompassing airway allergies, seasonal allergies, cough, dry throat and overall respiratory health.

Key ingredients: Filtered Water, White Tea, Dried Pear, Glehnia Root



採購查詢 Enquiries

Springback Wellness Ltd

Rm 321,7/F, Kwun Tong Lap Shing Building, 305-325 Ngau Tau Kok Road, Kowloon

Phone: (852) 6033-3005

Email: admin@lectcha.com

Website: www.lectcha.com



蘇嫻嫻有機食品 SoMaMa Organic

2013年成立的香港品牌「蘇嫻嫻有機食品」，於全國各地發掘當地獨有的天然、有機食材原料，生產安全可靠的高品質有機食品。

品牌在中國大陸市場通過淘寶和京東等電商平台設立網店，為超過20萬個家庭會員提供超過50種有機產品，其中包括孕婦、嬰兒和兒童所需食品。所有產品都獲得「中國有機認證」和SGS品質檢測認證。

Since 2013, Hong Kong-based brand SoMaMa Organic has been on a mission to discover the most unique and natural organic ingredients from all corners of the country. Their goal? To create top-notch, safe, and delicious organic food products that will blow your taste buds away!

SoMaMa Organic has established

online stores on popular e-commerce platforms such as Taobao and JD.com in mainland China. They serve over 200,000 household members with a diverse selection of more than 50 organic products, including options suitable for pregnant women, infants and children. All products are certified with "China Organic Certification" and approved by SGS quality testing.



有機BB小黃米

Organic Yellow Millet

是華北地區一帶的主食糧，含豐富蛋白質、鐵和鋅等營養成分，有助嬰兒健康成長，口感較滑，適合嬰兒進食。此外，小米含有多種營養物質，不僅為兒童提供營養，還可以降低患糖尿病風險、改善壞膽固醇、預防肥胖和缺鐵性貧血。

Yellow Millet, a staple grain in the northern region, is a powerhouse of nutrients for healthy infant growth. Packed with protein, iron, zinc and more, it's perfect for babies with its smooth texture. But that's not all! Millet also offers benefits like reducing the risk of type 2 diabetes, lowering cholesterol, and preventing obesity and iron-deficiency anemia.

有機麵食系列 Organic Nutrition Noodles



有機多菜蝴蝶面

Organic Veggie Pasta

採用無鹽配方，以有機小麥、有機番茄粉、菠菜粉和紫薯粉製成。

Experience a burst of flavor with our vibrant pasta alternative! Crafted with organic wheat, zesty tomato powder, vibrant spinach powder and regal purple sweet potato powder, these noodles add a healthy twist to your dishes. And guess what? They're salt-free, so you can savor guilt-free!



有機山核桃油

Organic Walnut Oil

核桃油是一種具有保健功效的高級食用油。蘇嫻嫻有機山核桃油以北緯37.52度的優質核桃，經過六次低溫冷壓而成，保留大部份營養，味道純正。產品每100克含有10克Omega-3和58克Omega-6脂肪酸，前者有助心臟和腦部健康、減少炎症，後者滋養皮膚和對免疫系統有益。

Derived from premium walnuts at 37.52° N, this high-grade edible oil undergoes a 6-step cold-pressed process, preserving essential nutrients. With 10g of heart- and brain-healthy Omega-3 fatty acids per 100g, it nourishes while providing 58g of skin-friendly Omega-6 fatty acids. Boost your immune system with this exceptional oil.



有機食油系列 Organic Cooking Oils



有機六彩米

Organic 6-Color Rice

這款高纖營養米由黑米、紫米、紅米、糙米、綠米和黃米六種五穀混合而成。不經精煉和打磨，保留了米粒上的外皮、糠層和胚芽，因此纖維特別高。

Get ready for a dazzling blend of black, purple, red, brown, green, and yellow rice. This unrefined rice keeps all the goodness intact with its bran, husk and germ, delivering a fiber-rich, nutrient-packed feast that's as visually stunning as it is nourishing.



有機調味粉系列 Organic Condiments

採購查詢 Enquiry

蘇嫻嫻有機食品有限公司
Somama (HK) Baby Organic Food Ltd

Room 1701, 17/F, Wai Fung Plaza,
664 Nathan Road, Mongkok, Kowloon
Phone: (852) 6683-6548
Email: enquiry@hksomama.com

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Coconut, the superfood we love. Adding this superfood into your diet can do wonders to your health. Rich in nutrients for overall health, and full of vitamins which are essential for boosting the immune system. Experience the benefits of whole foods and the power it has to increase your overall well-being and happiness.

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COCOPARADISE LIMITED

📍 Rm. 2, Blk. B, 9/F, Hi-Tech Industrial Ctr., 491-501 Castle Peak Rd., Tsuen Wan, N.T.

COCO-VEGETARIAN CLUSTERS



Coco-Toasted Caramel Bites 80g

Ingredients: coconut flakes, cashews, honey, Himalayan pink salt, pure vanilla extract



Coco-Honey Cashew Bites 80g

Ingredients: coconut flakes, cashews, honey, Himalayan pink salt, pure vanilla extract

COCO-VEGAN GRANOLA



Coco-Nola Charcoal Sesame 80g

Ingredients: cashews, almonds, coconut flakes, coconut butter, stevia, black sesame seeds, Himalayan pink salt, coconut charcoal



Coco-Sesame P.B. Chips 80g

Ingredients: black sesame seeds, coconut flakes, Himalayan pink salt, maple syrup, peanuts, stevia

COCO-VEGAN NUT BUTTERS



Cinnamon Almond 180g

Ingredients: almonds, maple syrup, cinnamon, coconut shreds, vanilla extract, Himalayan pink salt



Raspberry Peanut 180g

Ingredients: peanuts, freeze-dried raspberries, coconut shreds, stevia

STONE COFFEE is a café situated on Hong Kong Island that was founded in 2016. Since its inception, it has garnered significant acclaim from local coffee enthusiasts and has even been endorsed by Sweden's "96° - A Guide to Tremendously Good Coffee Magazine" as the premier coffee bar in Hong Kong's dynamic and burgeoning scene.

We take great care in selecting and roasting only the finest, specialty-grade coffee, which is locally packaged fresh in Hong Kong. Our drip bags are made from premium Japanese fibers to ensure the best possible taste.

We offer our coffee in coffee beans, ground coffee, and coffee drip bags to suit your preferences.



CHEERS BLEND			STONE POWER BLEND		
ORIGIN	ROAST LEVEL		ORIGIN	ROAST LEVEL	
Panama / Brazil	Medium		Colombia/ Ethiopia	Medium	
PROCESS			PROCESS		
Panama: Hot Anaerobic / Brazil: Natural			Colombia: Washed; Ethiopia: Natural		
ALTITUDE			ALTITUDE		
Panama: 1200-1550 m.a.s.l. / Brazil: 800-1100 m.a.s.l.			Colombia: 1700-1800 m.a.s.l.; Ethiopia: 2000-2300 m.a.s.l.		
TASTING NOTES			TASTING NOTES		
Liqueur Chocolate, Dark Rum, Hazelnut, Honeycomb, Maraschino Cherry			Floral, Berries, Stonefruit, Sugar Cane, Dark Chocolate, Chestnut		
ACIDITY	SWEETNESS	BODY	ACIDITY	SWEETNESS	BODY
☺☺☺	☺☺☺☺☺	☺☺☺☺☺☺	☺☺☺☺	☺☺☺☺☺	☺☺☺☺☺☺
RETAIL PACK SIZE	CATERING PACK SIZE		RETAIL PACK SIZE	CATERING PACK SIZE	
Whole Bean, Ground Coffee - 220g	1kg paper bag		Whole Bean, Ground Coffee - 220g	1kg paper bag	
Drip Bag Coffee - 10g x 4packs			Drip Bag Coffee - 10g x 4packs		

STONE COFFEE

SPECIALTY COFFEE

SCAN FOR MORE



PRODUCTS AT STONE COFFEE

CAYO DAILY BLEND			COSTA RICA (HONEY PROCESS)			DASHIJIE GEISHA CUSTOM BLEND		
ORIGIN	ROAST LEVEL		ORIGIN	ROAST LEVEL		ORIGIN	ROAST LEVEL	
Brazil / Colombia / Indonesia	Medium Dark		Costa Rica	Medium Light		Colombia/Ethiopia	Medium	
PROCESS			PROCESS			PROCESS		
Brazil: Natural; Colombia: Washed; Indonesia: Wet-Hulled			Honey Process			Colombia: Washed; Ethiopia: Natural		
ALTITUDE			ALTITUDE			ALTITUDE		
Brazil: 800 - 1100 m.a.s.l.; Colombia: 1300 - 1700 m.a.s.l.; Indonesia: 1500 m.a.s.l.			1400-1650 m.a.s.l.			Colombia: 1700-1800m.a.s.l.; Ethiopia : 2000-2300m.a.s.l.; Colombia Geisha: 1750m.a.s.l.		
TASTING NOTES			TASTING NOTES			TASTING NOTES		
Nutty, Cocoa, Caramel, Molasses			Lemon, Peach, Black Tea, Sugar Cane			Plum, Citrus, Brown Sugar, Floral		
ACIDITY	SWEETNESS	BODY	ACIDITY	SWEETNESS	BODY	ACIDITY	SWEETNESS	BODY
☺☺☺	☺☺☺☺☺	☺☺☺☺☺☺	☺☺☺☺☺	☺☺☺☺☺	☺☺☺☺☺	☺☺☺☺	☺☺☺☺☺	☺☺☺☺☺☺
RETAIL PACK SIZE	CATERING PACK SIZE		RETAIL PACK SIZE	CATERING PACK SIZE		RETAIL PACK SIZE	CATERING PACK SIZE	
Whole Bean, Ground Coffee - 220g	1kg paper bag		Whole Bean, Ground Coffee - 220g	1kg paper bag		Drip Bag Coffee - 10g x 4packs	1kg paper bag	
Drip Bag Coffee - 10g x 6packs			Drip Bag Coffee - 10g x 4packs					





SINCE 1868

Martinelli's
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1.

