



PITA

Farmhouse

Where happiness comes to life

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02

issue

自然好滋味
EAT WELL

探索源自新芽 / Explore | 新時代有機農場專訪 / Interview

夏日蔬菜蛋餅 / DIY | 工作坊預告 / Workshop



自然好滋味 Eat Well

Editor's Word

PITA Farmhouse 再度與大家見面，今回以「Eat Well」為主旨，從鼻尖味蕾出發，細嚐色香味背後的營養，讓你我這些城市人在每天繁忙生活日常中，覓得新鮮食材、有趣製法及簡易配搭，感受夏日的健康滋味。

滋味旅程由大地展開，先帶大家到訪新界元朗牛潭尾的「新時代有機農場」，細聽農場主人愛吃的田間故事，親嚙在地有機種植的新鮮蔬果，認識七彩食物的冷知識。再度邀請客席廚師，教大家自製賣相繽紛又開胃的「夏日蔬菜蛋餅」，最後輕呷一口熱茶，品茗甘香，暖在心頭，在新一季的精選工作坊中發掘更多有關美食的創意空間。

用心飲食，吃得開懷，活得健康，度一個愜意自在的夏季。

Greetings from PITA Farmhouse again. This issue is themed by "Eat Well". Starting from the scent and taste buds, the nutrition story behind the preparation and simple matching for urbanites, and enjoy the healthy savory of summer.

The journey of original tastes starts from the earth. First, we will take you to the "New Age Organic Farm" in Ngau Tam Mei, Yuen Long for tasting the fresh organic crops; you will also learn about "Rainbow Foods"; guest chef is invited again to share the tips of making Summer Veggie Tortilla. Finally, let's take a sip of hot tea and taste the sweetness and warmth in the seasonal selected workshops.

Eat well, eat happy, live healthy, and enjoy a desirable summer.

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Act Now and Join Us!



樂活・共享的開端 Where Happiness Comes to Life

2021年，「PITA Farmhouse」正式成立，希望能夠集合講究生活品味、追求個人態度的你，與家人齊齊投入我們締造的綠色快樂園地，共同學習交流，發掘對生活的熱愛、對交流的啟發、對價值的珍惜，以及對在地的感謝。PITA Farmhouse，一個全新概念的優質生活會員計劃，建立專屬自己的樂活價值和風格。

In 2021, PITA Farmhouse is established with an aim to introduce quality lifestyle and pursue unique personal experience. Together with your family, come and join our Happy Green Land! PITA Farmhouse is a brand-new concept of premier living membership program to create your own values and style of LOHAS.

P I T A

對生活的 熱愛

充滿生命力的熱情，引領發掘喜悅和期待，一切源於快樂的自身。

Passion Towards Life

Explore happiness and hope in life through enthusiasm.

對交流的 啟發

互動和對話之際，暢遊無邊靈感，開拓深闊、富創意的多樣可能。

Inspiring Interaction

Explore unlimited inspirations, create possibilities in interactive communication.

對價值的 珍惜

學習欣賞及重視事物承載的理念和連繫，繼而探索你我的內在。

Treasure The Values

Appreciate, treasure and connect the values being carried. Explore our inner self.

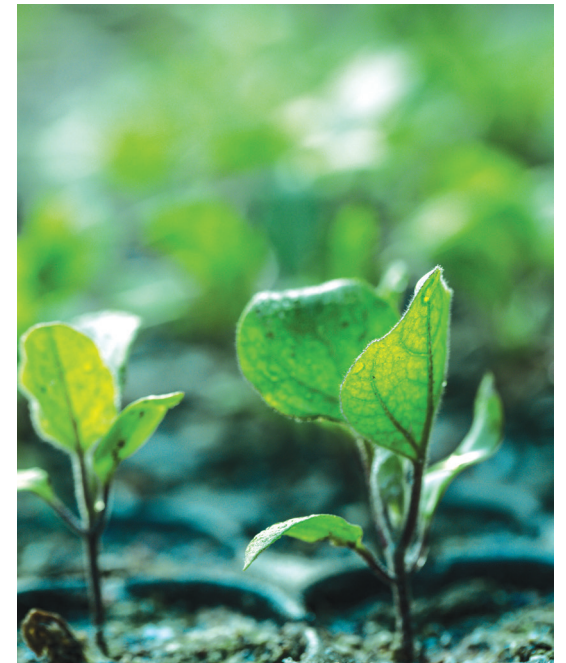
對在地的 感謝

向大自然資源和結合智慧的生活文化致謝，謙和地反思人境共融。

Appreciate Nature

Embrace the resources given by nature, contemplate the connection between the environment and ourselves.

