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## Contributors 作者簡介

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## CONTRIBUTORS 作者簡介



### RACHEL DUFFELL

Rachel is a Hong Kong-based freelance editor, writer and project manager with extensive experience working in custom publishing, content marketing and digital and social media. She has worked on a number of lifestyle magazines covering subjects from travel and dining to design, art, adventure, entertainment, culture and fashion. For AMBROSIA, she discovers how Chefs use their own gardens to deliver plant to plate cooking, the culinary secrets of longevity, and what's hot on the alcohol-free drinks list.

定居香港，以自由之身任職編輯、撰稿人和項目經理的Rachel，擁有豐富的出版、內容行銷及數碼及社交媒體工作經驗。她曾擔任多份奢華生活時尚雜誌的編輯，涉及主題相當廣泛，寫作題材涵蓋旅遊、餐飲、設計、藝術、歷險、娛樂、文化和時裝等。在本期《AMBROSIA客道》，她訪問了多位利用自家菜園炮製即採即煮佳餚的大廚，並跟讀者分享長壽秘訣和大受歡迎的無酒精飲品。

### ANNA CUMMINS

A Brummie by name and Hongkonger by nature, Anna is a freelance lifestyle writer and editor who finds this a perfect excuse to be as nosy as possible, all the time. Specialist subjects include negronis, 90s B-sides and chilli sauce. For AMBROSIA she goes beyond the meat alternatives, and speaks to the people who are producing new food and drink products in the lab.

出生於伯明翰但已扎根香港的Anna是自由作者及編輯，喜歡撰寫跟生活時尚有關的文章，藉此盡情刺探周遭一切。Anna擅長的題材包括有negroni雞尾酒、1990年代的副流行產物及辣椒醬。在本期《AMBROSIA客道》裡，她訪問了多位對另類肉類推崇有加的廚師。



### MELISSA TWIGG

Melissa Twigg is a fashion, travel and lifestyle journalist now living in London and getting over a bad case of geographical commitment phobia. She writes regularly for the Times, the Telegraph, the BBC, Vogue and Grazia and is working on her first novel. For AMBROSIA, she looks at the future of food, and how restaurateurs and bar owners are becoming and staying innovative during a global crisis.

現居倫敦的時裝、旅遊及生活時尚記者Melissa Twigg，是四海為家處處家的信徒。她經常為《Times》、《Telegraph》、BBC、《Vogue》和《Grazia》供稿，目前正在撰寫她的第一本小說。在本期的《AMBROSIA客道》，她探討了餐飲業界的未來發展，以及餐廳酒吧老闆如何利用創意在全球危機下逆境求存。

