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# 苦瓜 Bitter Gourds

【主要產地】：峨眉鄉、竹東鎮

Major Production Area : Emei Township, Jhudong Township

【主要產期】：6 ~ 8月

Major Production Period : June to August

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## 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
峨眉鄉	蔬菜產銷班	第一班湖光產銷班	03 - 7602708
竹東鎮	蔬菜產銷班	第一班明園農場	03 - 5969639
關西鎮	蔬菜產銷班	第三班	03 - 5870080

## Production & Marketing Organizations and Phone Line Purchases

Where Location	Production & Marketing Organizations	Contacts	Phone Line Purchasing
Emei Township	Vegetable production and marketing squad	Hu-kuang Production and Marketing Squad, 1st Squad	03-5969639
Jhudong Township	Vegetable production and marketing squad	Ming-yuan Farm, 1st Squad	037-602708
Guansi Township	Vegetable production and marketing squad	3rd Squad	03-5870080

### 📖 產品特色

目前市售的苦瓜有綠色和白色二種，本縣所產的苦瓜以綠色為主，綠苦瓜的口感較佳，維生素的含量也較多，適合用於榨汁或是調製成沙拉食用。

### 📖 選購指南

選購綠苦瓜宜選綠色，無紅黃色者，不過熟、果體端正、果米大，因其表面的突點越細粒、瓜越苦。

### 📖 食用方式

可生食、炒食、蒸食、煮湯、醃漬，將苦瓜切成薄片，浸泡鹽水中，放入冰箱約2小時，能降低苦味，沾沙拉醬食用，即是一道上等涼拌菜，煮苦瓜湯，加豆豉、小魚干、蔞瓜最對味。

### 📖 營養成份

含豐富的維他命C與苦瓜素，為美容養顏聖品，並能清火解熱。

### 📖 Product Features

Bitter gourds have a wide variety of species, generally consisting of white bitter gourds, green bitter gourds and wild bitter gourds. In the county of Hsin-chu, we produce only white bitter gourds, and green bitter gourds in white and green colors. They appear to be irregularly warty or have stripes. The taste of bitter gourds is very agreeable, and they contain a variety of Vitamins. The various gourds are good for making juice or salads.

### 📖 Pointers for Purchase

For the white bitter gourds, the surface should be white and for green bitter gourds, it should be green. It should not be red or yellow in color. The vegetable should be large and free of cracks or blemishes. Bitter gourds are especially bitter if the protruding points on their surface are tiny.

### 📖 Preparation Methods with all

Bitter gourds can be eaten raw, cooked, steamed, boiled in soups or salted through reprocessing. When sliced into pieces and soaked in salt water then stored in refrigerator for two hours, the bitter taste of the gourds can be greatly reduced. It is a very tasty cold salad dish, especially with dressing. Mixed with fermented black beans or dried tiny fish, bitter gourd soup is very delicious.

### 📖 Nutritional Value

Bitter gourds contain Vitamin C and Charantin, which is a good skin care ingredient. In addition, they can make a person feel cool by subtly reducing body heat.