探索源自新芽 Explore LOHAS from a sprout



PITA Farmhouse 今年初與大家正式見面，首先打開「Know Your Food」的世界 — 由種植開始，到熱愛烹調，然後與眾分享，一束鮮蔬是味覺上的享受，由此發掘樂活的價值。踏入初夏，將與大家進一步了解食得健康的奧妙，一起實踐 PITA 所追求的優質生活：

Know Your Food

進一步認識有機耕種的過程，深度理解由農莊到餐桌的真諦，從了解食材、珍惜食物的角度出發，感謝大自然的資源。

Eat Well

探究食材背後，尋找吃得健康、有趣的方法，從簡單挑選、搭配食材、趣味煮法，弄出吸引眼球又垂涎欲滴的營養食物。每個人，值得吃得更好。

Design Your Life

飲食只是生命的一部分，全程投入綠色有機生活，善用大自然給予人的資源，我們都能夠透過優質的品味，讓自己活得更愉快、更有意義。

在未來的日子，我們將舉辦各式工作坊、導賞團、大自然體驗，以及更多聯乘趣味活動，分享優質品味之日常，欣賞可持續發展理念，滿足身心靈完美享受。

PITA Farmhouse first met you all in the beginning of the year. To explore "Know Your Food", it begins with planting, passion in cooking, and sharing. The enjoyment of fresh vegetables paves way for values of LOHAS. Stepping into the early Summer, PITA Farmhouse pursues quality of life with wonders in healthy eating.

Know Your Food

Further understand the concept of organic farming from farm to dining table, learn how to select ingredient, treasure our food.

Eat Well

Introduce healthy eating tips and some fun ways in cooking. Everyone deserves to eat better!

Design Your Life

Embrace green living and make good use of natural resources. Uplifting our lifestyle to premier quality one to live a happier and more meaningful life.

Alongside, PITA Farmhouse will organize a series of workshops, guided farm tours and exploring the nature activities as well as co-branded activities. We will share with you premier food and the concept of sustainable development, so as to satisfy our body and soul.

新時代有機農場創辦人 Kenny:

「香港也有原味蔬菜。」

Founder of New Age Organic Farm, Kenny

“Deliver the local vegetables with original tastes.”



經營位於元朗牛潭尾的新時代有機農場，是曹渭仁 (Kenny) 的第二人生。六年間農田溫室整齊有序，分別種植數十款不同蔬菜瓜果，雖然花上畢生的積蓄，他也希望繼續做下去，期望香港人吃到具原始味道的農作物，吃得健康及快樂。

Running New Age Organic Farm in Ngau Tam Mei, Yuen Long, Kenny owns his second life. In the past six years, the farmland greenhouses have been neat and orderly, while dozens of different vegetables and fruits have been planted. Kenny spent his life savings for the farm, and hopes to continue to cultivate a healthy and joyful taste for traditional crops in Hong Kong.



有機種植 · 土地永續

從 2011 年退休後享受人生，Kenny 試過在新界村屋家中的小花園種植香草、與太太一起學習務農的理論，直至有天去了朋友家中，看到一大塊田，便萌起認真種菜的念頭，最後於錦田達吉鄉經營個人第一個農場。「記得五月某個早上，我獨自在農場中摘草，耳邊聽到蜜蜂聲、雀鳥聲、牛叫聲，感覺相當寧靜及舒服。當時我在農場工作了三個月，我跟自己說，可能這就是我想追求的生活。」同年 10 月，他參加了由香港有機資源認證中心與明道大學舉辦的有機耕作課程，出發到台灣學習何謂有機種植。

來到牛潭尾，這是 Kenny 的第二個農場，他直言花了半年時間及投放不少金錢，由荒地變成農場，一手一腳開田闢路，建設了很多基建設施、灌溉系統、溫室及漁場等。在他眼中，「有機種植」意指沒基因改造、沒化學肥料、沒化學殺蟲藥，亦能改善土壤的健康，將土地永續造福下一代。

Organic cultivation · Land sustainability

After retiring in 2011, Kenny tried planting herbs and learned the basics of farming with his wife. Until one day the idea of growing vegetables sparked off, he then began to run his first own farm in Fung Kat Heung, Kam Tin. "One morning in May, I felt serene when working on the farm. It might be the lifestyle I want." That year in October, he participated in an organic farming course organized by the Hong Kong Organic Resources Certification Center and MingDao University and set off to Taiwan to learn what organic farming is.

Kenny spent a lot on transforming the wasteland into a farm and developing infrastructure in Ngau Tam Mei. In Kenny's view, "organic farming" means no genetic modification, chemical fertilizers, and chemical pesticides, it improves the health of the soil and even benefits the next generation.