Enjoy Nature's Best in Every Bottle: Martinelli's 100% Apple Juice and Sparkling Cider

Made from a blend of premium apple varieties, including Newtown Pippin, Gala, Fuji, Granny Smith, Jonagold, Mutsu, and Honeycrisp apples, our juice offers a perfectly balanced sweet and tart flavor profile with a rich and layered taste experience.

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Try Martinelli's today and taste the difference.



2.



3.



4.



5.



6.



7.



8.



9.



10.

頂級蘋果汁品牌 — 美國馬天尼

馬天尼蘋果汁和有汽蘋果汁以翠玉蘋果、加拉蘋果、富士蘋果、澳洲青蘋、陸奧蘋果和蜜脆蘋果等品種混合而成，味道獨一無二，甜酸平衡、口感富層次。新鮮採摘後經巴氏殺菌消毒和瓶內冷卻，鎖住蘋果的天然原味，不含任何防腐劑或甜味劑。

馬天尼始創於1868年，至今已獲得超過50枚卓越金獎，是行銷全球的頂級蘋果汁品牌。

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www.assure.com.hk

info@assure.com.hk

Tel: (852) 2388 8839

1. Pure Apple Juice 純蘋果汁 296ml
2. Sparkling Apple Juice 有汽蘋果汁 296ml
3. Sparkling Apple Cider (No alcohol)
有汽蘋果汁 (不含酒精) 250ml
4. Sparkling Apple-Grape (No alcohol)
有汽蘋果葡萄汁 (不含酒精) 250ml
5. Sparkling Apple-Cranberry (No alcohol)
有汽蘋果紅莓汁 (不含酒精) 250ml
6. Organic Pure Apple Juice 有機純蘋果汁 296ml
7. Sparkling Apple Cider (No alcohol)
有汽蘋果汁 (不含酒精) 250ml
8. Sparkling Apple-Grape (No alcohol)
有汽蘋果葡萄汁 (不含酒精) 250ml
9. Sparkling Apple-Pomegranate (No alcohol)
有汽蘋果石榴汁 (不含酒精) 250ml
10. Sparkling Apple-Cranberry (No alcohol)
有汽蘋果紅莓汁 (不含酒精) 250ml



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

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 vitamins
- ✓ Cholesterol free
- ✓ No artificial colours
- ✓ Convenient pocket packs

Packing

- Whole Dried Cranberries 7's - (25g x 7 packs) x 12
- Whole Dried Blueberries 7's - (15g x 7 packs) x 12
- Pitted Prunes 7's - (24g x 7 packs) x 12
- Dried Apricots 6's - (20g x 6 packs) x 12
- Whole Dried Cranberries Zipper Bag - 200g x 8 (not shown)

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

- ✓ 原粒果乾 (非切片)，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

產品包裝

- 原粒紅莓乾 (7包裝) - (25克 x 7小包) x 12
- 原粒藍莓乾 (7包裝) - (15克 x 7小包) x 12
- 去核西梅 (7包裝) - (24克 x 7小包) x 12
- 杏脯乾 (6包裝) - (20克 x 6小包) x 12
- 原粒紅莓乾 (密實保鮮裝) - 200克 x 8

NEW

Just 100% Real Fruit

Gluten Free



Non GMO



cholesterol Free



No Added Sugar



crunchy

Vegan Friendly



No Preservatives



Fruit Chips That Keep It Real: Vacuum Dried

Not all methods of dehydration produce the same results!

We use vacuum drying technology to create our delicious fruit chips.

Unlike other methods that involve freezing and heat-drying, our fruit chips are processed under vacuum drying process which removes moisture at low temperatures and minimizes the possibility of oxidation reactions. The result? Our fruit chips retain most of their nutrition, texture, taste, and aroma, making them naturally delicious and crunchy.

新仕美天然果乾 健康零食無負擔

真空乾燥技術 保留了大部分水果的營養、質感、味道和香氣
與其他需要冷凍和加熱乾燥的方法不同, SnackMate 水果片是在真空及低溫情況下被抽乾水分, 大大減少氧化作用, 保持水果最佳鮮度, 讓每塊果乾都變得鬆脆可口。

Packing 產品包裝

Dragon fruit / Keo Mango / Jackfruit chips - 30g x 12
火龍果脆片/ 芒果脆片/ 大樹菠蘿脆片 - 30克 x 12



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歡迎到網站瀏覽。

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www.GoNatural-food.com



出版人 Publisher
Yvonne Chang

編輯 Editorial
Phoebe Chan
Kenneth Cheng
Carrie Leung

項目管理 Project Management
Wendy Wong
Ellen Lee
Nikko Ng

買家推廣經理 Buyer Promotion
Annie Tsang
Edmond Wong

創作設計 Creative
Kris Li
Wesley Wong

聯絡查詢 GET IN TOUCH

廣告 Advertising
wendy@GoNaturalMarketing.com

訂閱 Subscription
info@GoNaturalMarketing.com

天然生活集團其他成員
OTHER MEMBERS OF THE GO NATURAL FAMILY


www.GoNatural-Beauty.com


www.GoNaturalMarketing.com

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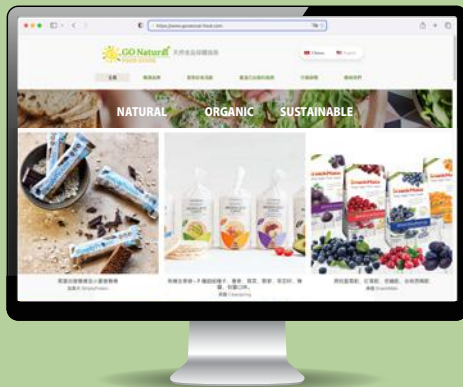
辦公室地址 Our Office Locations
Hong Kong Room 1104, Crawford House,
70 Queen's Road, Central
Singapore Level 9 Tampines Junction,
300 Tampines Avenue 5 529653
Beijing Rm 7121, Block B, Heqiao Building,
8 Guanghua Road, Beijing 100026

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Discover the finest natural, organic and sustainable foods
from around the world for your shop or restaurant



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Provides more products and industry
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查詢 Inquiries

info@GoNaturalMarketing.com

封面故事 COVER STORY

全環控水耕研發中心

打破時限 全年供應優質水耕農作物

CONTROLLED ENVIRONMENT HYDROPONIC RESEARCH AND DEVELOPMENT CENTRE

Transforming Agriculture: Hydroponics for Year-round High-Quality Crops





漁農自然護理署與蔬菜統營處於2013年合作設立「全環控水耕研發中心」(下稱水耕中心)，以介紹及示範先進的水耕技術和設備予業界及其他有興趣的投資者參考。水耕中心一直進行研發工作，包括挑選及測試新的作物品種及生產設備、引入最新水耕生產技術，以及與大專院校及研究機構合作，測試創新的水耕科技和自動化生產系統。水耕中心亦藉著展覽、工作坊和參觀，向大專生和公眾介紹這類生產方式，從而吸引年輕人投身相關行業或研究，同時拓展市場。水耕中心第二期已於2022年正式投入服務，以向業界展示嶄新的水耕種植技術和設施，促進知識轉移和農業技術交流，從而提升行業競爭力。

The Controlled Environment Hydroponic Research and Development Centre (the Centre), a collaborative effort between the Agriculture, Fisheries and Conservation Department and the Vegetable Marketing Organization, is leading the way in advanced hydroponic techniques.

Established in 2013, the Centre serves as a dynamic platform, showcasing state-of-the-art hydroponic technologies to industry professionals and potential investors. Through continuous research, strategic partnerships with academic institutions, and innovative practices, the Centre is revolutionizing the industry and ensuring a consistent supply of exceptional hydroponic crops year-round.

Furthermore, the Centre actively engages with students and the public through exhibitions, workshops, and guided tours, fostering education and attracting young talents to pursue careers and research in this field. This engagement not only expands the market but also contributes to the growth of the industry. The Centre's second phase, launched in 2022, is dedicated to showcasing cutting-edge hydroponic cultivation techniques and facilities. It aims to facilitate knowledge transfer, foster agricultural technology exchange, and enhance the industry's competitiveness.



