

# 多一點“有機”和 “可持續” 的生活模式 (下)

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在上一期的《百分百家長》，本人闡述了有關“有機”和“可持續”生活模式的概念，今期將與大家分享本人最近在澳門實踐“有機”種植和“可持續”生活模式的經驗和感受。此外，還會介紹如何用器皿進行有機種植食用香草，並提供一份可與家人和朋友共享的、用新鮮香草製作的希臘沙律簡單食譜。但開始前，我會先就上一期曾談及的有機種植、轉化基因及非轉化基因食品的標籤問題補充一些資料。

## 有機蔬果產品標籤

最近，我在美國的健康食品店證實確有一種新的5個數字條碼標籤制度。一般傳統種植的農產品以四個數字標示，例如：魚翅瓜(spaghetti squash)的數字標籤是4776，而有機蔬果產品則在原有的四個數目字前多加“9”字，如94776是有機的魚翅瓜。此外，在網上還有訊息流傳轉基因(GMO)的產品會以數字“8”為起首，如84776作標示（但標示具選擇性）。可是直到目前，本人並未能在美國親身目睹貼有這樣標籤的產品。當中緣由可能是因為多數的消費者會選擇避免購買轉基因(GMO)產品，有關的生產商和銷售商寧願選擇不標明。因此，除非立法規定要標明，否則很難有生產商選擇標示其產品已被基因改造；現時要確保避免買到轉基因(GMO)產品，唯一可行的方法就是購買具“有機認證”的產品，以及靜待將來有進一步發展的消息。





## “有機”種植和“可持續”生活模式的實踐體驗

初到澳門，我驚訝地發現這裡幾乎沒有新鮮食用香草，而“有機種植”的蔬果亦不常見。當知道將在澳逗留一段較長的時間後，決定試行用器皿“有機”栽種食用香草和蔬菜。我先選擇種植幾種常見的、“生命力強”的食用香草。在澳門這樣相當和暖的氣候下，他們一般都可持續生長多年。

### 有機種子及其相關資訊

起初，我四處到花店找尋有機種子，可惜除購得一小包德國茄子種子外，並無所獲。後來，我上網找到大量有關有機種子及其相關資訊的網站，例如：

<http://www.horizonherbs.com>

<http://www.highmowingseeds.com/>

<http://homeharvestseeds.com/>

最後，我向其中一個網站供應商訂購了幾種有機香草和蔬菜的種子，而相關的經營者都是支持可持續的、有機種植的園藝專家，他們既以合理的價格向世界各地提供有機種子送貨服務，同時又在自設的網站內提供多種種植指南，為食用香草和兒童花園等的種子配置提供意見，且詳細介紹種子的不同用途。此外，網站內還設有商品目錄，當中羅列了很多有機園藝實踐的參考書籍，也包括有西方草藥食療和中國傳統醫藥。

## 努力實踐更多“可持續”的生活模式

正等候有機種子運抵澳門時，德國茄子種子成功發了芽，於是我分種成幾盆，並送友人分享。此外，在參觀香港嘉道理農場暨植物園時，購買了一盆有機迷迭香，並請店員剪去根部以便可帶返澳門。回澳後，我把迷迭香的支莖放在清潔的水中，以便他們發根後可移種於土壤。幾條細小的幼根長出後，我也分種了幾盆與友人分享。

在日常生活中，我努力實踐更多“可持續”的生活模式，例如：盡可能以步行代替乘車，貯存清洗水如洗手水、洗菜水、洗澡水用來沖馬桶及擦洗地板，冬天多穿衣物而少用電暖爐，夏天多用風扇和享受傍晚涼風而盡可能少用空調等等。盡管此舉在夏天會令我多流汗，但有助身體排毒，只要保持身體清潔，能為環保出一分力，相信大家也支持。

### 如何利用器皿種植有機香草

現在與大家分享本人種植有機香草的經驗。

- 1.選購自己喜好種植的有機香草種子或植物。若可能的話，在本地購買，也可透過信譽可靠的網站訂購。若是首次嘗試種植香草，可選擇希臘奧勒岡又稱牛至(Greek Oregano)、英國種百里香(English Broadleaf Thyme)、甜墨角蘭(Sweet Marjoram)、庭院鼠尾草(Garden Sage)、夏季香薄荷(Summer Savory)和墨西哥龍蒿(Mexican Tarragon)等等，亦可選擇較適合插枝而不容易用種子種植的迷迭香(Rosemary)。



