

真心的栽種 最後會結果

Gardening enthusiasts sow the seeds of happiness

（右起）高級職業治療師方少麗、紓緩治療科註冊護士羅春霞、血液及腫瘤科顧問醫生古德來是園藝小組召集人，左方為參加者 Roy。

(From right) Horticultural group coordinators Senior Occupational Therapist Sanne Fong, Registered Nurse of Palliative Care team Mara Lo, Consultant of Haematology and Oncology team Dr Dennis Ku, with participant Roy.

合抱之木，生於毫末，所有大樹都是由小樹苗而來。香港兒童醫院園藝小組由三位召集人一點一滴向同事傳授園藝知識，活動本志在減壓，但看到參加者互相幫助，還有收成時的喜悅，成為他們最大的得著，「透過同事雙手種出成果的快樂無可比擬，甚至比自己成功更快樂。」召集人之一、高級職業治療師**方少麗**（Sanne）說。

園藝小組的基地位於醫院 A 座四樓，不少同事趁上班前後或午膳時間到這裡打理植物。每期園藝班為期四個月，種的都是期內成形的蔬果或植物，如青瓜、蕃茄、燈籠椒和三色堇等。

「我們曾在西瓜和蜜瓜收成時舉辦『賞瓜大會』，20 多人瓜分一個手掌大的瓜，份量雖少，但那種快樂和美味難以形容。」另一召集人、血液及腫瘤科顧問醫生**古德來**說。他曾將自家種青瓜與到訪醫院的外國腫瘤科醫生分享，讓對方十分驚喜。

栽種講求不時不種，Sanne 解釋：「植物都有『時辰』，對的季節才能種出對的成果。每班約有七至八種時令種子供參加者挑選，他們從播種、成長到收成的整個過程都能一一體驗。」

園藝小組成立於 2022 年疫情期間，同事為生病同事的植物澆水，參加者之間形成一股很強的連繫。「除了收成的喜悅外，同事間互助亦令彼此的關係更緊密，也是園藝班受歡迎的原因。」Sanne 說園藝班招生超額全靠口碑。

參加者學識技巧回家展身手

資訊科技助理 **Roy** 讀幼兒園的兒子去年所種的盆栽未有開花，他加入園藝小組後，學習翻土、澆水和施肥等技巧，在醫院種的蕃茄結果，連兒子所種的萬壽菊都開花了。「我也曾是植物殺手，逢種必死，但對醫生來說不太好，因而努力鑽研園藝。」古醫生笑道。

三位召集人都覺得栽種可讓關係發芽成長，透過對園藝的熱情傳播快樂，亦推動他們繼續傳授園藝知識，為快樂工作間埋下種子。

Mighty oaks grow from tiny acorns. Similarly, a horticultural group at Hong Kong Children's Hospital that began with the seed of an idea planted has blossomed into a fast-growing community of green-fingered colleagues with a shared passion for gardening. It was originally intended to relieve pressure. But the coordinators found that the cooperation among participants and their happiness are the greatest accomplishment after all. "The happiness of a successful harvest by colleagues cannot be compared to anything else. We found happiness in others' success," says coordinator and Senior Occupational Therapist **Sanne Fong**.

The group is based on the fourth floor of the hospital's Tower A where colleagues tend to the plants before and after work and during lunchtimes. Each gardening class spans four months during which participants cultivate flowers and vegetables such as cucumbers, tomatoes, bell peppers, and wild pansies.

"We held a melon party after harvesting watermelon and honeydew melon," recalls another coordinator and Consultant of Haematology and Oncology team Dr **Dennis Ku**. "More than 20 people shared a palm-sized honeydew melon with only a small portion for each person, but I cannot describe the happiness and deliciousness of that moment." On another occasion, Dr Ku surprised an overseas oncologist by serving up a cucumber he grew at the hospital.



Choosing the best time to plant seeds is essential, points out Sanne. "Every plant has its own season," she says. "We have to choose the right timing in order to get the right result. There are seven to eight seasonal seeds for participants to choose for each class. They experience the whole process from sowing and growing to harvesting."

The horticultural group was set up during the epidemic in 2022 when colleagues would tend to the plants of sick colleagues, creating a powerful bond between participants. "As well as the satisfaction of a successful harvest, colleagues offered each other a helping hand and developed close relationships," Sanne recalls. "That is why the gardening classes became so popular." The oversubscription is counting on the enthusiastic word-of-mouth recommendations.

Participant used the techniques of planting at home

One participant, IT Assistant **Roy**, says he was able to use the gardening techniques he learnt. Not only to grow a tomato plant at the hospital but to help his son grow a marigold for a kindergarten project, whose plant failed to bloom last year. "I used to be a plant killer," admits Dr Ku with a laugh. "All plants would die at my hands, which is not good for a doctor. So, I studied hard and found out how to be a good gardener."

The coordinators have discovered how gardening can help friendships and relationships to grow and flourish, spreading happiness and companionship through a shared passion. It has motivated them to carry on teaching and sowing the seeds for a happier workplace.





參加者出席賞瓜大會分享成果。

Participants attended the melon party to celebrate the joy of harvest.

園藝貼士 Gardening tips

1. **有機驅蟲**：昆蟲都害怕刺激氣味，可用辣椒水、果皮或咖啡渣作為天然驅蟲劑。若葉上出現嚴重蟲蛀便需除去枝葉，避免害蟲蔓延。

Use organic pest control: Insects hate sharp smells. Hot pepper spray, fruit peel, or coffee grounds can be used as natural insect repellent. If leaves are seriously damaged by insects, you should remove the leaves and branches to avoid further damage.



2. **優質種子**：初學者可以幼苗代替種子，他們沒有種子般難發芽和較易種。若想增加種子發芽機率，可選抗病品種，及適合本港氣候的種子。

Seek out good quality seeds: Beginners can buy seedlings instead of seeds as they are less fragile and easier to cultivate. Disease resistant seeds and seeds that are suitable for the Hong Kong climate are recommended to increase the chances of germination.