全環控水耕研發中心
Controlled Environment Hydroponic Research
and Development Centre

水耕農業科技突破環境界限

HYDROPONIC AGRICULTURAL TECHNOLOGY TRANSCENDING ENVIRONMENTAL CONSTRAINTS

水耕種植一般分為溫室式及室內全環控式。全環控水耕種植在室內進行，將各項種植環境因素（如溫度、濕度、養分濃度、二氧化碳濃度、光照等）穩定下來，令耕種不受季節、病蟲害等影響，亦毋須使用農藥，為農作物提供最佳生長環境。水耕種植亦可採納多層方式生產農作物，在有限的土地面積上種植更多的農作物，對於城市地區或有限土地資源的地方尤其有利，可以提高食物生產效率，從而增加產量。生產者亦可考慮採用高效慳電的植物生長燈、循環利用營養液及隔熱圍封等技術，能有效地節省能源，實行低耗能生產。

Hydroponic cultivation has two main categories: greenhouse-based and fully controlled indoor systems. By harnessing fully controlled indoor systems, hydroponic cultivation transcends environmental limitations. With precise control over temperature, humidity, nutrients, carbon dioxide levels, and light intensity, crops thrive regardless of seasons, pests, or diseases. This sustainable approach minimizes the need for pesticides and maximizes land usage through multi-layer systems. Ideal for urban areas and regions with limited land resources, hydroponics improves production efficiency and overall yield. Furthermore, energy-efficient plant growth lights, nutrient recycling systems, and insulation techniques contribute to eco-friendly, low-energy consumption practices.





可移動水耕栽培系統

為了更充分利用空間並進一步提高生產效率，水耕中心第二期示範並推介了「可移動水耕栽培系統」。該系統利用移動功能使更多的種植架可以擺放，可以最大限度地利用有限的工作空間，提高樓面種植面積和產量。同時，系統配備了遠端遙控系統，可以監控和管理各種環境參數，減少人力成本。

UNLEASHING POTENTIAL WITH MOBILE HYDROPONIC CULTIVATION SYSTEM

The second phase of the Hydroponic Centre introduces an innovative solution: Mobile Hydroponic Cultivation System. These mobile racks optimize space utilization and production efficiency by allowing the installation of additional cultivation racks within limited workspaces. By expanding the cultivation floor area, crop yield is significantly increased. The racks also incorporate a remote-control system for real-time environmental monitoring and management, reducing labor costs and enhancing operational convenience.

查詢 ENQUIRIES

✉ cehrdc@afcd.gov.hk

🌐 www.iveggie.com.hk



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EASY ACCESS FOR HYDROPONIC CONSUMERS

For consumers seeking hydroponically grown agricultural products, convenience is key. The "Local Fresh" 2.0 App and website offer a seamless ordering experience. Alternatively, a physical store located in D Park Tsuen Wan provides a hands-on shopping experience. With these accessible retail channels, hydroponic enthusiasts can effortlessly access their desired produce.



本地農戶利用創新的水耕種植技術和設施 為消費者提供優質農產品

LOCAL FARMERS PROVIDE HIGH-QUALITY AGRICULTURAL PRODUCTS TO CONSUMERS USING INNOVATIVE HYDROPONIC CULTIVATION TECHNIQUES AND FACILITIES

水糧莊

水糧莊位於打鼓嶺，佔地過萬平方呎的溫室使用水耕方法種植不同品種的蕃茄。其中包括4款車厘茄和串茄，以及8至10款原生種蕃茄。每星期可提供400公斤的產量。

水糧莊不使用任何催熟劑，在全環境控制規劃下，保持和暖溫度，讓蕃茄全部在藤上自然成熟 - 蕃茄味更濃，就連蕃茄莖也散發香氣。

產品種類

蕃茄 - 車厘茄、原種蕃茄

微菜苗 - 紅莧菜苗、芥末苗、紫白菜苗、羽衣甘藍苗、豌豆苗、羅勒苗、茼蒿苗、綠莧菜苗、西蘭花苗、粟米苗

特色香草 - 旱金蓮葉、蒔蘿葉、紅脈酸模葉、檸檬香蜂草葉、胡椒薄荷、紫色酢漿草葉、秋色酢漿草葉

食用花 - 時令食用花、角堇、三色堇、石竹、幸運草花、五星花、萬壽菊、千日紅、金盞花、琉璃苣、香雪球、四季海棠、矢車菊、旱金蓮花、蒔蘿、滿天星、蒜花、大麗花、小黃菊、紫羅蘭、金鈕扣、藍蝴蝶、勿忘我、小金魚草

查詢 ENQUIRIES

✉ info@hydrogrohk.com

🌐 facebook.com/hydrogrohk/



HYDROGRO

Located in Ta Kwu Ling, Hydrogro harnesses the power of hydroponic methods within a sprawling greenhouse spanning over 10,000 square feet. Specializing in tomato cultivation, the farm offers a diverse range of varieties, including 4 types of cherry tomatoes as well as 8 to 10 varieties of Heirloom tomatoes and beefsteak tomatoes. With an average yield of approximately 400 kilograms per week, Hydrogro is committed to delivering high-quality produce.

Setting itself apart, Hydrogro Farm takes a natural approach to ripening its tomatoes, the farm carefully controls the ambient temperature, allowing the tomatoes to ripen naturally on the vine. This method not only enhances the texture and flavor of the tomatoes but also releases a delightful aroma from the tomato stems, adding an extra sensory dimension to the eating experience.



Product Categories

Tomatoes - Cherry Tomatoes, Heirloom Tomatoes

Microgreens - Red Amaranth, Mustard, Purple Pak Choi, Kale, Pea, Basil Cress, Coriander Cress, Green Amaranth, Broccoli Cress, Corn Shoot

Specialty Herbs - Nasturtium leaf, Dill Leaf, Red Sorrel, Lemon Balm, Pepper Mint, Purple Lucky Sorrel, Autumn Lucky Sorrel

Edible Flowers - Seasonal Mix, Viola, Pansy, Dianthus, Oxalis Flower, Pentas, Marigold, Gomphrena, Calendula, Borage, Sweet Alyssum, Begonia, Cornflower, Nasturtium, Dill, Gypsophila, Garlic Chives Flower, Dahlia, Tagete, Stock, Sichuan Button, Blue Butterfly, Forget-me-not, Linaria



FULL NATURE FARMS

Full Nature Farms 在葵涌建立的垂直種植農場，運用仿生耕種技術以及結合人工智慧物聯網，將工廈空間改造成高品質的種植環境。農場的主要種植蔬菜苗、香草以及可食用花卉。

該種植農場以魚菜共生的方法，將魚的排泄物轉換為蔬菜生長所需的養分。有機魚飼料餵養的魚會產生氮和固體廢物，而這些物質經過硝化和分解處理後，會轉化為可溶性的養分，用於灌溉植物，而多餘的水則會循環回到魚缸中。

產品種類

生菜 - 牛油生菜、橡生菜、羅馬生菜

微型蔬菜 - 莧菜、芥菜、蘿蔔、芝麻菜、荷蘭歐芹、香菜、苜蓿、萬壽菊葉、西洋菜、細香蔥、茴香、水菜、豆芽、西蘭花

特色香草 - 旱金蓮、酢漿草

食用花卉 - 三色堇、萬壽菊、石竹、波斯菊

FULL NATURE FARMS

Full Nature Farms, situated in Kwai Chung, is a leading vertical farming facility that embraces biomimicry farming techniques and leverages the power of Artificial Intelligence of Things (AIoT) to cultivate microgreens, herbs, and edible flowers. By revitalizing industrial building spaces, the farm creates optimal cultivation environments for producing high-quality crops.

Utilizing aquaponics, the farm converts fish waste into nutrients for plant growth. Fish that are fed organic fish feed produce ammonia and solid waste, which are then nitrified and decomposed into soluble nutrients for irrigation. Excess water is recirculated back to the fish tank, ensuring the sustainable utilization of resources.

Product Categories

Lettuce - Butterhead lettuce, Oakleaf lettuce, Romaine lettuce

Microgreens - Amaranth, Mustard Greens, Radish, Arugula, Dutch Parsley, Cilantro, Alfalfa, Marigold Leaves, Watercress, Chives, Fennel, Mizuna, Bean Sprouts, Broccoli

Specialty Herbs - Nasturtium, Oxalis

Edible Flowers - Violas, Marigolds, Dianthus, Cosmos ☀

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文：梁穎勤 By Carrie Leung

經典新亞新氣象 七彩薑糖無疆界

提起新亞薑糖，大家是否都會不期然想到超級市場裡，那個充滿年代感的金屬煙盒呢？每個盒仔打開都會出現八顆質感十足、用米紙包著的薑糖，八十八年來，始終如一，每顆都用印尼高山小黃薑精製，口感綿軟煙韌，薑味四溢，那是我們的集體回憶。

BEYOND BORDERS: THE EXCITING NEW ERA OF SINA GINGER

When it comes to ginger candy, SINA GINGER is a name that immediately comes to mind. Renowned for its vintage metal cigarette cases filled with eight ginger candies wrapped in rice paper, SINA GINGER has been a beloved classic among consumers. For 88 years, SINA GINGER has maintained its commitment to using the finest Indonesian Emprit Ginger, resulting in a soft, chewy texture and a rich ginger flavor that holds a special place in our collective memories.

◀ Liza是「新亞薑糖」第四代，她希望用原材料講故事，讓產品跟著時代改變，創出全新演繹方法。

◀ Liza is the fourth generation of SINA GINGER. Her vision is to weave captivating tales through the use of premium ingredients, enabling the product to adapt to modern times and inspire innovative interpretations.



