

# 玉米（糯玉米）

## Glutinous Corn

【主要產地】：關西鎮

Major Production Area : Guansi Township

【主要產期】：5~10月

Major Production Period : May to October



## 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	關西鎮蔬菜產銷班	關西鎮農會推廣股	03 - 5878621

## Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Contacts	Phone Line Purchasing
Guansi Township	Vegetable Production and Marketing Squad, Guansi Township	Promotion Section, Farmers Association of Guansi Township	03-5878621

### 產品特色

糯玉米、穗粒白色，偶而淡黃色粒、排列整齊質地柔糯，8 ~ 9分成熟時採，適於烤、煮風味品質最好，吃起來黏黏軟軟，咬勁和口感很特殊。

### 選購指南

購買時以果穗愈長、穗軸愈細少，苞葉青綠新鮮，米粒飽滿，不缺米，不裂米，不凹米，不老化者為佳。

### 食用方式

可炒食、煮食、煮湯、烤食、爆玉米花、榨油，亦可製成玉米粒罐頭、醬等。

### 營養成份

玉米含維他命E、K、葡萄糖、有機酸等。

### Product Features

The ear of the corn plant appears white, though occasionally it is light yellow. The stalks line up neatly and are ready for harvest when about 80-90% ripe. Polished corn can be cooked in whatever way you prefer. It possesses a special taste that people love.

### Pointers for Purchase

The longer the ear, the better the corn. The budding leaves should be fresh and green, and, inside the husks the grain should be full, and uncracked. No kernals should be missing, indented or rotten.

### Preparation Methods with all

Corn can be fried, boiled, cooked in soups, baked, used as popcorn, squeezed into oil, canned or jammed.

### Nutritional Value

Corn contains Vitamins E, K, glucose, and organic acid.