

蔬

菜

水芋 Taros

【主要產地】：湖口鄉

Major Production Area : Hukou Township

【主要產期】：10 ~ 12月

Major Production Period : October to December

蔬
菜

水
芋



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
湖口鄉	蔬菜產銷班	第二班	03 - 5992340

Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Contacts	Phone Line Purchasing
Hukou Township	Vegetable Production and Marketing Squad	2nd Squad	03-5992340

📌 產品特色

湖口鄉所產的檳榔心芋是本縣水芋產量最多的鄉鎮。檳榔心芋肉質雖為白色，卻間雜有紫紅色紋路帶有香氣不管蒸、烤、煮、炸，都是最好的選擇，而芋頭芋含有黏蛋白削皮時沾到皮膚會癢，可將芋頭洗淨後，加水同煮至沸騰，約3分鐘後，再加入冷水冷卻再剝皮，就不會有此困擾，營養也不會流失。

📌 選購指南

整個芋頭要勻稱，質地硬實，重量感覺較重的最好，芋頭表皮乾燥，棕紋明顯，不蛀蟲腐爛，芋粒清潔者為佳。

📌 食用方式

芋頭可炒食、煮湯、油炸、製粉、芋乾、芋粿、芋仔冰、芋泥甜點等。

📌 營養成份

芋頭含有大量的澱粉、膳食纖維、蛋白質、維生素B、鉀、鋅、鐵等，為天然無污染的健康食品，適合腸胃不佳的民眾食用。現代營養學研究，芋頭黏液稱為黏蛋白，進入人體後會轉化成葡萄糖醛內酯。

📌 Product Features

Hu-kou Rural Township produces more taros than all the townships in this county. The flesh substance of the betel nut heart taro produced in Hu-kou Rural Township is white mixed with purplish red grains and it has a fragrant smell. It can be steamed, baked, cooked or fried. Regardless of how you cook it, it turns out well. Since taro contains mucoprotein, it sticks to the skin and can make it feel itchy if touched during peeling. But this can be avoided. First wash the taro clean, and then add it to boiling water. Next pour it into cold water and then peel the skin again. It won't be sticky anymore and its nutrients will remain intact.

📌 Pointers for Purchase

The whole taro must look balanced and feel solid. Next check the weight. The heavier the better. The skin must be dry and the grain clear. No trace of insect damage is desirable.

📌 Preparation Methods with all

Taro can be stir-fried, deep fried, and cooked in soups. Others use the product to make powder, dried taro, taro strips, ice taro and sweet taro desserts.

📌 Nutritional Value

Taro contains a huge amount of starch, dietary fiber, proteins, vitamins, potassium, zinc and iron. It is a naturally toxin-free health food, good for people with stomach problems. Modern nutritional studies indicate the mucoprotein that taro possesses can, once consumed, turn into glucurone.