



西蘭花 *Brassica oleracea* var. *italica*

作物介紹
Crop



花椰菜類

Broccoli
Cauliflower

西蘭花與椰菜花均屬於十字花科植物。它們通常被歸類為花椰菜。它們原產於歐洲地中海沿岸，十九世紀中葉傳入中國南方。盛產期為八月至翌年三月，以一月為最多。

Broccoli and Cauliflower, which belong to Cruciferae, originate from European Mediterranean coast. They were introduced to South China in the mid-nineteenth century. The harvesting period is from August to March, with January the most.

營養價值

西蘭花與椰菜花的營養價值及作用基本上相同。它們含有蛋白質、膳食纖維、胡蘿蔔素、鈣、磷、鐵、維他命A、B1、B2、C等。而綠色的西蘭花含有較多的胡蘿蔔素。



紫椰菜花 *Purple Cauliflower*



Nutritional Value

The nutritional value of broccoli and cauliflower is basically the same. They contain protein, dietary fiber, carotene, calcium, phosphorus, iron, vitamin A, B1, B2, C and so on. But broccoli contains more carotene.

烹調小貼士

常見烹調方式是炒、煮和焗。煮前仔細清洗，以去除殘留農藥。煮時宜在水中加些鹽，可使西蘭花變軟。

Cooking Tips

Common ways of cooking are frying, boiling and baking. Before cooking, carefully clean to remove pesticide residues. During cooking, add some salt to make broccoli softened.





花椰菜類

Broccoli
Broccoli
Cauliflower
Cauliflower



椰菜花 *Brassica oleracea* var. *botrytis*

選購與保存

購買時以花梗淡青色，瘦細鮮翠，花蕾小珠粒狀者易煮快熟；如果花球堅硬，花梗寬厚結實者，久煮不爛無甜味。保存溫度為攝氏4至12為宜，約可保存2、3周。

Purchase and Preservation

Purchase the ones with light green pedicel, bud granular beads. They are easy to cook; if the flowers are hard, they cooked for a long time without sweetness. Preserved at 4 to 12 degree Celsius is preferred. The vegetables can be preserved for 2 to 3 weeks.

食物功效

西蘭花與椰菜花不僅對肥胖、視力衰弱及水腫有一定的療效，還可以預防動脈硬化、高血壓、壞血病。常食用能美化肌膚、保護眼睛、改善視力、強化骨骼及牙齒、預防胃潰瘍和十二指腸潰瘍。另外，還有消炎解毒、抗癌、提高免疫力等功效。

Food Effectiveness

Eating Broccoli and Cauliflower could prevent obesity, eyesight weakened, edema, hypertension, scurvy and arteriosclerosis. In addition, broccoli could beautify the skin, protect the eyes, improve vision, strengthen bones and teeth, prevent gastric ulcers and duodenal ulcers. Other effects include anti-inflammatory detoxification, anti-cancer, enhanced immune system.



多色椰菜花

同樣是椰菜花，它們的顏色卻不一樣。最常見的是白椰菜花，還有紫色和黃色的。

Different Colors

Cauliflowers have different types of color. The common color is white, while some are purple and yellow.

白椰菜花 *White Cauliflower*



黃椰菜花 *Yellow Cauliflower*

