

Free horticultural education exhibition “Let’s learn about edible plants” to be held at Kowloon Park

To raise the public's interest in planting and promote greening, the Leisure and Cultural Services Department (LCSD) will hold a horticultural education exhibition entitled "Let's learn about edible plants" and related activities this weekend (July 22 and 23) from 10am to 5pm at the Arcade and the Green Education and Resource Centre of Kowloon Park. Admission is free. Meanwhile, the LCSD will hold a prize presentation ceremony for the Greening School Project Award on July 22 (Saturday) at 11am at the Secondary Hall of Kowloon Park Sports Centre to commend schools for the contributions to environmental greening. Photos showing the winning school projects will be on display during the ceremony.

Edible plants are essential food items that provide people with calories and nutrients. Many parts of edible plants, including leaves, stems, roots, flowers, fruits and seeds, can be used in cooking. Adding herbs or natural spices when cooking enriches the aroma, taste and visual appeal of dishes. Some plants also have a medicinal value.

Edible plants can be broadly categorised into leafy vegetables, roots and rhizomes, flowers and fruits, herbs, seeds, mushrooms and fungi.

Members of the public can learn more about the categories of edible plants, ways to consume and preserve, and edible plants that are ideal for planting at home through the descriptive display panels. Some important notes on cultivation, common types of organic fertilisers, plant propagation methods, as well as organic means to prevent and control pests and diseases can also be found on the panels.

Game stalls and workshops will be set up and visitors can enjoy the fun of pot planting under the guidance of horticulture instructors.

Three talks in Cantonese entitled "Yummy Fruit Families", "Introduction to Edible Plants" and "Flora Conservation in Hong Kong" will be held at the Green Education and Resource Centre in Kowloon Park. While admission is free, tickets are required and available at the Centre on the event day on a first-come, first served basis.

For enquiries, please call 2723 6053 or 2723 6767 or visit www.lcsd.gov.hk/en/green/gerc/activities/exhibitions.html.