七彩繽紛的新口味

品牌發展到今日第四代，在英姿颯爽的楊斌(Liza)手裡，已經是氣象全新，在最古早的原味薑糖以外，火山薑糖、果味薑糖都多了許多不同口味，七彩繽紛，種類繁多，吸引小朋友和愛甜的大朋友。

此外Liza還開發出用純素海藻膠為成分的果膠，放在咀中慢慢嚼，薑味會慢慢滲出來。另外還有椰子糖，經過冷凍、切割、包裝後，可做成糖果及煮食用的糖。

Liza說：「新亞薑糖屬於傳統糖果製作，技術含量很高，不同於硬糖，只需一台機器加一條方程式就可做得到。傳統造糖是好高的學問，因為糖是好複雜的結構，經過不同溫度，碰到外來水份，就會形成不同結構，例如麥芽糖、拉絲糖等，就是糖的結構在變化。」

5月份Liza代表「新亞薑糖」來港參加亞洲頂尖國際食品餐飲及酒店設備展(HOFEX)時，還做過薑汁沙冰奉客呢，約1公升沙冰含100克薑，感覺好新奇，不過是非賣品，食過不能番尋味，太可惜了。

Vibrant New Flavors

As the brand has evolved to its fourth generation under the capable hands of Liza Yeung, it has taken on a whole new character. While still offering the SINA White Classic Plain Ginger Candy, SINA GINGER has expanded its range to include a variety of flavors, such as volcanic ginger candy and fruit-flavored ginger candy. With their colorful and diverse selection, these candies attract both children and adults with a sweet tooth.

In addition to new flavors, Liza has developed fruit gels made with pure vegan seaweed gelatin. These gels, when slowly chewed, release the gradual infusion of ginger flavor. Another innovation is the use of coconut sugar, which can be crafted into candies or used in cooking after being frozen, cut, and packaged.

Liza says, "SINA GINGER candy is a traditional confection with a high level of craftsmanship. It is different from hard candy, which can be simply made with just a machine and a formula. Traditional candy making is a complex art because sugar has a really complicated structure. It undergoes different changes in structure at different temperatures and when exposed to external moisture, resulting in variations like malt sugar and pulled sugar."

In May, when Liza represented SINA GINGER at the HOFEX, Asia's top international food and beverage exhibition, she served guests with ginger juice shaved ice that contained 100 grams of ginger per liter, creating a fascinating experience.

傳統名物： 新亞 經典裝薑糖

還有你想像不到的橙味、芒果味及薄荷味薑糖。

The Classic Delicacy: SINA White Classic Plain Ginger Candy

And that's not all! There are also ginger candies available in surprising flavors like orange, mango, and mint.





原始火山泥 孕育非凡印尼高山小黃薑

吃過新亞薑糖的朋友都知道，慢慢咀嚼時，口腔會感受到溫潤的蔗糖與淡淡薑香，這得益於它的原材料加上古法配方炮製而成。「新亞薑糖」的珍貴之處，在於其原材料皆選取自印尼爪哇婆羅摩火山區附近、生長於高海拔地帶的本地小黃薑。火山土壤向以肥沃著稱，再加上該火山區生態至今依然保持原始天然，孕育出來的薑種絕非凡品。

印尼溫差大，薑生長得特別靚。但由於薑是根類植物，本身不需要太多日照，否則會拚命長莖(Stem)不長根(Root)，溫差大兼少少天陰的日子，便是天公造美，長出來的薑質量最高。

婆羅摩火山是印尼非常有名的活火山，曾經被CNN評為「人生必看的日出」，這裡除了風景美，火山灰造成的黑土地也是個加分點，周圍的作物特別碩大、優質。Lisa指：「印尼除了種花要額外打理，種樹種瓜都生長得特別茁壯，收成快又多，天然資本就擺在那裡，農民幸福指數好高。」

Lisa表示，在這樣優質環境下生長的新亞薑，有3大特色：

1. 一年只出兩造，其餘時間讓土地休養生息。因為印尼全年皆炎夏，所以無分採摘季節。
2. 特別採用15個月大的薑製作。因為經過反覆驗證，月份太少，味道「唔夠薑」，月份太多，肉地又變老，15個月剛剛好。
3. 只採用某些指定地區出產的薑。「因為通過盲測法，確定不同區域種出來的薑，即使品種一樣，辣度也有差異，相信跟土地氣候有直接關係。」

製作招牌薑糖有兩大元素：薑 + 糖。

1. 靚薑：鮮薑由火山泥中拔出來後，全部經過篩選、清洗和研磨的標準流程，再配合家族秘方炮製。Lisa說：「我們有個標準製作流程，將精選火山薑連皮連肉連汁連渣全部一齊，加糖熬製，期間還要持續保持高溫，好讓薑的精華全部釋放出來，開蓋時所有材料早已融為一體。」這些正式係老火製作，祛寒暖胃。
2. 糖：現在大家見到的薑糖，是天然熬製兩個多小時的結果，顏色是純天然的，味道是由薑加糖碰撞出來的結果，如果不放糖，只是薑汁熬薑汁，根本出不到這個味道的。

▲ 位於印度尼西亞東爪哇省的布羅莫火山區至今依然保持原始天然的生態。

▲ The Bromo Volcano area, located in East Java, Indonesia, is renowned for its breathtaking natural beauty and preserved ecological environment.



Exceptional Ingredients

One of the key factors behind the exceptional quality of SINA GINGER candy is the use of Emprit Ginger nurtured by volcanic mud. Grown in the high-altitude areas near the Mount Bromo volcanic region in Java, Indonesia, this ginger variety benefits from the fertile volcanic soil and untouched surrounding ecosystem. These factors contribute to the distinct warm and smooth taste experienced when slowly chewing SINA GINGER candy, combining cane sugar and a subtle ginger aroma.

Indonesia's large temperature difference and occasional cloudy days create ideal conditions for ginger growth. Mount Bromo, a famous active volcano in Indonesia, enriches the surrounding soil with volcanic ash, resulting in robust and high-quality crops. The ginger harvested in this region possesses a unique spiciness level, influenced by the local climate and soil.

Liza highlights, "In Indonesia, the abundant natural capital contributes to the exceptional growth and high quality of various crops, including flowers, trees, and melons. The favorable conditions enable rapid yields, and farmers experience a profound sense of happiness."

SINA GINGER candy boasts three distinctive features. Firstly, the ginger is harvested only twice a year, allowing the land to rest and rejuvenate. Secondly, only ginger that is 15 months old, striking the perfect balance between flavor and texture, is used. Lastly, ginger produced in specific regions is carefully selected, recognizing the influence of climate and soil on its spiciness.

The signature ginger candy is made by combining fresh Emprit Ginger with sugar through a standard process. Liza says, "The ginger is selected, washed, and ground, incorporating its skin, flesh, juice, and residue. The mixture is simmered at high temperatures to extract the essence of the ginger, resulting in a warming and stomach-soothing effect." The candy's natural color and flavor are derived from the combination of ginger and sugar, with the absence of sugar resulting in ginger juice without the distinctive flavor.



◀ ▲ 新亞採用的靚薑，生長於爪哇婆羅摩火山高海拔地帶。

◀ ▲ The high-quality Emprit Ginger used by SINA GINGER is grown in the high-altitude region of the Bromo Volcano area in Java.

添點甜 (Melting Sweet) 系列

以小黃薑配搭不同花蜜或熱帶水果製成，成分天然簡單，零脂肪，不含防腐劑、色素及人工合成香精，是老少咸宜及素食者健康零食首選。

Melting Sweet Series

Melting Sweet combines Emprit Ginger with a delightful blend of honey and tropical fruits. Crafted from a simple selection of ingredients, this delectable treat is completely fat-free and devoid of preservatives, artificial colors, and flavors.



走糖新世代 薑汁當主角

由於糖係製薑糖必備原料，不能隨意剔走。但現代養生學提倡少糖、無糖為健康，一盤生意要可持續發展，不能再因循過往成功做法，以高糖產品為主要收入支柱，所以Liza年前已開始著手研究新策略。

策略一：

研究以薑做主打的健康產品，希望找到新商機。技術上如何將薑鮮榨鮮用，Liza已成竹在胸：「由於鮮薑收成後，會在1至2小時內迅速氧化，必須即場處理好，放在零下18度冷藏，才能將保鮮期延長至數年之久。」這可說是最原始的原材料，真正原汁原味，消費者想食用時，隨時調校溫度，兌水飲用即可。

Liza深信，地球上的好東西是可以共享的，畢竟有些好資源只有某些地方出產。冷藏鮮薑汁可以演化為多種零售養生產品，也可以批發出去。新亞本身已有兩家工廠，

New Ventures

Recognizing the growing preference for less sugar or sugar-free options, Liza has explored new avenues. SINA GINGER now offers ginger-based health products, utilizing freshly squeezed ginger juice that is carefully processed and stored to preserve its authenticity. This refrigerated ginger juice can be transformed into various retail health products or wholesaled, catering to specific regions.

