

# 乾燥香菇

## Dry Shiitake

【主要產地】：

竹東上坪、五峰十八兒部落、竹林部落

Major Production Area :

Jhudong shang-ping, Wufong 18-Er Tribe, Chu-lin Tribe

【主要產期】：全年

Major Production Period : All year round



## 產銷單位、訂購專線

鄉鎮別	產銷單位	訂購專線
竹東鎮	竹東鎮蔬菜產銷班第六班	03-5953072 03-5962040

## Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Purchasing
Jhudong Township	Vegetable Production and Marketing Squad, 6th Squad, Jhudong Township	03-5953072 03-5962040

### 📄 產品特色

乾燥香菇因接受日照，所以其所含的「維生素D原」經日照後能轉化成能被人體所吸收的維生素D營養價值較佳，風味更醇，優於新鮮香菇，而泡香菇的水具有相當的價值，所以可千萬不要倒掉喔！

### 🚚 選購指南

購買乾燥香菇應選菇傘大且厚，菇柄短者，且最好是日曬乾燥而成，營養價值較高。

### 🍳 食用方式

適合燉煮、汆燙。

### 👇 營養成份

香菇含有多種維生素B1、B2、B6、B12、鉀、鐵、蛋白質及多醣體等營養成份。

### 📄 Product Features

After having been exposed to sunshine, the provitamin D contained in dried shiitake is transformed into Vitamin D, a highly valued vitamin. The flavor is far superior to regular mushrooms. do not throw away the water that mushroom is soaked or cooked in because it contains considerable nutritional value!

### 🚚 Pointers for Purchase

When purchasing dried shiitake, try to pick ones with a large, thick umbrella-like cap and a short stalk. Sun-dried shiitake has greater nutritional value.

### 🍳 Preparation Methods with all

Good for stewed/braised food or as soup.

### 👇 Nutritional Value

Dried shiitake contains Vitamins B1, B2, B6, B12, potassium, iron, protein and polyose.