

# 香草作物 *Aromatic herbs*

【主要產地】：尖石鄉

Major Production Area : Jianshih Township

【主要產期】：全年

Major Production Period : All year round

特  
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香  
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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
尖石鄉	尖石鄉香草產銷班	尖石鄉公所農業課	03 - 5841001轉19

## Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Contacts	Phone Line Purchasing
Jianshih Township	Aromatic herbs Production and Marketing Squad, Jianshih Township	Agricultural Section, Jianshih Township Hall	03-5841001 ext.19

### 📖 產品特色

香草為具有特殊香味的植物，包括根、莖、葉、花、果實、種子可供人類做為藥劑、食品、飲料、香水或美容之用，近幾年來由世界各國引入且具有特殊香味的植物，它有殺菌、抗腐的功效，而且還可帶給我們精神上的愉悅，放鬆緊繃的情緒，如此就能達到芳香治療的效果，台灣地區夏季較易栽培的品種，以熱帶性作物居多，如各式薄荷、香茅草、甜菊、羅勒、刺芫荽、馬鞭草、芸香....等，溫度越高香味越濃為具有的特色。

### 📖 選購指南

選購時以株型完整、豐盛不枯萎為主。

### 📖 食用方式

香草作物除園藝栽培之外，並可供烹飪、飲食及調製香水精油做芳香療法用途。

### 📖 營養成份

香草作物的芳香氣味與成分往往帶來愉悅、舒適、緩和壓力、提神醒腦。

### 📖 Product Features

Aromatic herbs are plants that possess a special fragrance. An entire plant can be use for a variety of herbal medicines, as well as food, drinks, perfume or beauty products. These scented plants, many of which are imported, can kill bacteria, resist decay and cure disease. They also bring people joy, delight our senses and relieve tension. In Taiwan, summer is the best season for their cultivation, most aretropical varieties such as mint, citronella, sweet chrysanthemum, sweet basil, coriander, verbena officinalis, rue, and so on. High altitude cultivation makes them more fragrant.

### 📖 Pointers for Purchase

Purchase them fresh and not dried.

### 📖 Preparation Methods with all

Aromatic herbs can be used in cooking and as the basic ingredients for perfume and fragrant medicines.

### 📖 Nutritional Value

The fragrance and flavor of aromatic herbs bring people happiness, comfort, and relaxation. They also stimulate the senses.