



南瓜 *Cucurbita moschata*

作物介紹
Crop



南
Pumpkin

Pumpkin

瓜
Pumpkin

南瓜(又名金瓜、金冬瓜、飯瓜、番瓜)是葫蘆科一年生蔓生植物，原產地於美國大陸。南瓜的果肉與種籽均可食用，味甜肉厚，可以代替糧食。南瓜整年都可以栽種，十一月到一月播種，四月到十月收成。

Pumpkins, which belong to Cucurbitaceae, originate from the United States. Both pulps and seeds are edible and sweet. Pumpkin can be regarded as a food source. Pumpkins can be planted throughout the year. They are sowed from November to January and harvested from April to October.



營養價值

南瓜含有豐富的胡蘿蔔素、膳食纖維、多種維生素、礦物質、蛋白質和胺基酸。常吃南瓜益處多多，例如可預防糖尿病、肝臟和腎臟的一些病變。



Nutritional Value

Pumpkins are rich in carotene, dietary fiber, a variety of vitamins, minerals, protein and amino acid. Eating pumpkins helps prevent diabetes, some of the liver and kidney lesions.

烹調小貼士

煮和蒸南瓜都是常見的食用方法；也可以加入飯中，或磨成泥狀做出各種菜式。

Cooking Tips

Boiling and steaming pumpkin are common cooking methods. Pulp can be mixed with rice to make a variety of dishes.



作物介紹
Crop



南
Pumpkin

Pumpkin

瓜
Pumpkin



南瓜 *Cucurbita moschata*

南瓜大比拼

Pumpkins Comparison

Japanese Pumpkin



日本南瓜

生長期：120日

特色：體積較小，表皮光滑，肉質最香甜。
常做菜式：天婦羅

Pumpkin



蜜本南瓜
(又名中國南瓜)

生長期：90日

特色：成熟時瓜皮呈黃色，瓜肉則為橙紅色。
常做菜式：多用於蒸煮及燜燉，入口脆軟。

Green Mini Pumpkin



綠皮小南瓜

生長期：90日

特色：外形及顏色的變化多，可作藝術品。
常做菜式：如要食用可在開花後的二十天採用。



Growth period:
120 days

Characteristics:

Smaller, smooth skin, with the sweetest pulp.

Regular dish(es): Tempura

Growth period: 90 days

Characteristics:

Upon maturation, skin becomes yellow and pulp becomes orange-red.

Regular dish(es):
For stewed and steamed cooking

Growth period: 90 days

Characteristics:

A variety of shapes and colours with ornamental value.

Regular dish:

Usually consumed in about 20 days after flowering

南瓜小知識

南瓜除了供食用外，有些還可作觀賞佈置用。這些南瓜外型特別，色彩繽紛。

Pumpkin Tips

Besides served as food, pumpkins can also be used for decoration due to their special shape and colour.

