

蔬

菜

青蔥 Green Onions

【主要產地】：竹北市

Major Production Area : Jhubei City

【主要產期】：1~12月

Major Production Period : January to December

蔬
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青
蔥



產銷單位、訂購專線

鄉鎮別	產銷單位	聯絡單位(農場)	訂購專線
竹北市	蔬菜產銷班	第三班奇美蔬菜班	03 - 5564114

Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Contacts	Phone Line Purchasing
Jhubei City	Vegetable Production and Marketing Squad	Chi-mei Vegetable Squad, 3rd Squad	03-5564114

📄 產品特色

蔥株體含揮發性精油為硫化丙烯，含特殊辛辣味，具抑菌作用，在烹調上可去除腥味，尤其是去海鮮、肉類腥味更是功效卓越。

📄 選購指南

全株應以挺直鮮麗、青翠為選購要訣，白色和綠色部分要明顯分明，白色要堅實、略帶光澤、有彈性，葉不枯焦、不腐爛，無水傷或腥臭味，纖維細嫩者為佳。

📄 食用方式

可炒食、煮食、生食或作調味菜。

📄 營養成份

蔥含多種維生素，並含揮發性精油，內含蒜素、硫化丙烯稀基，能增進食慾。

📄 Product Features

Green onions contain allyl sulfide, a volatile oil which can curb bacteria and lends to the plant's spicy flavor. When used in cooking, green onions can remove the odor of fish, seafood and meat.

📄 Pointers for Purchase

Basically, the whole stem should be upright and fresh and green. The white and the green parts should be clearly distinguishable. The white part should be firm but flexible and the green (leafy) part should not be withered or rotted. The best ones possess no scratches or unpleasant odors.

📄 Preparation Methods with all

Sautee, boil, eat raw or use as seasoning.

📄 Nutritional Value

Green onions contain many Vitamins and have volatile oils containing allicin and allyl sulfides.