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# 彩色甜椒

## Colored Sweet Peppers

【主要產地】：關西鎮、竹北市、峨眉鄉

**Major Production Area :**

Guansi Township, Zhubei City, Emei Township

【主要產期】：11 ~ 翌年6月

**Major Production Period :** November to June the following year

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## 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
關西鎮	蔬菜產銷班	第一班亞森觀光農場	03 - 5869191
關西鎮	蔬菜產銷班	第二班亞太觀光農場	03 - 5870011
關西鎮	蔬菜產銷班	第三班	03 - 5870080
關西鎮	蔬菜產銷班	第四班華山觀光農場	03 - 5872101
竹北市	蔬菜產銷班	第一班	03 - 5514359
峨眉鄉	蔬菜產銷班	第一班湖光產銷班	037 - 602708

## Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Contacts	Phone Line Purchasing
Guansi Township	Vegetable Marketing Squad	Ya-shen Tourism Farm, 1st Squad	03-5869191
Guansi Township	Vegetable Marketing Squad	Ya-shen Tourism Farm, 2nd Squad	03-5870011
Guansi Township	Vegetable Marketing Squad	3rd Squad	03-5870080
Guansi Township	Vegetable Marketing Squad	Hua-shan Tourism Farm, 4th Squad	03-5872101
Jhubei City	Vegetable Marketing Squad	1st Squad	03-5514359
Emei Township	Vegetable Marketing Squad	Hu-kuang Production and Marketing Squad, 1st Squad	037-602708

### 產品特色

甜椒在未成熟前都是綠色，成熟時轉變成黃色、紅色或紫色等依品種而異，色彩鮮豔，辛味較淡，不辣，有些甚至帶有甜味，果肉較青椒厚，適合生食，作沙拉用。

### 選購指南

以果型端正完整結實，果面平滑有光澤、無萎縮、外傷腐爛、病蟲害者且果溼較淺者為佳。

### 食用方式

甜椒是菜餚搭配作色的好材料，可炒食、涼拌生食，炒食時應猛火快炒，半生熟青脆可口養分才能大量保留，沾沙拉生食，生鮮味美。

### 營養成份

甜椒含豐富的維他命C及矽元素，具有美容效果。匈牙利有位諾貝爾獎得主指出，甜椒具消化細胞組織，促進新陳代謝。

### Product Features

Sweet peppers are green before they become ripe. When ripe, the color turns yellow, red or purple, depending on the individual species. The more beautiful the color the less pungent the taste becomes; some even have a sweet flavor. The green pepper has a thick flesh, which can be eaten raw, and is especially good for salads.

### Pointers for Purchase

A good pepper must have a full-shape with a shallow groove, showing no scratches, traces of insect bites or signs of withering. Moreover, the surface must be smooth and shiny.

### Preparation Methods with all

Sweet pepper is a good garnish with practically any dish, whether it is sauteed or cold-mixed. When cooking, use a strong heat and cook it fast. Sweet pepper tends to be crispy and crunchy when half cooked and only then can the nutrients be retained. Eaten raw in salad, sweet pepper tastes fresh and delicious.

### Nutritional Value

Sweet pepper contains Vitamin C and silicon elements. Furthermore, sweet pepper can help make the skin look smooth, tender and shiny. A Hungarian Nobel laureate once pointed out that sweet peppers possess digestive cellular matrices, which accelerate the metabolism.