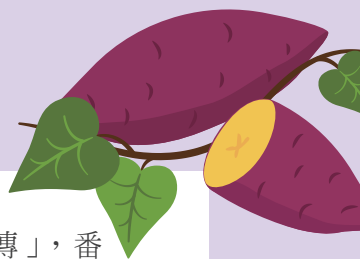
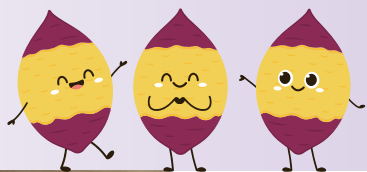


文圖 | 行政院農業委員會（《豐盛與甘甜》，林如萍主編）



吃飽、吃健康，
來碗番薯、山藥粥

Time for Enjoying Sweet Potatoes and Yams



俚語說：「番薯不怕落土爛，只求枝葉代代傳」，番薯代表過去困苦生活中的希望。冬天吃熱呼呼的烤蕃薯，香甜可口，更是一大享受。番薯的營養高，有豐富的礦物質、維生素和膳食纖維。每年8～10月是金山紅心番薯成熟的季節，全家一起出遊來「控窯」！

說到山藥，您知道臺灣原生種的山藥多產在基隆、新北等地區嗎？9月的平溪也是山藥盛產季節，含有豐富的維生素、蛋白質和鉀，有益腎與脾胃，切小塊煮湯、煮粥或是打成山藥牛奶，都能幫助吸收與消化！

A folk saying goes like this: A sweet potato, though rotten, will still survive to produce its progeny. It means that sweet potatoes will always bring hope in a hard and poor life. Baked potatoes are a great delicacy in winter. They are rich in nutrition, minerals and dietary fiber. In Kinshan township red sweet potatoes are ripe for harvest from August to October. Tourists are welcome to bake sweet potatoes in earth kilns built in the fields.

Indigenous yams are mostly grown in Keelung and New Taipei City. Pingshi township also produces yams in September. They are rich in vitamins, proteins and potassium and good for the kidneys, spleen and stomach. When cooked in water or with rice or simply ground into a milk form, they help with digestion.

