

# 山藥 Chinese Yam

【主要產地】：尖石鄉、湖口鄉

Major Production Area : Jianshih Township, Hukou Township

【主要產期】：10 ~ 翌年3月

Major Production Period : October to March the following year



## 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         |
|-----|---------|----------|--------------|
| 尖石鄉 | 特用作物產銷班 | 尖石鄉公所農業課 | 03 - 5841001 |
| 湖口鄉 | 特用作物產銷班 | 湖口鄉農會推廣股 | 03 - 5901762 |

## Production & Marketing Organizations and Phone Line Purchases

| Where Location    | Production & Marketing Organizations                  | Contacts  | Phone Line Purchasing |
|-------------------|---|---|-----------------------|
| Jianshih Township | Production and Marketing Squad for Specialty Products | Agricultural Affairs Section, Jianshih Township Hall    | 03-5841001            |
| Hukou Township    | Production and Marketing Squad for Specialty Products | Promotion Section Farmers Association of Hukou Township | 03-5901762            |

### 📦 產品特色

自古相傳山藥具有滋補強壯作用，名中藥材「淮山」即是山藥的加工產品。本縣所產的山藥以條狀為主。條狀山藥地根長達三十至六十公分，肉質雪白、皮光滑鬚根少；質地細緻、口感優於塊狀山藥。

### 🛒 選購指南

潔淨、無蟲蛀、形體完整。無畸形，切口處黏液會沾手為新鮮，挑選時以根鬚少，皮薄為佳。

### 🍳 食用方式

山藥可生食、炒食、煮湯、煮粥、煎餅或製中藥材。

### 📉 營養成份

山藥富含營養不但能供為藥用並能供為蔬菜用，據中藥大辭典及試驗資料指出，含多種必需胺基酸、蛋白質及澱粉，另具粘液質、尿酸素、膽鹼、纖維素、脂肪、維生素B2、C及鈣、磷、鐵、碘等礦物質，並提供人體多種必須的營養。山藥有增進食慾、改善人體消化、增強體力等功能。

### 📦 Products Features

Since ancient times the Chinese Yam has been the essence of nourishment. Huai Shan, a famous Chinese herb, is a reprocessed product of Chinese yam. The Chinese yam produced in this county is mostly of striped form and grows between 30 and 60 cm. The skin is smooth with less hair and the flesh is snow white while the meat is tender and meticulous. In taste, striped Chinese yam surpasses all other yams.

### 🛒 Pointers for Purchase

A whole healthy Chinese Yam should have a regular shape and no insect bites. Pick one with thin skin and the least amount of hair.

### 🍳 Preparation Methods with all

Eat fresh, fried, boiled in soup, cooked in congee, blended into cakes or used as material for Chinese herbal remedies.

### 📉 Nutritional Value

The nutrients that Chinese yam contains are good both for raw Chinese herbal material and as a pure vegetable. According to the Chinese Medical Encyclopedia and laboratory test results, Chinese yam contains amino acids, proteins and starch. In addition, Chinese yam has mucus, allantoin, choline, fibrin, fat, Vitamin B, Vitamin C, calcium, phosphor, iron, and iodine. It is a vegetable that provides multi-nutrients to human body. It whets appetite, improves digestion and enhances body constitution.