## 2. 準備種植用的器皿及土壤。

- (1) 找一個或多個合適的器皿（約500-1000毫升），器皿可以是花盆，也可以是循環再用的塑膠食品器具，但需用筆在器皿底部鑽小孔以便排水，或其他可去水的器皿。
  - (2) 在特賣商店或花店購買一小包培養土（約2.3-5公升）。盡管花店店員有時可能會推薦選購一些已用過的花泥，但建議不要採用，因為不清楚花泥是否清潔、是否會有化學肥料和殺蟲劑。
  - (3) 在盆底加上清潔小卵石或塑料過濾器、或咖啡濾紙以便留住土壤及方便排水。
  - (4) 把培養土放入器皿，並用清潔的清水濕潤泥土。（大部分上述推介的香草適合選用標準或專用的培養混合土，但若種植一些不需太多水分的香草如迷迭香、奧勒岡和百里香等，則選用含沙質較多但少些有機成分的仙人掌培養混合土會較好。此外，當使用足夠的水去濕潤土壤後，要確保多餘的水能在器皿的底部順暢排走，所以濕潤的土壤最好放置數小時或隔一個晚上後才進行種植。）
3. 依照種子的包裝說明，把種子植入器皿中。（大部分上述的香草一小包已含許多細小的種子，弄鬆泥土的表層後，把種子分散在頂部，但不用栽得太深，植後推平周圍的土壤便可，好讓種子易於接受光照射而獲得溫暖，且一天要澆水數次，以促進生長。）

4. 剛栽種好的植物需持續接受二十四小時全日光照射，直至幼苗萌芽後長出兩對葉子。（用白色和乳黃色燈具產生的混合色光較好）
5. 當幼苗從土壤中長出第二對葉子時，可輕輕地把每棵幼苗單獨或一對對移植到新的器皿。（不宜只移走幼苗的根部，最好連同根部周圍的泥土一起移植）
6. 當植物長到足夠大且可食用時，便可收成享用新鮮的香草，可用作烹調煮食或直接放在預製食品或沙律上。（在澳門不會出現結霜或超低溫的氣候下，上述推介的香草可持續生長多年，但若在冬天較清涼的月份繼續種植和收割，最好是把盆栽移到室內，以培育種子的同樣方法，用混合光照射植物。）





### 希臘沙律配香草食譜

最後，為大家介紹一個可與家人和朋友分享的希臘沙律簡易食譜。若條件許可，建議選用有機種植的蕃茄（西紅柿）、紅洋蔥、青瓜、Feta芝士（咸味羊奶芝士）、希臘Kalamata橄欖和特純初榨橄欖油作材料。步驟如下：

- 1.把成熟的蕃茄、紅洋蔥和青瓜砌成細片，並放入盆子或碟上。
- 2.在材料上再放上一大片Feta芝士和橄欖，也可放在碟邊。
- 3.加上適量的特純初榨橄欖油和幾滴鮮檸檬汁或意大利陳年葡萄醋(Balsamic vinegar)。
- 4.加上香草。若可以的話，選用新鮮的。當中希臘奧勒岡、甜墨角蘭和百里香是很好的配搭，但若選擇其他香草試試也無妨。
- 5.隨個人喜好，可加上新鮮磨碎的海鹽和/或胡椒粉調味。

### 結語

本文分上、下兩期，從遠至太陽系邊際的角度，近至簡單的栽植香草和自製沙律，闡述了如何關顧我們的地球，以及“可持續”發展的路向。期望本文能有幫助我們所有的人更好地認識這個美麗而脆弱的地球——我們這個不可或缺的家園，並且盡我們最大的努力透過實踐多一點“可持續”的生活態度去愛惜她。



（作者：來自美國的生物學退休教授）

## “教育暨青年局2012龍年利是封”換領辦法：

市民只需以一種顏色的印花於2012年1月16日至1月20日在辦公時間內前往下列地點換領龍年利是封1包，數量有限，換完即止。印花刊載於2011年11月至2012年1月期間出版的《百分百家長》、《教師雜誌》、《教育文摘》及《語言聊天室》4本刊物內。