不時不食·不時不種

Kenny 不諱言，在香港從事農業並非易事，甚至說不上一門生意，因為每年夏天難以種植，5 月至 10 月未能收支平衡，但他沒有放棄。「這是一件有意義的事，除了能夠改善土壤環境，更重要是大家可以吃得健康一點，減少吃下含有毒素或重金屬的蔬果，這正是我從事有機耕種的初心。」他又笑說自己「為食」，每每種到好菜，自己吃之餘，也會拿去賣，讓大家可以品嚐到真正美味的農作物。

成為有機農夫後，他對 Eat Well (吃得好) 的感受更深。「我的概念是，不時不食，不時不種。如果要做逆週期的事情，就會很困難，就算成功也不好吃。」他解說大部分有機菜的纖維較多，味道較甜。「很多人問，為何現在的蔬菜沒有菜味？原因很簡單，人們要花時間才能成長，萬物也一樣，所以我們要給蔬菜有個良好的生長環境，以及悉心的照顧，千萬不要揠苗助長，只要有足夠時間生長，蔬菜自然有它的原始味道。舉例說，為了避免運輸時的損耗，番茄早就在樹上摘下來，以致它們都不是在樹上成熟，而是慢慢催熟，味道自然不夠好。」

為了吃得健康，為了保留蔬菜的天然原味，Kenny 至今依然堅持經營自己的農場，期望香港人能夠 Eat Well，甚至將這些味道及想法，繼續承傳下去。

Taste and Plant what is in Season

Kenny admits that it is difficult to plant in the summer and cannot make both ends meet between May and October, but he never gives up. "Hoping everyone to eat well and consume fewer toxic crops are my original intention of organic farming." Kenny is delighted to distribute his crops, as well as having it on his own. Together, Kenny and the customers could enjoy the original taste of crops.

To him, Eat Well means "Taste and plant what is in season". "We must give vegetables a good growing environment and sufficient time for its original taste."

Kenny still insists on running his own farm, and shares his philosophy of "Eat Well" with the next generation.

新時代有機農場
New Age Organic Farm
<http://www.newage.hk>



新時代有機農場出品 Vegetables by New Age Organic Farm

夏日陽光普照，雨水充足，新時代有機農場出產多款時令有機蔬果，帶來源於大自然的溫暖原味道。

With sufficient sunshine and plentiful rainfall, the New Age Organic Farm produces a variety of seasonal organic fruits and vegetables, allowing you to taste the essence of nature from the tip of your tongue, bringing you a warm original taste.

1) 茄子

被譽為「血管的清道夫」，肉厚而口感軟綿，適合與肉類一同快炒；亦可切厚片燒烤、配搭芝士。

2) 沖繩苦瓜

有「瓜中之王」之稱的苦瓜，消炎好解暑，此品種比一般雷公薯苦瓜果肉結實，味甘爽口，適宜炆煮。

3) 彩色甘筍

市場上多數只見橙紅色版本，這裡亦種植了紫、黑、白及黃色等，果肉爽脆，味道清甜。

4) 沙律菜

集多種沙律生菜於一身，包括羅馬、紅羅馬、綠珊瑚、紅珊瑚、紅碎葉生菜，口感爽脆豐富亦好看。

5) 羽衣甘藍

被公認為超級食物及高纖食品，味道濃郁、口感爽嫩，含豐富葉酸、鐵質等低卡路里。

新時代有機農場產品於 APITA 超級市場有售

1) Eggplant

Renowned as "the scavenger of blood vessels" and it's thick and soft texture. It is suitable for quick-fry with meat, and it can also be cut into thick slices for grilling or served with cheese.

2) Okinawa Bitter Gourd

The bitter melon, known as the "king of melons", is harder than ordinary thunderbolt, and has a sweet and refreshing taste, and is suitable for stewing.

3) Colored Carrot

Most of the carrots in the market are orange-red, but there are also purple, black, white and yellow in colours. The flesh is crisp and the taste is sweet.

4) Salad Mix

A variety of salad lettuce including roma, red roma, green coral, red coral, red chopped leaf lettuce. Diverse taste with crunchy texture.

5) Kale

It is recognized as a super food with high-fiber food & low calories. It has a rich flavor, a tender texture, rich in iron and folic acid.

Products of New Age Organic Farm are available for purchase at APITA supermarket

七彩食物冷知識

Trivia on The Rainbow Foods

不同顏色的食物繽紛搶眼，同時具備各種人體需要的營養，近年流行的「彩虹飲食法」，主張均衡進食紅、橙黃、青綠、藍紫、白、啡及黑色七種顏色的食物，從內到外調養身心。每天不妨最少攝取其中五款，以簡單方法烹調，享受食物的原味，吃出好健康。

Natural foods in different colors are eye-catching and contain a variety of nutrients needed by the human body. The popular "Rainbow Diet" in recent years advocates a balanced intake of red, orange, green, purple & blue, white, brown and black foods, which aims at restoring your body and mind inside out. It is suggested to consume at least one serving of each of the five colored fruits and vegetables every day, and cook it in a simple way to enjoy the original taste.



紅色 / Red

紅色蔬果含茄紅素，能夠抗氧化，保護心臟健康。

Red fruits and vegetables contain lycopene, which can resist oxidation and protect cardio health.

番茄 Tomato
紅菜頭 Beetroot
紅椒 Red pepper
士多啤梨 Strawberry
西瓜 Watermelon

橙黃色 / Orange & Yellow

橙黃色蔬果含胡蘿蔔素、維他命 A 等，有助保護視力。

Orange & yellow fruits and vegetables contain carotene and vitamin A, which help protecting eyesight.