She explains, "After harvesting fresh ginger, the ginger juice rapidly oxidizes within 1 to 2 hours and must be processed on-site and

第三家也於2021年建成，只是礙於疫情，很多裝配工程未能完成，今年會提速完工，冀增加產能，以保證當大環境出狀況時，新亞薑的生產線及貨源都可源源不斷、保持暢順。

草藥配糖 變身功能性產品

策略二：

在鮮薑原汁以外，新亞正在嘗試進攻具有功能性療效的顆粒型製品，正夥拍一家研究院，合作調製中草藥喉糖之類，這個構思的藍本，源自早期的歐洲，30多年前也有草藥糖風行一時。Liza希望脫離糖必須做糖果這個傳統觀念，嘗試轉攻保健品路線，與低糖為健康的現代心態連線。

之前跟大蓋合作的秘魯瑪卡糖粒，可令人精力充沛，還有蜂膠糖粒、亞麻籽糖粒、口感粗獷耐嚼的燕麥糖粒，也是同類嘗試。

stored at -18 degrees Celsius to extend its shelf life for several years."

In addition to ginger juice, SINA GINGER is collaborating with a research institute to develop granule-type products infused with herbal ingredients. This move aligns with the rising demand for functional therapeutic products. SINA GINGER's collaboration with Max Choice Corporation Limited has resulted in the SuperCandy Series, incorporating superfoods such as Peruvian maca, propolis, and flaxseed.

潮中自有老派的堅持

「新亞薑糖」雖然是有88年歷史的經典品牌，但發展與時並進，目前除了在百佳、惠康超市、永安百貨、裕華百貨等超級市場可以隨時買到，亦開發了多個網上銷售渠道，包括：年輕人及潮人至愛的Ztore(士多)、港人網店HKTV mall、產品逾億的淘寶網等。

新亞薑糖暢銷世界各地，成為香港的著名品牌，家喻戶曉，廣受歡迎。的確，「新

亞薑糖」製造廠亦是美國、德國、瑞典、新加坡、泰國和韓國等地知名薑糖品牌背後的製造商。

「新亞薑糖」雖然在口味開發、包裝設計、銷售渠道等都在不斷革新，但自1935年以來一直不變的，是由創辦人楊彩繪先生至今四代人，都堅持「以愛心嚴選材料、以誠意製作薑糖」，讓客人吃的，即是楊家人也在吃的，絕對安全與健康。

A Leading Manufacturer of Renowned Brands Worldwide

While SINA GINGER has become a household name in Hong Kong, its influence extends far beyond local borders. With a strong presence in the global B2B market, SINA GINGER has established itself as a leading manufacturer of renowned ginger candy brands in countries such as the United States, Germany, Sweden, Singapore, Thailand, and South Korea. Through its OEM services, SINA GINGER expertly tailors its ginger products to cater to the unique tastes of consumers in each region.

Despite the ever-evolving landscape of new product development, packaging design, and sales channels, one thing has remained unchanged since 1935: the unwavering commitment of four generations, starting with the visionary founder, Mr. Yang Cai hui. Mr. Yang held steadfast to his belief in "selecting ingredients with love and making ginger candy with sincerity." The candy that customers consume is the same candy that the Yang family consumes, ensuring absolute safety and health.





跟大棧聯手打造超級食物

新亞薑糖聯同大棧去年推出的「無糖薑糖禮盒」，以三種近年大熱的天然食材，包括超級食物秘魯瑪卡、薑黃及蜂膠，不但加強產品保健功效，更為近百年歷史的傳統薑糖注入新活力。

SINA GINGER x MAX CHOICE: Win Win Co-operation

In partnership with MAX CHOICE, SINA GINGER unveiled their exquisite "Sugar-Free Ginger Candy Box Set" last year. This exclusive collection showcases three trending natural ingredients: Peruvian maca, turmeric, and propolis, renowned for their exceptional health benefits. By infusing these superfoods into their time-honored ginger candy recipe, they have revitalized a traditional delicacy with almost a century of heritage.

薑為「藥食同源」的代表

Liza笑說：「只要給中國人一塊薑、一些紅糖，他們自自然然就知道該怎麼吃，才能調理身體，可能藥食同源這個概念在中國源遠流長吧。」

就以薑為例，台灣流行的薑母鴨、黑糖薑母茶，廣東人愛吃的子薑皮蛋、大肚婆炒飯(薑蛋飯)、薑糖炒芥蘭，產婦必備的薑醋蛋，都離不開一個「薑」字。中醫學上，生薑可發汗解表，西方醫學則指，乾薑(薑辣素)可促進血液循環。

新冠疫情橫行4年，Liza只是在去年底印尼展會中感染過一次，第三日已經痊癒，她笑言：「不知道是否薑防身作用呢？」

Food as Medicine: Ginger

Ginger has long been recognized as a medicinal food in Chinese culture. Traditional Chinese dishes like ginger duck with rice wine, brown sugar ginger tea, and stir-fried kale dishes with ginger juice are all known for their functional health benefits. SINA GINGER acknowledges the historical concept of food as medicine and aims to incorporate ginger's properties into their products.

Amidst the four-year-long COVID-19 pandemic, Liza only got infected once at an exhibition in Indonesia at the end of last year. However, she fully recovered on the third day and jokingly wonders if ginger played a role in her quick recovery. ☀️

聯絡 CONTACT

Sixfifteen Imports-Exports Ltd

Flat 12, 1/F, Kai Fuk Ind Ctr,
1 Wang Tung St, Kowloon Bay, Kowloon, Hong Kong
(852) 2795-2369 cs@sinaginger.com www.sinaginger.com

日本特色農產品

日本館 @「美食商貿博覽」

JAPANESE SPECIALTY AGRICULTURAL PRODUCTS

Japan Pavilion @HKTDC Food Expo PRO

誰不喜愛日本食品？

據NHK World Japan報導，香港是日本第二大農漁業出口市場，僅次於中國內地，去年出口總值約14億美元。

隨著疫情後恢常，有意進軍香港及華南市場的日本食品企業紛紛重返「美食商貿博覽」。這個每年八月在香港會議展覽中心舉行的「美食商貿博覽」，由香港貿易發展局主辦。

對於想採購新日本食品的進口商、分銷商和零售買家來說，該博覽是不容錯過的，因為在日本貿易振興機構(JETRO)及日本各地行業協會的支持下，相較於其他貿易食品展設立的日本館，以「美食商貿博覽」內的日本館規模最大。今年，超過150家日本食品公司參展，其中約30%是首次參展，展出了數百種新產品。

如果你錯過了今年的博覽，別擔心！就讓我們作現場報導，為大家介紹一些天然又有日本特色的農產品。

「今年更多來自日本各個不同縣市的食物公司參加『美食商貿博覽』，以推廣各種豐富多元化的日本食品。」

山崎 裕介
市場開拓部部長
日本貿易振興機構（香港）

photo credit: HKTDC

WHO DOESN'T ADORE JAPANESE FOODS?

According to NHK World Japan, Hong Kong ranked as Japan's second-largest market for agricultural and fisheries exports last year, following Mainland China, with export values totaling approximately 1.4 billion dollars.

As things return to normal after the pandemic, Japanese food companies who aim to enter the markets of Hong Kong and South China have returned to the HKTDC Food Expo PRO. This annual food trade show takes place every August and is organized by the Hong Kong Trade Development Council at the Hong Kong Convention and Exhibition Centre.

For importers, distributors, and retail buyers seeking new Japanese food products, the Expo is an absolute must-attend event. With support from JETRO and various food industry associations from different prefectures across Japan, it proudly presents the largest Japan pavilion among all food trade shows in Hong Kong. This year, over 150 Japanese food companies are participating, with approximately 30% of them being first-time exhibitors, showcasing a diverse range of hundreds of new products.

If you missed the show this year, don't worry! Our reporters attended the event and discovered some exciting products that you may be thrilled to source.

"This year, an increasing number of food companies from diverse prefectures across Japan have come together at the HKTDC Food Expo PRO to showcase and promote a wide range of Japanese food products."

Yamazaki Yusuke
Director, Business Development Department
JETRO Hong Kong





TAMAMI 珠美 BY YAMAGUCHI FARM
茨城縣 Ibaraki

超甜蓮藕

茨城縣是日本蓮藕第一大產地(佔該國一半以上產量)。縣內的 Yamaguchi Farm(山口農場)專門培植「珠美」蓮藕品種，其甜度高達9度(一般平均為5至7度)。「珠美」使用100%有機肥料種植，並獲「特別栽培農產品」認證，天然美味，可以切片生食。全年可收成，夏天新鮮水嫩，冬天儲糖量高所以味道更甜，維他命C亦較多。

Super Sweet Lotus Root

Ibaraki Prefecture dominates lotus root production in Japan, accounting for over 50% of the national yield. Yamaguchi Farm specializes in the "Tamami" variety, known for its exceptional sweetness level of 9 degrees (compared to the average range of 5 to 7 degrees). TAMAMI is cultivated using 100% organic fertilizers and holds certification as a "Specially Cultivated Agricultural Product." Enjoy the naturally delightful flavor of Tamami by slicing it for raw consumption. Harvested year-round, each season brings its own distinct taste. In summer, Tamami is fresh and tender, while in winter, it becomes sweeter and rich in vitamin C.

www.yamaguchifarm.co.jp



SOYPOWDER

BY KADOCHO Co. LTD.