### 換領地點資料如下：

#### 教育暨青年局 (DSEJ)

地點：澳門約翰四世大馬路7-9號一樓；  
辦公時間：星期一至四上午9時至中午1時，下午2時30分至5時45分；星期五上午9時至中午1時，下午2時30分至5時30分；  
聯絡電話：2855 5533

#### 教育資源中心 (CRE)

地點：澳門南灣大馬路926號；  
辦公時間：星期一至五上午10時30分至晚上7時，星期六上午10時30分至下午5時40分；  
聯絡電話：8395 9200

#### 氹仔教育活動中心 (CAET)

地點：氹仔濠景花園24至26座地下；  
辦公時間：星期一至日上午10時至晚上9時30分；  
聯絡電話：2884 1284

#### 德育中心 (CEM)

地點：澳門台山新街利達新邨三樓；  
辦公時間：星期一至星期六上午10時至晚上10時；星期日及上午10時至晚上7時；  
聯絡電話：2840 3200

#### 成人教育中心 (CEP)

地點：澳門祐漢看台街313號翡翠廣場三樓；  
辦公時間：星期一至星期六上午9時至晚上10時；星期日及上午9時至下午6時；  
聯絡電話：2842 2780

2012

龍年利是封



- 複印件無效
- 教育暨青年局保留最終使用權



## Living in More “Organic” and “Sustainable” Ways (Part II)

In Part I of my article, I discussed the concepts of “organic” and “sustainable” living. In this issue, in Part II, I will share my recent attempts at “organic” and “sustainable” action in Macao, and my experience on how to grow cooking herbs organically in containers. I will also provide a simple recipe for a fresh Greek salad using herbs for you to share with your family and friends. However, before I begin, I want to provide an update on the issue of clear labeling of Organically Grown, GMO, and Non-GMO foods, which I discussed in Part I.

### Labeling system for “organically grown” fruits and vegetables

In America, I have recently confirmed in Health Food Stores, that a new five digit bar code labeling system is in place for “organically grown” fruits and vegetables. The first digit, added to the usual four digit bar code (for example: 4776 for spaghetti squash) for the same item, is 9 for organically grown produce (for example: 94776 for organic spaghetti squash). There are also numerous reports online that a first digit 8 can be used to (optionally) designate GMO produce items. However, I have not yet been able to personally verify that this system is in use at the present time in America. That makes sense, since producers and sellers of GMO products prefer to keep it secret, since most consumers would probably prefer to avoid buying GMO products. The designation will most likely never be used, unless it is legally required. At this time, the only way to be sure of avoiding GMO products is to buy “certified organic” products. Stay tuned for future developments!

### My recent attempts at “organic” and “sustainable” action

When I first arrived in Macau, I was surprised to find that very few fresh cooking herbs were available here, and that “organically grown” fruits and vegetables were very rare as well. Once I found myself able to stay here more of the time, I decided to try to grow fresh cooking herbs and vegetables under “organic” conditions in containers. I chose to try growing several common cooking herbs first, since they are very hardy plants, and once established, many can grow continuously from year to year in a relatively warm climate like Macau.



### I. A great source of organic seeds and information

First, I searched plant stores for organic seeds without success, with the exception of one packet of seeds from Germany for a type of eggplant. I then searched online and found a great source of organic seeds and information on the following websites, such as:

<http://www.horizonherbs.com>

<http://www.highmowingseeds.com/>

<http://homeharvestseeds.com/>





Finally, I ordered several types of organic seeds for herbs and vegetables from one of the mentioned above online suppliers, which is based in Oregon, U.S.A. The operators are sustainable organic gardening experts. They are well prepared to ship organic dried seeds worldwide for reasonable shipping costs. Their site provides growing guides, suggested seed sets for cooking herbs, gardening for children etc., and well described seeds for many purposes. Their catalog also lists many books on organic gardening practices and both Western Herbal Preparations, and Traditional Chinese Herbal Medicine Practices.

## 2. My efforts to live in a more sustainable manner

While waiting for the seeds ordered online to reach Macau, I planted some of the seeds for the German eggplant, to test my sprouting arrangements, and

to share young plants with friends. In addition, I visited Kadoorie Farm and Botanic Garden in Hong Kong and purchased a potted cooking rosemary plant grown using organic methods. I requested the salesperson to cut the rosemary off above the soil level so I could bring it back to Macao. After returning to Macao, I placed the cut stems in clean water to form roots so they could be replanted in soil. Several rooted, and we had small organic rosemary plants to share with friends.