紅蘿蔔 Carrot
南瓜 Pumpkin
番薯 Sweet potato
粟米 Corn
芒果 Mango

青綠色 / Green

青綠色蔬果含豐富纖維、葉綠素，能提高免疫能力，保持腸道肝臟健康。

Green fruits and vegetables are rich in fiber and chlorophyll, which can improve immunity and maintain intestinal and liver health.

西蘭花 Broccoli
牛油果 Avocado
青瓜 Cucumber
羽衣甘藍 Kale

紫藍色 / Purple & Blue

紫藍色蔬果含花青素，有效抗衰老、抗氧化，保護心血管健康。

Purple & blue fruits and vegetables contain anthocyanins, which are effective in anti-aging and protecting cardiovascular health.

藍莓 Blueberry
葡萄 Grape
紫薯 Purple potato
茄子 Eggplant

啡色 / Brown

啡色食物含豐富 omega 3 及不飽和脂肪酸，可提高好膽固醇水平，亦對腸道有益。

Brown foods are rich in omega 3 and unsaturated fatty acids, which can increase good cholesterol levels and are also beneficial to the intestines.

果仁 Nut
燕麥 Oat
亞麻籽 Flax seed
藜麥 Quinoa
奇亞籽 Chia seed

白色 / White

白色食物含豐富蛋白質、維他命、礦物質，能提升身體免疫力，部分含有大蒜素，能抗菌消炎。

White food is rich in vitamins and minerals, which can enhance the body's immunity, anti-bacterial and anti-inflammatory.

蘑菇 Mushroom
洋蔥 Onion
大蒜 Garlic
白果 Ginkgo
薯仔 Potato

黑色 / Black

黑色食物含花青素及膳食纖維，有助抗氧化、修復紫外光對肌膚的損害及預防便秘。

Black foods contain anthocyanins and dietary fiber, which help to resist oxidation, repair the damage caused by ultraviolet light and prevent constipation.

黑木耳 Black fungus
黑棗 Black dates
黑豆 Black beans
黑芝麻 Black sesame seeds
黑米 Black rice

自煮健康小法則 Healthy Cooking Tips

無論人生處於任何階段，都希望自己身體健康，但健康從來沒有捷徑，只有持之以恆的努力及堅持。無論是開始年邁的父母，成年的我們，幼年的子女，總有滿足身心的自煮健康法則，從飲食習慣開始找到生活中的幸福感。

We all want to stay healthy, there is never a shortcut but hard work and persistence. As there are always healthy cooking tips for all walks of life, let's find happiness in eating habits.

小孩子：色彩繽紛的蔬果

Kids: Colorful Fruits and Vegetables

我們也經歷過小孩的成長階段，深明饕餮是人類的天性，要吸引小孩吃有營養的食物，不妨從色彩入手，一起製作七彩繽紛的便當或小食，例如在綠色蔬菜中增添紅、黃色系食物，設計高營養價值的彩色餐膳，又可以讓孩子從小開始與父母一同入廚，培養他們對DIY健康飲食的興趣和創意。心思思想吃不同種類的小食？烩粟米、蒸蕃薯等取代高糖、高脂的選擇，讓小孩吸收多樣化的營養，當中蛋白質及鈣質食物對發育尤其重要，除了牛奶、芝士、豆腐、芝麻、杏仁、菠菜等也是鈣質豐富的食物，爸爸媽媽自然亦要以身作則，為孩子做好榜樣。

We have been a kid and are fully aware that gluttony is the overindulgence of snacks. Start from preparing colourful bento or snacks and combining more colours like red or yellow in addition to the greens; encourage kids to cook with parents; cultivate their interests in DIY healthy cooking. Cook simple swaps such as corn or sweet potatoes to replace snacks that are high in unhealthy fat, salt and sugar; keep balanced diet such as protein and calcium for kids too, including cheese, tofu, sesame, almonds, spinach, etc. Parents can set a good example by doing the same.



成年人：均衡飲食多喝水

Adults: Balanced Diet with Plenty of Water

生活在繁囂都市，成年人每日忙碌於急促節奏，可能忽略了三餐的質素及重要性。也許只是喝杯咖啡取代早餐、以最快速的時間完成午餐、晚上煮個泡麵、半夜肚餓還習慣吃宵夜，整天沒多少時間喝水，這都是在忽略我們的身體。在家自行準備正餐，可以減少經常在外用餐攝取高脂、鹽、糖，均衡地概括穀糧、奶品、肉類、蔬果、油脂與堅果種子類，滿足身體所需的各種營養。最後當然也需要充足的睡眠、均衡飲食、適量運動及多喝水。

Living in the hustle and bustle may make adults forget about the quality and importance of three meals: Coffee for breakfast, quick lunch and instant noodles for dinner, or, food at midnight and no time for water. Try to prepare yourself meals with balanced diet, and avoid eating foods high in unhealthy fat, salt and sugar when dining out. After all, getting enough sleep, balanced diet, moderate exercise and drinking plenty of water are always the truths.

