

有機蔬菜 Organic Vegetables

【主要產地】：竹東鎮、關西鎮

Major Production Area : Jhudong Township, Guansi Township

【主要產期】：1 ~ 12月

Major Production Period : January to December



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 | 竹東鎮蔬菜產銷班第六班 | 馮頂文(上坪我的家) | 03 - 5955003 |
| 竹東鎮 | 竹東鎮蔬菜產銷班第六班 | 林青蘭 | 0935299197 |
| 關西鎮 | 關西鎮蔬菜產銷班第三班 | 孫謝軒 | 03 - 5870080 |

Production & Marketing Organizations and Phone Line Purchases

| Where Location | Production & Marketing Organizations | Contacts | Phone Line Purchasing |
|------------------|---|------------------------------------|-----------------------|
| Jhudong Township | Vegetable Production and Marketing Squad, 6th Squad, Jhudong Township | Feng Ting-wen (Shang-ping My Home) | 03-5955003 |
| Jhudong Township | Vegetable Production and Marketing Squad, 6th Squad, Jhudong Township | Lin Ching-lan | 0935299197 |
| Guansi Township | Vegetable Production and Marketing Squad, 3rd Squad, Guansi Township | Sun Hsieh-hsuan | 03-5870080 |

📌 產品特色

使用有機肥料施肥栽種之蔬菜均稱之。絕無農藥及化學合成物質及汞金屬污染，硝酸鹽含量低、且耐儲存、保鮮期較長。

📌 選購指南

有機蔬菜包裝上應標有「有機蔬菜認證標章」及標示農業改良場及農會輔導字樣及詳細註明產地。

📌 食用方式

同一般蔬菜的食用方法。

📌 營養成份

有機蔬菜富含維生素、礦物質、及纖維質、水分含量較少也因此營養高、風味佳。

📌 Product Features

Vegetables cultivated with organic fertilizers are called organic vegetables. They are absolutely free of pesticides, chemical synthetics, mercury and metal toxins; they are also low in nitrates. Organic vegetables can be stored longer than non-organic ones.

📌 Pointers for Purchase

There should an “organic certification label” on the packaging. The label displays the reference number, species used, and location of production along with the name of the reformed farm and the assistant farmers association.

📌 Preparation Methods with all

Organic vegetables can be prepared the same way as non-Organic vegetables

📌 Nutritional Value

Organic vegetables contain rich vitamins, minerals, and fiber. The water content in organic vegetables is less than non-organic ones. The taste is better too.