和歌山縣 Wakayama

醬油粉

由Kadocho(角長醬油)推出的全新 SoyPowder粉狀醬油，更輕巧且方便攜帶，節省運輸成本。不含防腐劑，開封後無需冷藏亦可保持新鮮。知名餐廳，包括日本文華酒店的廚師們都喜愛這個源自和歌山的新式調味料。角長醬油成立於1841年，來自日本醬油發源地和歌山縣湯淺町，角長醬油是最古老的手工醬油釀造廠商，堅守傳統工藝，不倚賴機械化生產。

Powdered Soy Sauce

Presenting an innovative powdered soy sauce, offering a light and preservative-free alternative to traditional soy sauce. This Wakayama-born sensation saves on transportation costs and stays fresh without refrigeration. Embraced by renowned chefs, including those at the Mandarin Hotel, it comes from Kadocho Co., Ltd, the oldest handmade soy sauce brewery in Yuasa, Wakayama Prefecture, established in 1841.

www.kadocho.co.jp





TIMELESS BUFFET 時空食堂 BY SHINGI CORPORATION

冷凍便當飯糰

Shingi推出11種以兵庫、石川、山梨和靜岡等地方風味的急凍便當飯糰，選用蠔、扇貝、雞肉、牛肉、蝦、天婦羅做配料，利用特別的冷凍技術，確保便當飯糰解凍後仍能保持食物的新鮮味道和口感。消費者只需將便當飯糰放入微波爐加熱或蒸煮，便可快捷輕鬆地享受一頓美味飯餐。

Frozen Bento Origini

Shingi Corporation has recently introduced a diverse range of frozen bento origini rice balls, featuring 11 local flavors from prefectures like Hyogo, Ishikawa, Yamanashi and Shizuoka. Timeless Buffet offers a delightful assortment of fillings, including oysters, scallops, chicken, beef, shrimp, tempura, and more. Thanks to advanced freezing technology, the textures of all the ingredients are impeccably preserved, ensuring that the freshly cooked flavors remain intact even after defrosting. Consumers can effortlessly heat the rice balls in the microwave or simply steam them in a cooker for a convenient and delicious meal experience.

www.zikushokudo.com

HAKUBAKU BY HAKUBAKU Co. LTD.

十五穀米

含有十五種不同穀物的極高膳食纖維雜糧，只需跟白米一起烹煮即可食用。穀物包括：大麥(國產)、黑米、碎玉米、糯米、發芽紅米、發芽糙米、黃豆碎、黑烤芝麻、白烤芝麻及藜麥等。

Fifteen Grain Rice

This blend consists of fifteen grains, creating a springy and easy-to-eat mixed grain rice. Simply cook it with white rice to enjoy a high-fibre meal. The grains include barley, black rice, crushed corn, glutinous rice, germinated red rice, germinated brown rice, crushed soybeans, black roasted sesame, white roasted sesame, quinoa and more.

www.hakubaku.co.jp



KOJI PUDDING

BY KOUJIYA Co. LTD.

三重縣 Mie

糍布丁

伊勢的Koujiya(糍屋)推出一種以糍(用於發酵清酒、醬油和味噌的黴菌)製成的獨特布丁。這款雲尼拿味布丁選用當地的放養雞蛋和新鮮奶油，經過雙重發酵而成，所以份外鮮甜。糍含多種必需氨基酸和維他命，而且不含酒精，是老少咸宜的健康甜品。

Koji Pudding

Koujiya in Ise Prefecture offers a unique pudding made with koji, the mold used in fermenting sake, soy sauce, and miso. This Vanilla-flavored pudding combines local free-range eggs and fresh cream, undergoing a double fermentation process for a rich taste. Koji is packed with essential amino acids and vitamins, providing health benefits. Enjoyed by all ages, this non-alcoholic dessert is a delightful treat.

www.koujiya-ise.com



SELENE BY SELENE INC.

和歌山縣 Wakayama

備長炭食品系列

位於和歌山縣的SELENE Inc.推出了各種以紀州備長炭為特色的食品，包括備長丹咖哩、乾拉麵和素麵。備長炭烹飪會釋放鈣、鉀和鎂等有益礦物質，提高菜餚營養價值。紀州備長炭由 100% 日本橡木製成，被譽為木炭之王。

Binchotan Foods

The Wakayama Prefecture-based SELENE Inc. presents a variety of food products featuring Kishu binchotan. This includes rice boxes with Binchotan curry, dry ramen, and vegetarian noodles. Cooking with Binchotan releases beneficial minerals such as calcium, potassium, and magnesium, enhancing the nutritional value of the dishes. Kishu binchotan is made only from 100% Japanese Urame (Japanese Oak), and known as the King of all charcoal.

www.selene-jp.net





TUBU BY NATURAL MOUNTAIN MONKEYS

醃製芥末籽

Natural Mountain Monkeys是日本著名的露營裝備品牌，近年積極發展各種露營食品。

TUBU芥末籽是他們的得獎露營食品產品之一。來自北海道十勝芥末籽，加入秋田縣男鹿的天然鹽和秋田小町米製成的特級米醋，以傳統的靜態發酵處理。然後，將芥末籽浸泡在秋田縣橫手市產的100%無添加蘋果醋中，為其提味。

露營大多輕裝上路，調味料不能帶太多，一支顆粒狀的芥末籽便可為各種食品增添味道，品牌推出調味料是很聰明的做法。

Marinated Mustard Seeds

Natural Mountain Monkeys is a leading Japanese camping equipment brand that recently expanded its product line to include camping food items.

The award-winning TUBU mustard seeds are sourced from Hokkaido's Tokachi region. To enhance their flavor, they are combined with natural salt from Oga, Akita Prefecture, and a special rice vinegar made from Akita Komachi rice. This rice is cultivated using the traditional static fermentation method in Ogata Village, Akita Prefecture. Furthermore, the mustard seeds are soaked in 100% additive-free apple cider from Yokote City, Akita Prefecture, which adds antioxidants and contributes to their exceptional flavor.

When camping, travellers prioritize packing light and have limited space for condiments. A single bottle of granular mustard seeds conveniently enhances the flavor of multiple meals. Introducing seasoning products by Natural Mountain Monkeys is a smart move.

www.nmmonkeys.com

TORETANTO

BY JA TOKACHI SHIMIZU

北海道 Hokkaido

十勝清水焙煎紅豆茶

紅豆茶是日本女孩、孕婦們消水腫的常用飲品。Toretanto採用十勝清水町農協開發的有機堆肥「清水有機（しみず有機）」種出來的十勝紅豆，以特別烘焙技術精製而成。不含咖啡因、無熱量，多飲亦不會影響睡眠質素。

Hokkaido Roasted Red Beans Tea

Roasted red bean tea is a popular beverage consumed by Japanese girls and pregnant women to alleviate puffiness and swelling. The red beans used in Toretanto are sourced from Tokachi and cultivated using the "Shimizu Organic" organic compost developed by JA Tokachi Shimizu, and is refined with special roasting techniques. No caffeine, no calories, drinking too much will not affect the quality of sleep.

www.ja-shimizu.or.jp



GOLDEN JERSEY BY TOKACHI OBIHIRO KATO FARM

北海道 Hokkaido

北海道澤西牛乳食品

澤西牛的產奶量比常見的荷斯坦牛少三分之二，亦因為不常用作肉牛，因此在日本的數量不多。日本現時全國約有10,000頭澤西牛，北海道大約有800頭，而十勝的Kato Farm(加藤牧場)就有80頭，是北海道澤西牛奶的唯一供應者。

澤西牛奶以其豐富的乳脂、乳蛋白和胡蘿蔔素而聞名，具有高營養價值和濃郁味道，所以有「黃金牛奶」和「乳品之王」的稱號。農場以有機方法畜牧，提供優質牛奶和乳製品。

Jersey Cow Dairy Products from Hokkaido

In Japan, the milk pricing system disadvantages Jersey cows due to their lower milk yield compared to Holsteins. Jersey cows are also not commonly used as beef cattle, resulting in their limited presence in the country.

Tokachi Kato Farm in Hokkaido's Tokachi region is the exclusive source of raw Jersey cow milk in the area. With 80 Jersey cows, they are among the few farms in Japan that breed this particular cow, as there are only around 800 Jersey cows in Hokkaido and 10,000 in total nationwide.

Jersey cow milk is highly prized for its rich composition of milk fat, milk protein, and carotene, which contribute to its nutritional value and delightful flavor. It is commonly known as "GOLDEN MILK" or the "KING OF MILK" due to its high carotene content and beautiful light golden color. The farm's commitment to organic farming practices guarantees that the cows enjoy a superior diet, translating into both delicious milk and high-quality dairy products.

www.katofarm.net

**NAMISATO BY NAMISATO CORPORATION**

栃木縣 Tochigi

無麩質麵粉

Namisato(波里)位於日本第二大稻米產區栃木縣，新推出的無麩質米粉麩質含量低於1ppm(一般「無麩質」產品的麩質為20ppm)。採用營養豐富的栃木大米製成。此外新產品還有一種適合製作麻糬用，混合了糯米的麵粉。

Gluten-free Rice Flour

The non-gluten rice flour offered by Namisato contains less than 1ppm of gluten, in contrast to the typical 20ppm found in "gluten-free" products. Made with nutritious Tochigi rice, cultivated in fertile soils with mineral-rich water, it is ideal for diverse culinary uses. In addition to their general-purpose rice flour, Namisato also provides a rice flour and glutinous rice blend, perfect for making sticky cakes or mochi.

www.namisato.co.jp 





香港港安醫院

將素食變得更美味、更健康

HONG KONG ADVENTIST HOSPITAL

*Makes Vegetarian Food
More Delicious and Healthier*

在素食成為全球潮流之前，香港港安醫院依循基督教復臨安息日會的無肉健康生活原則，早於2008將整間醫院的膳食「無肉化」，只供應奶蛋素食予病人、訪客和員工，成為香港唯一素食醫院。

Before vegetarianism gained global popularity, Hong Kong Adventist Hospital embraced the principles of a meat-free and healthy lifestyle based on the teachings of the Seventh-day Adventist Church. As early as 2008, the entire hospital adopted a “meat-free” dietary approach, exclusively offering lacto-ovo vegetarian meals to patients, visitors, and staff, making it the sole vegetarian hospital in Hong Kong.