銀髮族：口感鬆軟的食物

Seniors: Tender Taste Food

也許有人覺得，不妨讓父母吃得開懷一點，不用節制太多，銀髮族新陳代謝較慢，隨著牙齒咀嚼功能減低可能影響食慾，飲食習慣自然改變。食物宜軟不宜硬，應先從食物的口感做起，將蔬果切得較細小，亦可將肉排改成肉粒肉碎，令口感變得鬆軟、易入口。此外，亦不妨自家煲湯及煲粥，少量多餐，同時補充足夠蛋白質，增強肌肉力量；豆類或奶類製品，則可補充鈣質強化骨骼。

Some people may think that we should let parents enjoy eating more without too much constraints, yet, their metabolism slows down while teeth problems may cause loss of appetite. Try to prepare soft and tender food of smaller pieces of vegetables and meat. You may also cook your own soup or congee and eat frequent-small-meals. Don't forget protein for strengthening muscle, or calcium from beans or dairy products for bones.



夏日蔬菜蛋餅 Summer Veggie Tortilla

饒雙宜：書本編輯，但最愛煮飯，間中為報刊或網上平台撰寫飲食文章。
Yiu Sheung Yee: Book Editor. Love cooking the most. Write articles related to food for newspapers or online platforms.
Facebook: yiusheungkitchen

夏天來到，比起粥粉麵飯三菜一湯，肚皮更渴求簡單又滋味的菜式。把主食與配菜共冶一爐，既可減少烹調的時間，同時又能藉著開胃的口味提升食欲。這次推介的蛋餅，靈感來自西班牙國菜 Tortilla，正是一道製作簡便的輕食料理，蛋液內鋪滿馬鈴薯，提供了飽腹感，搭配各樣蔬菜，除了擁有多元的營養，賣相亦見繽紛。

Compared with those are high in carbohydrates such as congee and noodles, our stomach is more eager for simple and delicious food. Mixing the staple food and side dishes not only could save some cooking time but also increase the appetite. The quiche introduced this time is inspired by the Spanish national dish Tortilla. It is a simple and attractive light meal with egg and potatoes to provide a feeling of fullness. It is matched with a variety of vegetables. In addition to having a variety of nutrition, it looks colorful as well.

3 至 4 人份量

材料：菠菜 1 把、馬鈴薯 3 個、蘑菇數粒、蛋 3 - 4 隻、小番茄數顆、Mozzarella 芝士 1 碗、洋蔥 1/4 個、鹽半茶匙、黑胡椒適量

做法：

1. 薯仔去皮，切成薄片，泡水 10 分鐘，撈起瀝乾備用。
2. 平底鍋下橄欖油，開中火，平放薯片並灑上黑胡椒與鹽，每面煎數分鐘至 7 分熟，備用。
3. 菠菜洗淨後放滾水氽燙 1 分鐘，撈起瀝乾備用。蘑菇洗淨後抹乾、切片；小番茄洗淨後切半；雞蛋加半茶匙鹽後打發，備用。
4. 平底鍋下橄欖油，洋蔥切碎後炒至半軟身，下蘑菇片炒數分鐘，盛起一半份量，關火。
5. 鋪上馬鈴薯片，分層加入芝士和菠菜，倒入蛋液填滿。
6. 在表面鋪好剩下的蘑菇片、小番茄、菠菜裝飾。
7. 開小火，將薯仔蛋餅煎 3 分鐘定形。
8. 焗爐預熱 180 度，將平底鍋放入下層烤 20 分鐘至表面金黃、蛋液熟透即成。

* 食譜中使用可直火烹煮及放入焗爐的鑄鐵器皿，如欲轉用焗盤，請預先將馬鈴薯片煎熟。



主要材料於 APITA 超級市場有售

3-4 servings

Ingredients: 1 bunch spinach, 3 potatoes, a few mushrooms, 3-4 eggs, a few small tomatoes, 1 bowl Mozzarella cheese, 1/4 onion, 1/2 teaspoon salt, black pepper

Steps:

1. Peel the potatoes and cut into thin slices, soak in water for 10 minutes, remove and drain for later use.
2. Put olive oil in a pan on medium heat, fry the potato chips with black pepper and salt until 70% done, set aside.
3. Wash the spinach and blanch it in boiling water for 1 minute, pick up and drain; wash the mushrooms, dry and slice; wash the small tomatoes and cut in halves; add salt to the eggs and beat them, set aside.
4. Fry the chopped onions with olive oil until half-soft. Add mushroom slices and fry for a few minutes. Serve half of the amount and turn off the heat.
5. Spread potato chips, add cheese and spinach in layers. Pour the egg mixture and fill it up.
6. Spread the mushroom slices, small tomatoes and spinach on the surface for decoration.
7. Fry the potato quiche on low heat for 3 minutes to set the shape.
8. Preheat the oven to 180 degrees, put the pan into the lower layer and bake for 20 minutes until the surface turns golden and the egg is cooked.

