

雪蓮 Snow Lotus

【主要產地】：尖石鄉、五峰鄉

Major Production Area : Jianshih Township, Wufong Township

【主要產期】：11月～次年2月

Major Production Period : November to February the following year



產銷單位、訂購專線

鄉鎮別	產銷單位	訂購專線
尖石鄉	尖石鄉公所農業課	03 - 5841001轉19
五峰鄉	五峰鄉公所農業課	03 - 5851001轉15

Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Phone Line Purchasing
Jianshih Township	Agricultural Section, Jianshih Township Hall	03-5841001 ext.19
Wufong Township	Agricultural Section, Wufong Township Hall	03-5851001 ext.15

產品特色

雪蓮因為生長在海拔1,200公尺的高冷地區，是汲取山川精草的果實，所以被稱為雪蓮有「地下水果」之稱。外形酷似蕃薯、甘甜豐美，具有水梨般的口感，吃起來清涼香脆。

選購指南

選擇表皮透出紅色者，且表皮裂痕越多表示越成熟、脆度、甜度較高，果汁含量也較豐富，一顆重量約半斤至一斤口感最好。

食用方式

直接食用為主或入菜。

營養成份

雪蓮塊根水份及果寡糖含量多，不含澱粉、蛋白質及脂肪含量亦少，為一低熱量作物。

Product Features

Snow lotus grows in high altitudes; around 1,200 meters above the sea level. The high terrain and cold weather help snow lotus absorb the essence of the mountains and rivers, earning it the nickname “underground fruit”. Snow lotus looks like a sweet potato and it tastes sweet and full, like a pear, which is crispy and crunchy.

Pointers for Purchase

Pick one with a transparent red color and a surface riddled with cracks, this represent ripeness, crispness, sweetness and abundant juice. The best weigh between 300g and 600g.

Preparation Methods with all

Snow lotus can be eaten immediately or used in a variety of dishes.

Nutritional Value

Snow lotus root contains a large amount of water and fructose, has no starch but some protein and a little fat. It is a low-calorie product.