香港唯一素食醫院

香港港安醫院餐廳提供超過120道中西素食菜餚，務求迎合不同顧客口味。

The Only Vegetarian Hospital in Hong Kong

Nourishing body and soul with a diverse menu of over 120 Chinese and western vegetarian delights.

素食廚藝專家

病人經常有誤解，以為病後初癒如果不食肉進補，便會不夠營養，慢慢恢復進度。港安醫院多年來來堅持「無肉健康生活」，實踐素食可預防和治療疾病，改善身體狀況的理念，打破坊間對素食的謬誤。醫院結合膳食及營養部的專業，恆常提供多達120道中西素食菜餚，包括精緻私房素菜、無肉自助餐、商務套餐、美味軟餐及各式烘焙食品，為大眾提供美味而營養均衡的食物。

Culinary Expertise in Vegetarian Cuisine

Patients often mistakenly believe that avoiding meat after recovering from an illness hampers nutrition and slows down the healing process. However, Hong Kong Adventist Hospital has long championed a “meat-free healthy life,” proving that a vegetarian diet can prevent and treat diseases while enhancing physical well-being. With expertise from their Food and Dietetic Department, the hospital offers a wide range of 120 Chinese and Western vegetarian dishes. This includes carefully crafted private dishes, buffet options, business set meals, soft meals, and delectable baked goods, ensuring both deliciousness and balanced nutrition for the public.



完美結合：當總廚遇上營養師

香港港安醫院膳食及營養部主管黃志榮先生(右)和港安醫院-荃灣行政總廚梁國健先生共同在香港推廣真正健康的素食。

The Perfect Blend: When Culinary Expertise Meets Nutritional Science in Menu Planning

Mr. Chi Wing Wong (*right*), Director of Food & Dietetic of HKAH, and Mr. Ken Leung, Executive Chef of HKAH-Tsuen Wan, the dynamic duo revolutionizing vegetarian cuisines in Hong Kong.



天際花園 A Cafe

位於香港港安醫院荃灣主座六樓天際花園的港安餐廳，落地玻璃設計，明亮簡潔，為病人、員工和訪客提供一個寧靜的用餐環境。

A Cafe at Sky Garden

A serene oasis located on the 6th Floor of Hong Kong Adventist Hospital Tsuen Wan. Open to the public, this tranquil cafe features floor-to-ceiling glass walls, natural decor, and provides a peaceful retreat accessible to patients, staff, and visitors.



走出醫院 為餐飲業、安老院舍等提供素食餐單諮詢服務

預防勝於治療是港安醫院的金科玉律。現今醫療系統面對的重大挑戰，醫院的膳食及營養部近年走進社區，積極為餐飲業及安老院舍等提供素食餐單諮詢服務，希望憑藉近20年的素菜烹廚經驗，幫助他們改良餐單，掌握創新廚藝技巧，提升餐飲水平，讓更多人可以透過真正健康、美味的素食改善全民健康素質。

推廣教育和意識

除了菜單諮詢工作，醫院還舉辦不同的健康講座、研討會和工作坊，向餐飲業和市民大眾灌輸正確的營養和健康知識。

國際認可 食材及食物安全管理

醫院膳食必須以食物安全為首，位於司徒拔道和荃灣的港安醫院都獲得HACCP(食品安全標準)和ISO 22000認證，確保環境以及提供的食物及飲料符合衛生標準。

Expanding Influence Beyond the Hospital

“Prevention is better than cure” stands as the guiding principle at Hong Kong Adventist Hospital. Recognizing the significant challenges confronting the healthcare system today, the hospital's Food & Dietetic Department has been actively engaging with the community in recent years. They offer vegetarian menu consulting services to the catering industry and elderly care homes. Through their expertise, these establishments enhance their menus, acquire innovative cooking techniques, and elevate their catering standards. By promoting truly healthy and delectable vegetarian cuisine, the department aims to contribute to the overall well-being of individuals, fostering improved health for the broader population.

Promoting Education and Raising Awareness

In addition to providing consultancy services, the hospital also offers educational resources and organizes seminars focused on plant-based nutrition and healthy eating. These initiatives are designed to empower both the foodservice sector and the broader community, enabling them to make well-informed dietary decisions that contribute to their overall well-being.

Internationally Accredited Quality

The hospital's commitment to food safety and quality is evident through its certifications. Both Adventist Hospitals in Stubbs Road and Tsuen Wan hold HACCP (food safety standards) and ISO 22000 certifications, ensuring the provision of safe and high-quality meals to their patients. ☀️



**Adventist 港
Health 安**

Hong Kong Adventist Hospital
香港港安醫院

聯絡 Ask the Experts

Mr. Brian Yiu

香港港安醫院營養及膳食部
Food & Dietetic Department,
Hong Kong Adventist Hospital

電郵 Email: brian.yiu@hkah.org.hk

電郵 Tel: (852) 2835-0658



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Vegware 是具全球領導地位、富有遠見的環保包裝製造商，自 2006 年以來，在英國一直專注於研製及生產對環境無害、可完全與廚餘混合並分解成肥料的即棄食品包裝，現時為餐飲業提供 250 種不同產品。

Vegware is a visionary brand and a global specialist in manufacturing plant-based compostable foodservice packaging in the UK since 2006.

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Vegware products can be put directly into the recycling bins of ECPAL (Eco Community Promotion Association Limited), a non-profit organization, along with food waste, without the need for cleaning. These products will be collected and sent to a designated composting site for further processing and will turn into compost within 8–12 weeks. The certified compostable products of **Vegware** are designed for hassle-free recycling.



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03. 紙餐盒

用可持續來源的紙物料製成
良好的耐熱性能，適用於冷、溫熱菜式

04. 甘蔗渣外賣餐盒

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03. Bon Appetite Bowl

Made from Sustainably-sourced Board
Wide paper food bowl for premium presentation of your dish

04. Bagasse Takeaway Boxes

Made from Reclaimed Sugarcane
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To have an inside look at how **Vegware** is made, scan the QR code, or visit vegware.hk to find out more.

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展覽預告 SHOW PREVIEW

RESTAURANT & BAR HONG KONG 2023

香港餐飲展2023 打造一站式餐飲平台

Beyond Food and Drinks

香港餐飲展將於2023年9月5日至7日假香港會議展覽中心隆重舉行。展覽將匯聚超過300個本地及國際品牌，為超過8,000家餐廳及酒吧、酒店集團、餐飲專家及天然有機產業先鋒提供互動商貿平台。

注入了高級食品、天然和有機元素

隨着精緻美食和可持續餐飲的需求日益增長，本屆展覽將重新定位為餐飲及生活體驗平台，加入了高級食品、天然和有機元素，帶來精選奢華食材、頂級佳釀、有機食品飲料、天然美容、健康及生活產品等，為市場帶來新動力，促進跨行業發展。

國際級學習交流平台

香港餐飲展還提供一連串互動工作坊、專題講座和頒獎典禮，讓參與者學習最新市場趨勢、建立人脈關係並交流見解。優質餐飲服務認證為提供優質食物和服務質素達標的本地餐廳予以品質認證。香港咖啡調酒大賽展示了咖啡師們的專業技能，創作出精美的咖啡和烈酒結合作品。賞酒嘗味饌選將選出能夠完美平衡餐酒香氣、味道及文化的香港高級餐廳。醇饌品味廳升級回歸，除了葡萄酒大師班外，更會加入餐酒搭配及啤酒品味工作坊，帶領觀眾探索本地和異國美酒與佳餚組合。

Restaurant & Bar Hong Kong (RBHK) is set to redefine the culinary and hospitality landscape from 5-7 September 2023 at the Hong Kong Convention and Exhibition Centre. With over 300 local and international brands, RBHK aims to empower the F&B and organic industries and reshape Hong Kong's dining scene.

Empowering the F&B and Organic Industries

RBHK will introduce gourmet, natural, and organic elements to meet the demand for premium and sustainable dining options. The event will feature luxurious ingredients, wines, organic food, beauty and wellness products, and living supplies.

