

芥菜 Leaf Mustard

【主要產地】：竹東鎮、五峰鄉

Major Production Area : Jhudong Township, Wufong 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
竹東鎮	蔬菜產銷班	第一班明園農場	03 - 5969639
竹東鎮	蔬菜產銷班	第四班陸豐班	03 - 5924142
五峰鄉	白蘭農業專區	五峰鄉公所	03 - 5851001

Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Contacts	Phone Line Purchasing
Jhudong Township	Vegetable production and marketing squad	Ming-yuan Farm, 1st Squad	03-5969639
Jhudong Township	Vegetable production and marketing squad	Lu-feng Squad, 4th Squad	03-5924142
Wufong Township	Bai-lan Special Agricultural Zone	Wu-feng Rural Township Hall	03-5851001

📦 產品特色

在各種蔬菜中以芥菜的葉片最長最大，是傳統的年節吉祥葉，又稱為長年菜，入口時略帶苦澀多嚼一會，則有甘甜的味道，且久煮不黃，能吸取烹煮時的油水，加工醃漬可做成酸菜、福菜。

📦 選購指南

葉用芥菜以全株完整、不枯焦，無病蟲害、新鮮嫩脆，未抽苔開花者為佳。

📷 食用方式

可炒食、煮湯、醃漬作酸菜、福菜、梅干菜。

📌 營養成份

含豐富的維他命A、B、C及鐵、鈣、磷等元素，適量取用對眼睛和耳朵都有好處，也可增進食慾，對人體的發育及新陳代謝作用有極大的幫助。

📦 Product Features

Among leafy vegetables, leaf mustard has the largest and longest leaves. It is an auspicious mascot at traditional festivals, and is also known as the all-year-round vegetable. Once in the mouth, it tastes a bit bitter and astringent, but after a while the taste becomes sweet and refreshing. The leaves will not turn yellow no matter how long you cook them. It also absorbs grease in cooking process. Once leaf mustard is reprocessed, it can be used in Chinese sauerkraut, or fu chai, the so-called "fortune vegetable."

📦 Pointers for Purchase

The best ones are fresh and tender with full stalks, unwithered, free of insect bites and have not yet blossomed.

📦 Preparation Methods with all

Fry, sautee, or make soup with it. If reprocessed, leaf mustard can be used in Chinese sauerkraut, or fu chai, mei gan chai, or dried leaf mustard..

📌 Nutritional Value

Leaf mustard contains Vitamins A, B, C, iron, calcium, and phosphorus elements. If eaten often, it is good for the eyes and ears. It can also help you work up an appetite and is extremely helpful to body development and metabolism.