

室內水耕種植先導訓練計劃

Pilot Training Project: Indoor Hydroponic Vegetation

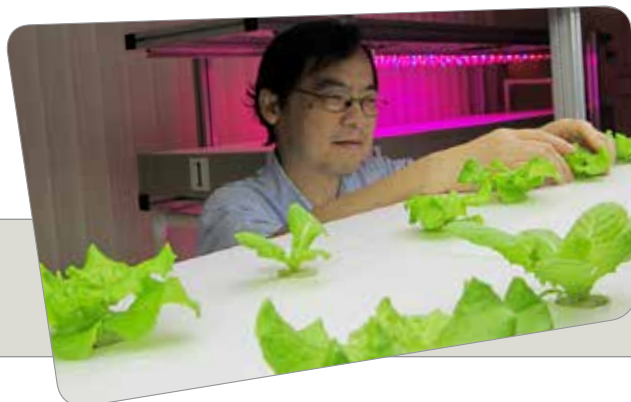


本會石圍角工場獲得一位善長捐款港幣20萬元，設立一間約200平方呎的室內水耕訓練室，讓一些不太積極工作和生活的服務使用者參與水耕種植先導計劃，培養他們的耐性，從體現蔬菜的轉變和成長，幫助他們建立自信、成就感、積極工作和生活的態度，增加他們的新工作技能。室內水耕是利用光管、水和營養液種植，水耕植物所獲得的養分一般較充足和全面，生長亦較穩定和健康。同時，這些蔬菜脫離了泥土，沒有昆蟲，種出來沒有農藥和重金屬，可用作沙律菜、直接食用或烹煮熟食。

工場經過近兩個月的裝修及購置設備，在2014年3月正式開始水耕訓練，經過兩個月的水耕種植訓練，個別服務使用者已開始掌握發芽、種植和收割的程序。其中一位服務使用者表示，參加了水耕種菜很開心，看見由一粒很細的種子，經過發芽，慢慢培植變成一棵菜，很有成功感，並且感受到生生不息的生命力，而種出來的菜吃起來也很爽，很有鮮味。

另外，家長、參觀者及惠顧工場汽車美容服務的車主，看到室內水耕種菜都很有興趣，紛紛選購了一些羅馬生菜並表示樂意繼續購買，但由於水耕菜是要經過約一個月培植才有收成，每月只有約60斤菜，暫時未能全面滿足顧客的需要。

如大家有興趣到工場參觀室內水耕種菜和試食，歡迎致電3518 4388預約。



Shek Wai Kok Workshop received a total of HK\$ 200,000 donation from a philanthropist and set up a 200 square feet indoor hydroponic training room. The training room is to let service users who are inactive in work and in life participate in planting, so that they could be more patient and be equipped with new working skills. Through observing the changes and growth of hydroponic vegetables, it is hoped to help these service users gain confidence, find a sense of accomplishment, and help them become more positive towards their work and life. Indoor hydroponics is a method of growing plants by using light tubes, water and nutrient solution. Since hydroponic plants take in more sufficient and comprehensive nutrients in general, they grow more stably and healthily. Moreover, as these vegetables are separated from soil, they are free from bugs, pesticides and heavy metals. They can therefore be served as salad and be consumed raw or cooked.

After almost two month decoration and the purchase of equipment, the Workshop officially started hydroponic training in March 2014. Two months later, some service users were able to master the germination, planting and harvest procedures. One service user said that he was happy as he could participate in the pilot project, providing him with the opportunity to learn how to grow hydroponic vegetables. He feels much sense of accomplishment when he sees a small seed germinates and grows into a vegetable. He feels the never-ending vitality, and those vegetables are very fresh and tasty.

Besides, parents, visitors and Automobile Beauty Service customers found indoor hydroponic vegetation very interesting, so they bought some Romaine Lettuce and said that they would love to continue buying. But since these vegetables need around a month to grow, the monthly production is only about 60 catty, which cannot meet the customer demand for the time being.

If you are interested in visiting our Indoor Hydroponic Workshop and have a taste of the vegetables, please do not hesitate to make reservations by phone at 3518 4388.

