



菠菜 *Spinacia oleracea*

作物介紹
Crop Info



菠 Spinach

Spinach

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菠菜屬於藜科一年生草本植物，根部呈淺紅色，原產於西亞。由於菠菜性喜濕冷，所以每年十月到隔年四月生長得較好，以一月份為盛產期。

Spinach, which belongs to Chenopodiaceae annual plant, originates in West Asia. Its roots are light red. Spinach likes cold and wet weather, so it grows better in October to April. The harvest period is January.

營養價值

菠菜含有豐富的碳水化合物、維他命A、C、B1、B2、E、K、葉酸、胡蘿蔔素、鉀、鈣及鐵質成分。由於其所含的鐵質、鈣質相當高，所以對成長發育相當有幫助。菠菜中胡蘿蔔素含量略高於胡蘿蔔；維他命C的含量比大白菜、白蘿蔔高。一個人一天只吃100克菠菜就可滿足人體對維他命C的需求。

Nutritional Value

Spinach is rich in carbohydrates, vitamin A, C, B1, B2, E, K, folic acid, carotene, potassium, calcium and iron. Owing to high content of iron, calcium, it helps body growth and development. Carotene content of spinach is slightly higher than that of carrot while vitamin C content is higher than that of Chinese cabbage and white radish. A person can eat only 100 grams of spinach to meet the body's vitamin C needs per day.



烹調小貼士

菠菜含有較多草酸，會妨礙鈣質的吸收。食用前可先將菠菜熱水裡氽燙使部分草酸溶於水，這樣可以減少草酸攝取。

Cooking Tips

Spinach contains oxalic acid which may hinder calcium absorption. Before eating spinach, boil it in hot water so that part of oxalic acid could dissolve in hot water. This could reduce the intake of oxalic acid.





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食物功效

菠菜具有補血、潤燥、美容、利五臟活血脈、止煩渴、助消化、抗氧化等功效。對於高血壓、糖尿、肺癆、胃腸功能失調、便秘、內外痔等都有調理作用。它還能減少患大腸癌及白內障的機會。

Health Benefit

Spinach is beneficial to blood vessels, skin and internal organs. It can help digestion and anti-oxidation, and relieve polydipsia, high blood pressure, diabetes, tuberculosis, gastrointestinal dysfunction, constipation, and other external hemorrhoids. It can also reduce the risk of colorectal cancer and cataracts.

選購與保存

選購時以葉片略厚、鮮翠亮麗、無病蟲害為首選。放入雪櫃冷藏，可保存三至五天。清洗時仔細將葉片和莖沖洗乾淨即可。



Purchase and Preservation

Purchase the ones with thick leaves, fresh, bright, non-pests and diseases. The vegetables can be preserved for three to five days in refrigerator. Carefully clean the leaves and stems before cooking.

蒜蓉炒菠菜

材料：菠菜、蒜頭、胡蘿蔔及鹽適量

做法：

1. 菠菜洗淨後切段；蒜頭洗淨後拍碎；胡蘿蔔洗淨後切絲。
2. 起油鍋，先爆香蒜蓉，再放入菠菜和蘿蔔絲，大火快炒數下即可。



Fried spinach with garlic

Ingredients: spinach, garlic, radish and salt

Methods:

1. Cut the washed spinach into sections; Hit the washed garlic into pieces; Shred the washed radish.
2. Fry the garlic pieces until fragrant, then add spinach and shredded radish and fry a few times.

