

# 高冷蔬菜

## Highland Vegetables

【主要產地】：尖石鄉、五峰鄉

Major Production Area : Jianshih Township, Wufong Township

【主要產期】：3 ~ 10月

Major Production Period : March to October



## 產銷單位、訂購專線

鄉鎮別	聯絡單位(農場)	訂購專線
尖石鄉	尖石鄉公所農業課	03 - 5841001轉19
尖石鄉	橫山地區農會	03 - 5932006
五峰鄉	五峰鄉公所農業課	03 - 5851001轉15
五峰鄉	竹東地區農會	03 - 5953072

## Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Phone Line Purchasing
Jianshih Township	Agricultural Section, Jianshih Rural Township Hall	03-5841001 ext.19
Jianshih Township	Farmers Association of Hengshan Area	03-5932006
Wufong Township	Agricultural Section, Wufong Rural Township Hall	03-5851001 ext. 15
Wufong Township	Farmers Association of Jhudong Area	03-5953072

### 📄 產品特色

高冷山區所生產的蔬菜因氣候較寒冷，蟲害較少，甜度、軟度、脆度、以及色澤都比一般平地蔬菜來得好。

### 📄 選購指南

挑選蔬菜時以皮表未乾皺、損傷腐爛，葉片空整無蟲害青翠嫩綠為主。

### 📄 食用方式

同一般蔬菜的食用方法。

### 📄 營養成份

蔬菜含有豐富的碳水化合物、蛋白質、維生素、礦物質、纖維質等，是我們維持正常生活的必需品，並可促進腸道蠕動。

### 📄 Product Features

Vegetables grown in mountain areas have less phytotoxemias, thanks to the cold weather. On the other hand, their sweetness, softness, crispness, and color are superior to those grown on the flatlands.

### 📄 Pointers for Purchase

Choose vegetables with no scratches, decay or dry areas on the surface. The leaves must be in full and green and show no trace of insect bite.

### 📄 Preparation Methods with all

The same as ordinary vegetables.

### 📄 Nutritional Value

Vegetables contain plenty of carbohydrates, protein, vitamins, minerals, and fiber. They are a daily necessity and aid digestion.