A Platform for Networking and Learning

RBHK serves as a platform for networking, learning, and exchanging insights, with workshops, seminars, and award ceremonies. It celebrates culinary excellence with the Best of the Best MASTERCHEF Recommendation Restaurant awards and showcases baristas' skills at the Hong Kong Coffee in Good Spirits Championship. Pairing Sensations recognizes restaurants with exceptional food and wine pairings. The Tasting Theatre offers beer and wine tasting sessions, and wine awards ceremonies highlight the artistry of winemakers. RBHK promises an unforgettable sourcing journey and is open to trade professionals and media aged 18 and above. ☀️

主辦機構 亞洲英富曼會展有限公司

日期及時間 2023年9月5-7日
11:00 – 18:30 (最後一天至17:00)

地點 香港會議展覽中心5FG展覽廳

同期活動 優質餐飲服務認證 (BOBM)、香港咖啡調酒大賽、賞酒嘗味饌選、醇饌品味廳，以及多個酒類飲品頒獎禮

查詢 電話：(852) 3709-4981
網址：www.rbhk-ga.com

Organizer Informa Markets Asia Limited

Date & Time 5-7 September 2023
11:00 – 18:30 (till 17:00 on 7th)

Venue Hall 5FG – HK Convention & Exhibition Centre

Concurrent Events The Best of the Best Masterchef Recommendation Restaurant (BOBM), Hong Kong Coffee in Good Spirits Championship, Pairing Sensations, Tasting Theatre, and a series of wine awards ceremonies

Enquiries Tel: (852) 3709-4981
Website: www.rbhk-ga.com

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ASIA FRUIT LOGISTICA 2023

亞洲國際果蔬展覽會

滙聚亞洲及全球領先果蔬行業人士

The leading trade show for fresh produce business

第16屆亞洲國際果蔬展覽會 (ASIA FRUIT LOGISTICA) 將於2023年9月6-8日回歸亞洲國際博覽館。42個國家和地區的700多家參展商將共襄盛舉,預計來自全球成千上萬名專業觀眾和買家到場。

眾多知名參展商

參展商來自新鮮果蔬、物流機械、和技術行業,包括佳農、洪九、綠萌、鑫榮懋、興業源、都樂、A. P. 穆勒-馬士基集團 (A.P. Moller - Maersk)、國泰航空、達飛海運集團 (CMACGM)、中國遠洋運輸集團 (COSCO)、富士機械 (Fuji Machinery)、Greefa、MAF Agrobotic、AgroFresh、DeltaTrak、Green Agrevolution和Sensitech等。

24個國家館或地區展館

2023亞洲國際果蔬展覽會已設立24個國家館或地區展館,包括中國大陸、中國臺灣、澳大利亞、比利時、巴西、加拿大、智利、厄瓜多爾、埃及、法國、德國、義大利、馬來西亞、摩爾多瓦、荷蘭、新西蘭、秘魯、波蘭、南非、韓國、西班牙、土耳其、美國和越南。

The 16th ASIA FRUIT LOGISTICA, the leading trade show for Asia's fresh fruit and vegetable industry, will make a grand return at AsiaWorld-Expo in Hong Kong on 6-8 September, 2023. Over 700 exhibitors from 42 countries and regions will participate in this event, attracting thousands of trade visitors and buyers from all around the world.

Numerous Well-Known Exhibitors

The key players from the fresh fruit and vegetable, logistics machinery, and technology industries, include Goodfarmer, Hongjiu, Reemoon, Joy Wing Mau, Xing Ye Yuan, Dole, A.P. Moller - Maersk, CMA CGM, COSCO, Fuji Machinery, Greefa, MAF Agrobotic, AgroFresh, DeltaTrak, Green Agrevolution and Sensitech.

24 National or Regional Pavilions

ASIA FRUIT LOGISTICA features 24 national or regional pavilions from Australia, Belgium, Brazil, Canada, Chile, China, Ecuador, Egypt, France, Germany, Italy, Malaysia, Moldova, the Netherlands, New Zealand, Peru, Poland, South Africa, South Korea, Spain, Taiwan, Turkey, USA, and Vietnam. 🌞

主辦機構	Global Produce Events (HK) Co Ltd
日期及時間	2023年9月6-8日 10:00 - 17:00
地點	亞洲國際博覽館 3B展館和5B展館
同期活動	亞洲水果國際果蔬大會、 亞洲水果商務論
查詢	電話: (852) 9145-7654 網址: www.asiafruitlogistica.cn

Organizer	Global Produce Events (HK) Co Ltd
Date & Time	6-8 September 2023 10:00-17:00 daily
Venue	Hall 3B & Hall 5B, AsiaWorld-Expo, Hong Kong
Concurrent Events	Asiafruit Congress, Asiafruit Business Forum
Enquiries	Tel: (852) 9145-7654 Website: www.asiafruitlogistica.com

亞洲國際 果蔬展覽會

ASIA FRUIT
LOGISTICA

同期舉辦

ASIAFRUIT
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亚洲水果国际果蔬大会

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2023 年 9 月 6-8 日

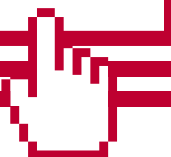
10.00-17.00 hrs



亞洲國際博覽館

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供應商名錄

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電郵 Email	<i>info@assure.com.hk</i>	52	電郵 Email	<i>sales@sukibakery.com</i>	
網址 URL	<i>www.assure.com.hk</i> <i>www.snackmate.net</i>		網址 URL	<i>www.lowreyfoods.com</i> <i>www.sukibakery.com</i>	
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電郵 Email	<i>hello@coconaradise.com</i>		電郵 Email	<i>cs@sinaginger.com</i>	
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電郵 Email	<i>info@purearth.com.hk</i>		電郵 Email	<i>admin@lectcha.com</i>	
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電郵 Email	<i>visit@rbhk-ga.com</i>		電郵 Email	<i>cehrdc@afcd.gov.hk</i>	
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網址 URL	<i>www.foodandhotel.com</i>		網址 URL	<i>www.vegware.hk</i>	
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電郵 Email	<i>service@stonecoffee.com.hk</i>				
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活動回顧 EVENT SNAPSHOTS

我們跟不同國際食品品牌、本地供應商、外國駐港的貿易發展局等籌辦活動，共同向業界及公眾推廣天然及可持續的健康生活。

Through our collaborations with international food brands, local suppliers, foreign trade promotion boards and more in Hong Kong, we aim to cultivate a community focused on supporting business growth and enhancing the well-being for a broader audience.

STONE COFFEE 賞啡日 COFFEE TASTING DAY BY STONE COFFEE



主辦 Organizers : GO Natural Food Guide x Stone Coffee

日期 Date : JUL 6, 2023

地點 Venue : Stone Coffee

Stone Coffee 曾被國際性的咖啡雜誌《96° - A Guide to Tremendously Good Coffee》評選為「香港最佳咖啡吧」，絕對是城中的 hidden gem！是次活動中，Stone Coffee主管Jonny為大家分享各種咖啡豆的小知識、沖煮方法和手沖咖啡技巧，並讓大家品嚐多種 Stone Coffee 的精選精品咖啡。此外，Cocoparadise 提供了其全天然椰子果仁小食供大家一起搭配享用。

Crowned "Hong Kong's Best Coffee Bar" by the international coffee magazine 96° - A Guide to Tremendously Good Coffee, Stone Coffee is definitely a hidden gem in the city.

At the event, Jonny, the show supervisor of Stone Coffee, shared his vast coffee knowledge, including bean varieties, brewing techniques, and the magic of hand-drip coffee. Participants tasted a range of Stone Coffee's specialty coffee while enjoying Cocoparadise's all-natural coconut vegan grain-free granola.



素食餐單設計精進班

WORKSHOP: HEALTHY VEGETARIAN MENU IDEAS FOR YOUR RESTAURANT



主辦 Organizers : GO Natural Food Guide x
Hong Kong Adventist Hospital 香港港安醫院
日期 Date : AUG 7, 2023
地點 Venue : Hong Kong Adventist Hospital (Tsuen Wan)
荃灣香港港安醫院

坊間大部分素菜都有共通毛病 - 就是多油多芡汁多色素多味精、不飽肚、過多碳水化合物、缺乏蛋白質鐵質纖維維他命、脂肪過高等。港安醫院為餐飲業及安老院舍示範如何改良餐單，做出色香味俱全的真正健康素菜。

Hong Kong Adventist Hospital enlightened participants on the common mistakes found in vegetarian cuisines, such as excessive oil and starch content, reliance on artificial colorings and flavor enhancers, and inadequate protein, iron, fiber, and other essential nutrients. They provided valuable guidance on improving menus to create truly healthy vegetarian dishes. ☀️

下次開班 Upcoming class

日期 Date : SEP 20, 2023 (Wed) 1400 - 15:30

報名及查詢 Registration & Inquiries:
info@GoNaturalMarketing.com





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日光牌 西梅汁 32oz (946毫升)
Sunsweet Prune Juice 32oz (946mL)



日光牌 D'Noir去核西梅 (不加防腐劑) 255克
Sunsweet D'Noir Pitted Prunes (Preservative Free) 255g

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日光牌 去核西梅 (添加益生菌) 170克
Sunsweet Probiotic+ Pitted Prunes 170g

NEW!



日光牌 Sierra 一口西梅葵花籽方塊 142克
(紅莓合桃、香濃杏仁、花生醬)
Sunsweet Sierra Trail Bites 142g
(Cranberry Walnut, Almond Delight, Peanut Butter)