* Cast iron cookware is used, which can be used to a direct flame and safely placed in the oven. Fry the potato chips beforehand if prefer using other baking tray.



Most ingredients are available for purchase at APITA supermarket

愉快初夏之戀 Joyful Love for Early Summer



1



2



3



4



5



6



8



7



9

走過春天，開始迎來悶熱的感覺。令人眼前一亮的健康小食和雜貨，相信能讓你愛上這個充滿活力和朝氣的季節。

Ready to welcome the sweltering summer? The following eyes-sparkling healthy snacks and gourmets may make you fall in love with the early summer.

1) 久世福商店 - 萬能高湯包

超高人氣，選用靜岡縣燒津港的鯉節，配搭日本產鯖魚乾、瀨戶內海的小魚乾、日高昆布等。除高湯外，還可直接加入炒飯、炒麵等作調味，不經化學調味或添加防腐劑。

2) 久世福商店 - 和風果醬 (渋皮栗)

「渋皮栗」意指連內皮煮成的栗子，此方法製成的果醬軟滑可口，再加入白蘭地，口味層次更加豐富。可配以多士、餅乾享用，亦可用來製作各式甜點，非常方便。

3) teapigs - 有機甜睡花果茶

由品茶師精挑細選優質原片茶葉、花草及莓果，是蘋果、薰衣草與洋甘菊完美結合；選用可生物降解的三角立體茶包，有助改善睡眠質素和舒緩壓力。

4) St. Cousair - 全水果製飲用醋 (熱情果味)

成分有果汁、代替糖分的濃縮葡萄汁及蘋果醋，全天然甜味，味道清爽易入口。既可立即飲用，亦可加水、牛奶及酒類，口味變化多端。

5) Plantation by Teakha - 團團圓圓

作為幸運茶的象徵，茶葉從福建福鼎縣收成而來，當地是全中國最優質的白茶所在地。此茶適合放在茶壺中沖泡或煲煮，以釋放降火、舒緩的特性。亦適合陳年之用。

6) 養命酒 - 即食五養粥 (黑)

以多種不同蔬菜和藥膳材料製成，包括香脆黑米、大白菜、香菇、高麗人參、枸杞和芝麻油，非常足料；低卡路里及無添加化學調味料。加水後攪拌即可食用，超方便！

7) St. Cousair - 梭子蟹蕃茄忌廉醬

意大利蕃茄加入大量梭子蟹肉 (上水後 4 小時內蒸熟並冷凍!) 和日本產忌廉，啖啖濃郁口感。先將意粉煮至半硬身，預留 1 分鐘與醬汁同煮，可加強蟹肉的鮮味。

8) AmarBio - 有機蕎麥檸檬薑曲奇

受地中海飲食文化啟發，出品風味獨特，此款內含品牌精選的石磨麵粉、全麥麵粉、粘米粉、薑和檸檬等。有機曲奇可浸泡在牛奶或熱茶後享用，健康又美味。

9) St. Cousair - 辛口香味金芝麻醬

金芝麻香味富層次，特別加入了集合白蔥、生薑、山椒、八角、陳皮等製成的麻辣辣油，與蛋黃高速攪拌，軟滑而辣味溫和，作為火鍋沾醬、拌凍豆腐、配餃子和燒賣也合適。

以上產品現於 APITA G/F 「樂活空間」有售

1) KUZE FUKU & Co -

BANNO DASHI-Soup Base & Seasoning

No chemical seasoning or preservatives. Made with bonito flakes along with dried mackerel, dried small fish from Japan etc. Serve as seasoning to fried rice or noodles.

2) KUZE FUKU & Co -

Japanese Style Jam (Sugar Chestnut)

"Sugar Chestnut" is made from boiled chestnuts with its inner skin as jam, which is soft and delicious, while brandy is added to give a richer taste. Serve with toasts or desserts.

3) teapigs - Snooze Sleepy Tea

High-quality original tea leaves, flowers and berries selected by tea taster, biodegradable triangular 3D tea bags are used. Perfect combination to help improve sleep quality and relieve stress.

4) St. Cousair - Fruit Vinegar Drinks

Composed of natural compressed grape juice and apple cider vinegar. For direct consumption, or add water, milk, and alcohol for a sharper taste.

5) Plantation by Teakha - Unity White Tea

As one of the lucky teas, "Tuan Tuan Yuan Yuan" is harvested from home to best white tea, Fuding, China. Brew at high temperature. Suitable for aging.

6) Yomeishu - Instant 5 Nutrients Congee (Black)

Contains different vegetable and medicinal ingredients. Low calories and no added chemical seasonings. Add water to serve.

7) St. Cousair - Portunus Creamy Tomato Sauce

Italian tomatoes with crab meat and Japanese cream to make the taste richer. Strong umami flavor with cooked pasta.

8) AmarBio - Organic Buckwheat Lemon Giner Biscotti

Inspired by the Mediterranean food culture, AmarBio provides special tastes with organic ingredients. Dip with milk or hot tea.

