

綠竹筍 Green Bamboo Shoot

桂竹筍 Cinnamon Bamboo Shoot

【主要產地】：寶山鄉(綠竹筍)、五峰鄉(桂竹筍)、尖石鄉(桂竹筍)

【主要產期】：4～7月 桂竹筍(阿力)；6～10月 綠竹筍

Major Production Area :

Baoshan Township (green bamboo shoot),

Wufong Township (cinnamon bamboo shoot), Jianshih Township (cinnamon bamboo shoot)

Major Production Period : June to October for green bamboo shoot; April to July for cinnamon bamboo



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
寶山鄉	寶山鄉農會	推廣股	03 - 5201119
五峰鄉	竹東地區農會	推廣股	03 - 5953072
尖石鄉	尖石鄉公所	農業課	03 - 5841001

Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Contacts	Phone Line Purchasing
Baoshan Township	Farmers Association of Baoshan Township	Promotion Section	03-5201119
Wufong Township	Farmers Association of Wufong Area	Promotion Section	03-5953072
Jianshih Township	Jianshih Township Hall	Agricultural Section	03-5841001

產品特色

綠竹筍筍形如牛角彎曲，筍質幼嫩清甜，是食用筍類之主要品種，也可加工製成筍乾、脆筍或製罐。

桂竹筍外形筆直修長，是鮮筍中最長的品種，3~5月發筍，直立生長於地面，外皮光滑無毛，外皮具黑褐色斑點，可鮮食或製筍乾、桶筍。

選購指南

選購綠竹筍，筍殼光滑金黃色，筍身彎如牛角狀，筍尖未帶綠色，切面肉質潔白，無纖維他或褐化者為佳。

選購桂竹筍，以外皮美具光澤，筍肉細嫩，纖維不粗糙，不發酸臭味者為佳。

食用方式

綠竹筍可炒食、煮湯、涼拌食用，綠竹筍連殼煮熟，冰涼後剝除筍殼，再切丁拌沙拉食用，清脆如水梨，是夏天最爽口的涼菜。

桂竹筍可炒食、煮湯或加工製食品，將桂竹筍剝去外殼，切塊放入鍋內冷水中，用小火煮熟，起後漂冷水，如此煮法可去除苦味。

營養成份

含有豐富的蛋白質、磷、鋅、鉀和纖維質、低脂、低醣、低熱量，食用能增加胃腸蠕動，幫助消化。

Product Features

Green bamboo shoots look like a bent horn. They are tender and sweet. After reprocessing, they can be dried, crispy or canned bamboo shoots.

The shape of the cinnamon bamboo shoot is straight and long; in fact, it is the longest of all fresh bamboo. From March to May, cinnamon bamboo shoot begin to bud, standing tall on the ground. The plant's outer skin is smooth and shiny and free of fibers. When the outer skin becomes black with brown dots, it is good for eating fresh or making dried or barreled bamboo shoots.

Pointers for Purchase

For green bamboo shoots, remember the shell must be smooth and shiny with a golden yellow color. The body must be bent like a bullhorn and the tip free of any green pigment. After cutting, the flesh appears clean and white without fiber or brown pigment.

For cinnamon bamboo shoots, the best ones are smooth, have a shiny outer skin and the flesh is fine and tender. The fiber must not be coarse and should be free of unpleasant odors.

Preparation Methods with all

Green bamboo shoots can be sauteed, cold-mixed or cooked as soup. For salad, cook the green bamboo shoot with its skin. When done, peel off the skin, dip it into cold water, and dice it. It will be as crispy as a pear and very pleasant when added to salad as a summertime dish.

Cinnamon bamboo shoots can be sauteed, cooked in soup or reprocessed. To remove the bitter flavor, peel off the skin, cut it into lump pieces and pour it into a pot cold of water before cooking it over a simmering fire. That will do the job.

Nutritional Value

Bamboo shoots contain proteins, phosphorous, zinc, potassium, and fiber. It is a vegetable low in fat, sugar and calories, and is good for the digestive system.