

楊桃 Carambolas

【主要產地】：寶山鄉

Major Production Area : Baoshan Township

【主要產期】：4 ~ 7月

Major Production Period : April to July



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	楊桃產銷第一班	班長 江日安	03 - 5760072

Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Contacts	Phone Line Purchasing
Baoshan Township	Carambolas Production and Marketing Squad, 1st Squad	Squad Leader — Chiang Yi-an	03-5760072

📄 產品特色

本縣所產之楊桃為軟枝種楊桃，屬甜味種中品質最好的，其特色為皮薄、果味清香、糖度高、肉質細緻、纖維少之可口水果。

👉 選購指南

外觀清潔，果實大，稜片肥厚，果色較金黃，且富光澤，有香氣透明感者為佳。

🍽️ 食用方式

楊桃多供生食，在食用時以去除種子其囊膜後口感較佳，亦有將楊桃橫切成星狀薄片，十分美觀，另外還可製成果醬，晒成果子干，釀成果子酒。

📉 營養成份

楊桃含醣類、鈉、鈣、鎂等，在食療上有生津止渴，民間常以楊桃切片或果汁加少許鹽巴食用。

📄 Product Features

The carambolas produced in this county are of the soft variety, the best quality of the sweet species. The special features are a thin skin, a mild and sweet taste, high saccharides, and tender flesh with little fiber.

👉 Pointers for Purchase

Clean, big and thick, golden and shiny, fragrant and transparent are what you want to look for an ideal carambola.

🍽️ Preparation Methods with all

Carambola is mostly eaten raw. Remove the seeds and the outer skin before eating to enjoy the full flavor of the fruit. Some slice the fruit to make it look like stars-a very appealing appearance! In addition, the fruit is dried or used to make jam and wine.

📉 Nutritional Value

Carambola contains saccharides, sodium, calcium, and magnesium. It can quench thirst, and in folk medicine the fruit is often sliced or squeezed into juice with and salted.