

酸菜、福菜

Chinese Sauerkraut and Fu Chai

【主要產地】：竹東鎮、關西鎮

Major Production Area : Jhudong Township, Guansi Township

【主要產期】：全年

Major Production Period : All year round



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一班	明園農場	0935299197
竹東鎮	竹東鎮蔬菜產銷班第四班	吳秀乾	0933152143
關西鎮	關西鎮蔬菜產銷班第四班	關西鎮農會推廣股	03-5878621

Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Contacts	Phone Line Purchasing
Jhudong Township	Vegetable Production and Marketing Squad, 1st Squad, Jhudong Township	Ming Yuan Farm	0935299197
Jhudong Township	Vegetable Production and Marketing Squad, 4th Squad, Jhudong Township	Wu Chiu-chien	0933152143
Guansi Township	Vegetable Production and Marketing Squad, 4th Squad, Guansi Township	Promotion Section, Farmers Association of Guansi Urban Township	03-5878621

產品特色

酸菜—將採收的芥菜，經太陽曝曬後，揉踏至半熟，再將其一層芥菜一層鹽巴鋪放在大水缸沖，經過一個星期的醃漬，即成為酸菜。

福菜—將酸菜在太陽下曝曬，經過一星期左右，即成為福菜，將製成的福菜，填裝瓶中後，再經過數月發酵，即能散發特有的芳香風味。

選購指南

酸菜選購時以酸味清新而原色者為佳，用色素染色者，煮熟後味不酸而湯色鮮黃，有害人體。

福菜則購買儲存一年，風味最佳，不足一年不夠香醇，儲存太久又變味。

食用方式

煮湯或是搭配肉類烹煮皆適宜，不需要加調味料就能讓美食散發甜美滋味。

營養成份

含有豐富的纖維質，能促進腸胃蠕動。

Product Features

Chinese sauerkraut is a leaf mustard that has been exposed to sunshine. After collecting, put the leaf mustard in a large urn, mix with salt repeatedly too vague. After one week, it becomes Chinese sauerkraut.

Fu chai— When you expose Chinese sauerkraut to sunshine for a week or so it becomes fu chai. If you bottle the fu chai for a few months to ferment, it disperses a uniquely fragrant flavor found in no other reprocessed vegetable.

Pointers for Purchase

Chinese sauerkraut should have its original color untainted by pigments harmful to the body. pigment-enhanced Chinese sauerkraut turns yellow and tastes less sour than it should be after cooking.

Buy year old fu chai. If stored for less than one year, the taste is less also vague and, if longer than one year, it deteriorates.

Preparation Methods with all

Cook in soups or mix with meat in a stir-fry, braise or stew; all of these are quite popular ways to consume Chinese sauerkraut. In general no seasoning is needed.

Nutritional Value

Chinese sauerkraut is rich in fiber, which aids in digestion.