

# 草莓 Strawberries

【主要產地】：關西鎮

Major Production Area : Guansi Township

【主要產期】：11 ~ 翌年4月

Major Production Period : November to April the following year



## 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	第三班	03 - 5870080
關西鎮	休閒農業產銷班	第一班	03 - 5868706
關西鎮	休閒農業產銷班	第四班金勇DIY農場	03 - 5870228

## Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Contacts	Phone Line Purchasing
Guansi Township	Vegetable Production and Marketing Squad	Ya-shen Tourism Farm, 1st Squad	03-5869191
Guansi Township	Vegetable Production and Marketing Squad	3rd Squad	03-5870080
Guansi Township	Leisure Farm Production and Marketing Squad	1st Squad	03-5868706
Guansi Township	Leisure Farm Production and Marketing Squad	Chin-yung DIY Farm, 4th Squad	03-5870228

### 📄 產品特色

草莓是一種果肉外露，沒有果皮的果實，營養價值高，果實香氣濃郁、鮮紅欲滴，酸甜可口，且熱量極低，是想要保持身材苗條者，很適合的水果。

### 📄 選購指南

果實新鮮，大而豐滿，香氣濃、果色鮮紅具光澤，無壓傷者為上品。

### 🏠 食用方式

果實可生食、製果汁、果醬、果凍、冰淇淋、餅乾、草莓酒等。  
鮮吃風味佳，沾蜂蜜或煉乳更可口。

### 📄 營養成份

草莓的維生素C含量極高，具抗氧化作用，幫助消化、養顏美容。此外，草莓富含天然草柔花酸。

### 📄 Product Features

Strawberry is a skinless fruit whose flesh has high nutritional value. With strong aroma when red and ripe, the fruit is a bit sweet and a bit sour. It is suitable for keeping one's body healthy.

### 📄 Pointers for Purchase

The ideal ones are fresh, large, full, aromatic, shiny red and without blemishes.

### 🍴 Preparation Methods with all

Eat the fruit raw, blend it into juice, make jam, jelly and ice cream or biscuit and wine.  
The fruit can be very pleasing to the taste if eaten with honey or condensed milk.

### 📄 Nutritional Value

Strawberry contains a high volume of Vitamin C, and is an anti-oxidant. It can enhance digestion, and beautify the skin. In addition, strawberry contains natural cellagic.