

段木香菇

Wood Cultured Shiitake

【主要產地】：關西鎮

Major Production Area : Guansi Township

【主要產期】：全年

Major Production Period : All year around



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	菇類產銷班	第一班	03 - 5478838

Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Contacts	Phone Line Purchasing
Guansi Township	Mushroom Production and Marketing Squad	1st Squad	03-5478838

📦 產品特色

香菇又名香蕈，含有以腺嘌呤為主的一種水溶性物質，因此有特別的香味，故名香菇。香菇中令人愉快的氣味還有松茸醇和一種特異的酮類。由於香菇味道鮮美，香氣濃厚，素有「菇中之王」、「蔬菜之冠」的美稱。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！

該鎮菇類產銷班所生產之香菇以相思樹段木為生產介質，與市面上以太空包為介質生產者迥異，消費者可於全年品嚐到特有段木生產的高品質香菇。

📦 選購指南

菇體完整，大小均一者，菇傘厚又輕，菌膜未破裂，菇面沒漂白或螢光色者為上品。

📷 食用方式

適合炒、煮濃湯、汆燙、滷。

👇 營養成份

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

📦 Product Features

Shiitake is also known as fragrant mushroom. It contains a water-soluble substance primarily featured in aminopurine. As such, it emits a special fragrance. The pleasant smell it exudes also includes matsutake alcohol and a very unique ketone. Because of its delicious taste and extraordinary fragrance, shiitake has been called the King of Mushrooms or the Champion of Vegetables. Once it is exposed to sunshine, the provitamin D contained in dried shiitake is transformed to Vitamin D. The flavor is far superior to regular mushrooms. Do not throw away the water that shiitakes are cooked or soaked in because it contains considerable nutritional value!

The mushroom produced in Kuan-hsi Urban Township uses logs of Acacia Confusa Merr. As a production medium this is considerably different from those seen in a marketplace that uses bags for cultivation. The wood cultured shiitake is available year-round.

📦 Pointers for Purchase

A Complete mushroom with even size and a thick but light umbrella-shaped cap is the best choice. Still, the best mushroom is one whose mycoderm is not cracked, not bleached and without fluorescence.

📷 Preparation Methods with all

Shiitake is good for stir-fried dishes, thick soups, and stews.

👇 Nutritional Value

Shiitake contains multi-vitamins such as B1, B2, B6 and B12. It also contains potassium, iron, protein and carbohydrates.