

木瓜 Papaya

【主要產地】：竹北市

Major Production Area : Jhubei City

【主要產期】：9 ~ 12月

Major Production Period : September to December



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
竹北市	果樹(木瓜)產銷班	第一班	03 - 5503155

Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Contacts	Phone Line Purchasing
Jhubei City	Fruit Tree (Papaya) Production and Marketing Squad	1st Squad	03-5503155

📄 產品特色

木瓜是一種營養價值極高且有益健康的水果，果肉橙紅色，味清甜、肉軟滑又多汁，既可生吃又可作佳餚，木瓜有防癌作用，同時也是一種美容妙品，不但美味更是潤膚養顏的首選甜品。

📄 選購指南

選購木瓜時以尾端及果身後段已各成條狀或塊狀鮮黃色，果型端正，有重量感，果蒂新鮮，果皮光滑潔淨，凹稜黃化者為上品。

📄 食用方式

熟木瓜多以切片生食或加牛乳打汁食用，青木瓜可製成蜜餞，做涼拌菜、炒食、燉煮肉類、煮藥膳、泡茶。

📄 營養成份

木瓜營養成份極為豐富，含有豐富之葡萄糖、維他命A、C、鈣、磷、鐵等。青木瓜能增乳汁，熟木瓜能幫助消化，有養顏美容功效。

📄 Product Features

Papaya is a highly nourishing fruit that is good for one's health. Orange-red in color, papaya smells mild and sweet. Its flesh is soft, juicy and helps to prevent cancer. It is a number one dessert for its flavor and nutritional value.

📄 Pointers for Purchase

Examine the bottom half of the fruit to make sure that it has turned a striking banded yellow. If the weight is good, the stem is fresh, and the skin shiny, then you have a good papaya.

📄 Preparation Methods with all

Ripe papaya is usually cut and eaten immediately or blended into milk as a drinks. Green papaya may be stir-fried, braised with meat, cooked with herbs or used to make preserves and mixed cold dishes. It also makes a pleasant tea.

📄 Nutritional Value

Papaya contains glucose, Vitamins A and C, calcium, phosphorus, and iron. Green papaya can promote breast development and enhance latex. Ripe papaya can help the digestive system and beautifies the skin.