Some of my efforts to live in a more sustainable manner include walking instead of using vehicles whenever possible, saving wash water to use for flushing the toilet and floor cleaning, using extra clothing instead of electric heaters, and using fans and evening breezes to keep cool in the summer instead of air conditioning whenever possible. Sweating helps to remove

toxins from the body too, so it is not a bad thing! I just try to stay clean so I can keep my friends as well!

## How to grow cooking herbs organically in containers

Now, I will share information and my experience on how to grow cooking herbs organically.

1. Obtain organically grown seed or plants for the herb or herbs you want to grow (locally if possible) or (by ordering online from a reliable source). Good herbs to choose for your first try include Greek Oregano, English Broadleaf Thyme, Sweet Marjoram, Garden Sage, Mexican Tarragon and Cuttings of Rosemary (which is only readily grown from rooted cuttings, not grown easily from seed).

2. Prepare the growing container and soil

(1) Find one or more suitable clean containers (about 500-1000ml).



(This can be a flower pot, recycled plastic food container with holes punched in the bottom with a pencil for drainage, or any other container with good drainage.)

(2) Get a small (2.3-5 liter) bag of clean gardening soil from a discount department store or flower shop. (Do not use soil from previous potting, which flower shops will sometimes encourage you to use, since you will not know if it is clean, or has previously been fertilized with chemical fertilizers or treated with chemical pesticides.)

(3) Add small clean stones, a plastic screen, or a coffee filter, to the bottom of each container to retain the soil while permitting good water drainage.

(4) Fill each container with the potting soil and wet the soil with clean water. (Most of the recommended herbs can grow well in a standard potting mix, or one specified for herbs. Some dry-land herbs such as rosemary, oregano and thyme, do better in cactus potting mix which contains more sand, and less organic matter. Allow excess water to drain freely from the bottom of the container; and allow the soil to stand for a few hours or overnight before planting the seeds or rooted cuttings.)

3. Plant a few seeds of the desired herb in each container according to the instructions provided on the seed package. (Most of the herbs listed above have small numerous seeds, and are planted near the surface of the soil by roughing up the soil surface, scattering the seeds on top, and pushing the soil down flat around them. This leaves the seeds near the surface where they can easily be stimulated to start growing by the light, warmth, and gentle watering a couple of times a day, like spring or summer rain showers.)

4. Keep the planted containers under a continuous light source 24 hours a day until the second set of true leaves appear above the soil surface. (Use a combination of a white fluorescent light and a cream colored fluorescent light.)

5. When the plants have produced the second set of true leaves above the soil surface, gently transfer each seedling to a new container of the same size and soil type, alone or with one or two partner plants of the same type. (Transfer the plant with soil around the roots, not with bare roots.)

6. When the plants are sufficiently large, begin to harvest the herbs to enjoy them fresh, both in your cooked dishes, and on top of prepared foods and salads. (The recommended herbs can all continue growing from year to year in the Macao climate with no frost or freezing temperatures. However, to continue growth and harvest during the cooler winter months, the containers should be moved inside, and kept under growing lights as the seedlings were.)

### Recipe for Greek Salad with herbs, Feta cheese, and Kalamata olives

Finally, a simple recipe is introduced so you can enjoy the fresh herbs with your family and friends. Use organically grown ripe tomatoes, red onions, cucumbers, feta cheese, olives, and extra virgin olive oil whenever possible.

First, cut ripe tomatoes, red onions, and cucumbers into pieces and arrange on a plate.

Next, add a generous slice of Feta cheese (salt cured goat cheese) and Kalamata olives on top, or on the side.

Then, drizzle extra virgin olive oil, and squeeze fresh lemon juice or add Balsamic vinegar on top.

After that, sprinkle herbs on top, fresh if available. Greek oregano, marjoram, and thyme are a good combination, but experiment with others.

Finally, add fresh ground sea salt and/or pepper to taste if desired.

### Concluding remarks

In the two parts of this article we have considered the Earth, and our paths toward a more sustainable future, from as close to home as our herb garden and salad plate, and as far away as the edge of the Solar System. It is my hope that this will help us all to better appreciate the fragile beauty of the Earth, our essential home, and to walk more softly on Her, while making our best efforts to live in a more sustainable manner. 🌱

(Author: A retired Biology professor from America)