9) St. Cousair - Gold Sesame Sauce with Spicy Flavour

Layered flavour of gold sesame with spicy oil, herbs and spices etc, stir with egg yolk for a mixed taste. Serve as hot pot sauce, or with frozen tofu etc.

All products are available for purchase in APITA G/F Well-Being Space



樂在品茗茶香 teapigs 茶品調製工作坊

Discover the Joy of Tea teapigs - Tea Blending Workshop

teapigs Hong Kong
Facebook: teapigs HK

介紹週一連串夏日樂活美食，怎能少了一口熱茶暖胃？品茶是一門學問，環球世界各式茶品多不勝數尚待發掘，PITA Farmhouse 稍後舉行的「teapigs 茶品調製工作坊」，即將為你敞開茶香大門，讓你樂在品茗茶香之中。

工作坊由 teapigs 茶藝師教授，讓參加者學習茶葉的分類、製作工藝、品嚐及沖泡茶飲的黃金法則等知識，最後親手調配專屬自己的茶品，觀茶、知茶再賞茶。

teapigs 由兩位創辦人 Nick 和 Louise 早在 2006 年於英國成立，二人曾於知名茶公司工作多年，擁有資深品茶經驗，尤其重視茶葉的品質和來源，嚴選天然優質原片茶葉、花草及莓果。他們同時是第一榮獲英國「無塑認證」的茶葉品牌，包裝使用了可生物分解的三角立體茶包和木漿製成的透明內袋，讓原片茶葉有足夠空間釋放其豐富香醇的味道。

喜愛品茶的你，現在可以率先到 APITA 太古城店全新「樂活空間」，尋覓各款 teapigs 天然茶品、無咖啡因花茶、有機抹茶粉及為夏天而設的天然無糖冷泡茶，將各款英國優質茶品帶回家，投入茶香之間。

After a series of summer LOHAS delicacies, how could a sip of tea be missed? The upcoming "teapigs - Tea Blending Workshop" at PITA Farmhouse will open the door to the art of tea tasting, reveal the secrets and science behind this ancient drink.

This workshop will be hosted by teapigs tea expert. Participant will get to learn about tea, tea types, tea processing, tea tasting, the golden rules for the perfect cuppa and blending their own tea.

teapigs is a tea company based in the United Kingdom, founded in 2006 by Nick and Louise highlights on quality tea, sourced sustainably, in packaging that's better for the environment. They were the first brand to be awarded the Plastic Free Trust Mark, using biodegradable packaging and it's free from plastic.

APITA Taikoo Shing's brand new "Well-Being Space" has a wide variety of teas for tea lovers now, including blooming teas, caffeine-free cold brew teas etc. Come and bring the top British tea home!

工作坊預告 Workshops Preview

讓互動和交流開展你的樂活眼界，PITA Farmhouse 每季均為你準備各式工作坊體驗活動，大人和小孩可以一起親近大自然，投進綠色生活，歡迎會員及親屬朋友參加。請掃描旁邊二維碼了解最新活動日期及時間。

Broaden your horizon of LOHAS with us! PITA Farmhouse organises numbers of workshops for members every seasons. You and your families can get closer to the nature and enjoy green life. We welcome members, member's relatives and friends to join together. Please scan QR code for updated of date / time.



了解更多詳情
Scan for details



復活節親子有機導賞團 (24 人)

Easter Guided Tour On Organic Farming for Family (24 pax)

復活節限定的彩蛋尋寶之旅，讓家長與小朋友一同參與蛋繪手作體驗，啟發無限聯想力。置身戶外田野，加深對有機耕種的認識；即摘即製當日的午餐，品嚐時令新鮮原味道。

The Easter egg treasure hunt, allows parents and children to participate in the egg painting hand-made experience with creativity. Get outside in the field and deepen your understanding of organic farming. Pick and prepare the lunch of the day, and taste the fresh and original flavor of the season.

復活蛋繪作品
Easter egg-painting artwork

New Age Organic Farm
\$300 / Pax, \$580 / 2 Pax, \$840 / 3 Pax, \$1080 / 4 Pax

📍 New Age Organic Farm



PITA Farmhouse X ABC Cooking Studio 水晶抹茶忌廉大福工作坊 (4 人)

PITA Farmhouse X ABC Cooking Studio Crystalized Matcha Cream Daifuku Workshop (4 pax)

由日本料理教室 ABC Cooking Studio 指導，製作藝術感濃厚的日式甜點——以綿滑忌廉包裹濃厚抹茶內餡，外層裹以柔軟的大福皮，再用寒天製作透明緞帶，點上金箔完成結合傳統和意境的和菓子。

Instructed by ABC Cooking Studio, artistic Japanese desserts, traditional Japanese wagashi will be taught and presented. The thick matcha filling is wrapped with creamy cream, while the outer layer wrapped with soft daifuku skin, followed by transparent ribbon made with agar and decorated with gold leaf.

