

文圖 | 農業部



棗到幸福

Time to Enjoy Red Dates



您可能想不到，掛在枝頭上的一顆顆綠色果實原來是紅棗！紅棗在表皮還是綠色時已經可以鮮食，不過民衆肯定對棗乾更為熟悉。每年暑假7、8月間，造訪全臺唯一紅棗產區——苗栗公館，農家前方往往有一大片紅棗在做日光浴，採下的果實經過多日曝曬，就變成我們熟知的紅通通果乾。而紅棗醬可說是萬用食材，舀一勺來夾吐司、稀釋成果汁，或拌入各式料理，濃郁香甜的滋味久久不散！

You may not know that the greenish fruits on the tree are in fact red dates. Even when greenish, the dates are already edible. In Kungkuan of Miaoli, the only red-date producing area in Taiwan, red dates are spread under the sun to dry on the grounds of farm families in July and August. Sun-dried, the dates become fully red. Red-date jam is a multipurpose food. It can be eaten with a sandwich, diluted into a juice, or used as an ingredient for various dishes.

