

苦

Balsam Pear

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瓜

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苦瓜(*Momordica charantia*)原產於印度，又名涼瓜、紅姑娘、君子菜。屬於葫蘆科苦瓜屬植物。瓜皮有瘤狀突起，青綠或淡綠色，老熟時橙黃色。

Balsam Pear, also called bitter cucumber, originates in India and belongs to Cucurbitaceae. Its skin has swellings and is green in colour. It will turn to yellowish orange.

種植：本地種植之苦瓜，以每年4月至8月為盛產期。種植期間農友會以黑膠袋將苦瓜圍著，一方面避免陽光直接照射，令苦瓜外表更雪白，另一方面可減少蟲害。

Cultivation：The harvest period of local Balsam Pear is between April and August. Farmers would cover them with black plastic bags. This can reduce both direct sunlight and pests.



黑膠袋裡的白苦瓜



選購要點：外表顏色亮澤無缺口為佳。

Tips of purchase：Pick the brighter one without indentation.

食用方法：一般食用方法為搭配其他配料炒，而適合夏日消暑之食法有涼拌、榨汁，亦可用以煮湯。

Cooking instruction: The best way of eating in summer is dressed with sauce, juicing, and also soup making.

儲存方法：涼瓜置於陰涼通風處可保存3天左右，若用保鮮紙包起，置放於雪櫃冷藏，約可保存1周。

Storage: It could be stored for about 3 days, time would be extended to a week if wrapped and placed in refrigerator.



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從形狀上來分，苦瓜可分為長圓錐、短圓錐形和長條形。常見的苦瓜是青色表面有顆粒狀突起，另外亦有表面白色的白苦瓜，和苦味較濃的山苦瓜。

They can be classified into long cone, short cone and long shape. The common ones are green in colour, but there are white and bitter hill species.

青苦瓜：維生素含量較高，適合榨汁或做沙律。長圓錐形的有廣東的「滑身苦瓜」；短圓錐形的有廣東的「大頂苦瓜」（俗稱「雷公鑿」）。

Green Balsam Pear: Richer in vitamin. Suitable for making juice and salad. Some species are in long cone shape and the others are in short cone shape such as “chisel of thunder god”.



雷公鑿



青苦瓜



白苦瓜



苦瓜花



白苦瓜

白苦瓜：瓜身較軟，適合炒來吃。種植時需用黑膠袋包裹著瓜身，以免被陽光直接照射。

White Balsam Pear:

Softer body. Suitable for stir-fry. They should be covered by black plastic bags to avoid direct sunlight.

山苦瓜：最有苦味，但亦最具清熱作用。瓜果長卵形，末端呈尖嘴狀，果體大小約為一般苦瓜的十份之一。

Wild Balsam Pear: The bitterest but is the best to cool down body heat. The fruit is in oval shape and sharpens at the end. Fruit size is about one-tenth of Green Palsam Pear.



山苦瓜





作物介紹
Crop Info



苦瓜

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苦瓜中的苦瓜鹼能夠抑制許多腫瘤生長，具抗癌作用。

苦瓜含豐富維他命C，能促進鐵質的吸收，苦瓜亦有消暑、清熱、降火、明目之功效。

Alkaloids in Balsam Pear can suppress the growth of tumors.

Balsam Pear is full of vitamin C which can promote the iron absorption, and it also good at cooling down the body heat and keeping clear vision.

食物相宜：

1. 苦瓜 X 辣椒

它們蘊含豐富維他命C，能阻擋黑色素沉澱，帶來美白效果；其抗氧化功能則可延緩衰老。



2. 苦瓜 X 雞蛋

維他命C亦有助人體吸收雞蛋黃內的鐵質，促進製造血液；另維他命C配合雞蛋白的蛋白質，能修補人體細胞組織，及促進膠原蛋白的吸收。



食物相忌：

苦瓜 Vs 沙丁魚

由於苦瓜與魚都會令人體對鋅的吸收能力降低，所以不宜同吃。若是沙丁魚的話，更有可能引起尋麻疹。

Food avoidance:

Balsam Pear Vs Sardine

Both of them would lower the absorption ability of zinc and may cause urticaria.

Food appropriate:

1. Balsam Pear X chili:

Both of them are rich in vitamin C which can block melanin. As a strong antioxidant, it can delay senility.

2. Balsam Pear X eggs:

Vitamin C could also help body to absorb iron in egg yolk. Iron can promote blood production and reduce tiredness. Vitamin C and egg proteins can repair body tissue and promote absorption of collagen.

你知道嗎？

苦瓜中的苦瓜鹼是導致苦味的主要成份，但好處是苦味不會沾染到同時煮的配料，所以又稱為「君子菜」。

Do you know?

The main ingredient that makes the bitter taste is the alkaloid of Balsam Pear, but it won't affect the other foodstuffs, it is so called as "gentleman vegetable".