水晶抹茶忌廉大福作品
Crystalized matcha cream daifuku

ABC cooking studio · \$380

📍 APITA G/F 「樂活空間」 Well-Being Space



咖啡渣紮染工作坊 (10 人)
Coffee Ground Dye Workshop (10 pax)

轉化咖啡渣，發現天然紮染獨特之美。
Transforming coffee ground to the beauty of tie dye.

咖啡渣紮染手帕乙塊
Piece of coffee ground dyed-cloth

Fair Taste · \$140 APITA G/F「樂活空間」Well-Being Space



茶品調製工作坊 (8 人)
Tea Blending Workshop (8 pax)

學茶嚐茶再調茶，樂在溫潤甘香之中。
Learning, tasting and blending tea in the scent.

teapigs 禮品包乙個
teapigs gift pack

teapigs · \$90 APITA G/F「樂活空間」Well-Being Space



咖啡拉花工作坊 (10 人)
Latte Art Workshop (10 pax)

兼具視覺與味覺，輕鬆拉出好心情。
Creating latte art with visual enjoyment and rich taste.

Fair Taste · \$140 APITA G/F「樂活空間」Well-Being Space



日本風呂敷包裹工作坊 (10 人)
Furoshiki Wrapping Workshop (10 pax)

了解風呂敷，感受和式包裝的魅力。
Learn more about Furoshiki and find excitement in Japanese packing.

風呂敷乙份 (大約 24"x 24")
Pack of Furoshiki (sizes around 24" x 24")

The Chief Project · \$90 APITA G/F「樂活空間」Well-Being Space



PITA Farmhouse X Sensory Zero 手沖咖啡沖煮工作坊 (8 人)
Intro to Hand Drip Coffee Brewing Workshop (8 pax)

初探手沖咖啡，親身泡製一壺芬香。
Have a first taste in handcrafted coffee with your own hands.

Sensory Zero · \$225 APITA G/F「樂活空間」Well-Being Space



手作腰果糖工作坊 (10 人)
Handcrafted Cashew Candy Workshop (10 pax)

實踐中式製糖手藝，細味公平貿易美食。
Apply skills for making Chinese-style candies with trade fair products.

腰果糖兩包 (每包 40 克)
Two packs of cashew candy (40g each)

Fair Taste · \$175 APITA G/F「樂活空間」Well-Being Space



PITA Farmhouse X 三寶樹農莊 香草種植樂 (8 人)
PITA Farmhouse X Sampo Tree Organic Farm Herbs Planting (8 pax)

化身城市農夫，輕鬆種出香草盆栽。
Be a city farmer to plant herbs!

小盆栽及種子
Small plant and seeds

Sampo Tree · \$90 APITA G/F「樂活空間」Well-Being Space



PITA Farmhouse X 28 號農場 素粽工作坊 (8 人)
PITA Farmhouse X Farm 28 Vegetarian Rice Dumpling Workshop (8 pax)

自創健康粳米粽，製粽技巧手到拿來。
Self-made healthy japonica rice dumpling with specialities.

健康素粽三隻
Three pieces of healthy rice dumplings

Farm 28 · \$125 APITA G/F「樂活空間」Well-Being Space



手捏陶盤工作坊 (6 人)
Hand-Build Ceramic Plate Workshop (6 pax)

由塑型到壓花，完成質感手工瓷器。
From shaping to embossing, completes the handmade textured porcelain.

可於 15 個工作天後取得最終完成品
Collect the completed work after 15 working days

Sowtale · \$275 APITA G/F「樂活空間」Well-Being Space



達摩繪付體驗工作坊 (6 人)
Daruma Painting Workshop (6 pax)

發揮無限創意，打造幸運手繪吉祥物。
Use your creativity to paint a lucky mascot.

手造水泥達摩 (6cm x 6cm) 乙隻連精緻紙盒包裝
A handmade cement Daruma (6cm x 6cm) with gift box

MUDLAB · \$190 APITA G/F「樂活空間」Well-Being Space

圖片只供參考 Photos for reference only

成為 PITA Farmhouse 會員 Act Now And Join Us!

如何成為 PITA Farmhouse 一份子?

凡於 APITA G/F「樂活空間」單日消費滿 \$800，即可憑收據申請成為 PITA Farmhouse 一份子。

How to become a PITA Farmhouse member?

Spend \$800 or above in a single day at APITA G/F Well-Being Space with the receipt can apply for PITA Farmhouse member.

PITA Farmhouse 會員可享以下豐富優惠禮遇
PITA Farmhouse members can enjoy the following exclusive offers



優先報名 PITA Farmhouse 舉辦之工作坊和特色活動
Priority to register for workshops and special activities held by PITA Farmhouse



免費獲贈 PITA Farmhouse 雜誌
Free PITA Farmhouse magazine



生日獎賞
Birthday reward gift



專享特選商戶優惠
Discounted offers of joint brand partners



優惠價參與合作機構之活動
Preferential discounted price of activities organized by partner institutions



指定日子專享購物優惠
Discount at the selected date

了解更多詳情



Scan for details



