



## 來顆紅龍果，暑氣退散

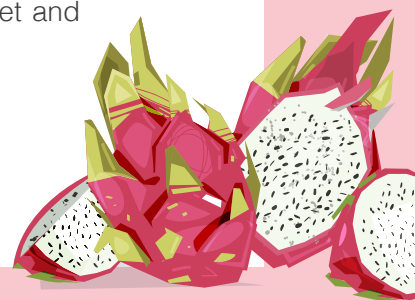
Dragon Fruits Right in Season

文圖 | 編輯部



紅龍果外觀鮮紅飽滿，果肉甜美多汁，白肉種清香，紅肉種甘甜，民衆可依自己的口味來選購。紅龍果果肉可直接食用、製成果汁外，果皮部分亦有保健機能，可透過「全果利用」發揮水果的最大價值，夏日炎炎不妨和家人一起DIY製作冰涼的糖漬紅龍果果皮，嚐嚐又Q、又甜、又涼爽的紅龍果新滋味。

Red dragon fruits are bright red, sweet and juicy; the white variety is known for a pleasant fragrance. They each have their own followers. The pulp of the red dragon fruit is directly edible; it can also be made into juice. Now an innovative procedure has been developed to process the whole fruit by making it into a candied delicacy for the summer. It is tenderly chewy, sweet and refreshing.



糖漬果皮製作方式請見行政院農業委員會臺東區農業改良場網站

[https://www.ttdares.gov.tw/upload/ttdares/files/web\\_structure/7995/105-4.pdf](https://www.ttdares.gov.tw/upload/ttdares/files/web_structure/7995/105-4.pdf)