

在農村裡學習在地料理 在歡笑中認識台灣滋味



Taiwan Cuisine

所謂農村廚房，是指發生在農村產地裡的廚藝教室。

這教室裡當然有烹飪教學，但更多的是要傳遞食材知識，課程內容都與這塊土地上的食材緊密結合，以一種農舞台的概念，讓大家看到食材在農地上生長時的美麗模樣，並傳遞食材挑選知識與料理文化。



在地食材擦撞出的

臺灣味

讓我們找張世界地圖鋪在桌上，再試著為每個國家標上它的代表滋味。日本是壽司、韓國是泡菜、新加坡是叻沙、泰國是酸辣蝦湯、越南是河粉、德國是香腸、英國是炸魚薯條、義大利是比薩...，那麼，臺灣是什麼滋味？多數國際旅客會回答：「臺灣滋味就是滷肉飯、牛肉麵、小籠包、臭豆腐、豬血糕、鹹酥雞、鳳梨酥、珍珠奶茶、芒果冰.....。」沒錯，它們都是臺灣滋味，卻又不足以全面代表臺灣味。但到底該如何精準定義臺灣滋味？這對擁有複雜移民與外來文化的臺灣來說很為難，它是一個因為原住民、荷蘭、清朝、閩南、客家、日本、外省，還有當代新住民等眾多族群交織出的一個歷史難題，但在這糾結難題中的一個最佳解答公式，就是「食材」。

臺灣農業技術精良，除了擁有傲人的優質稻米、是聲名遠播的水果王國，包含酪農、畜牧、漁業也都發展良好。當這土地上的蘿蔔、雞蛋、豬肉、鮮蚵與閩南文化相遇，擦撞出的就是菜脯蛋、蚵仔麵線與滷肉飯等滑潤豐腴的「富足」；當老薑、芥菜與客家文化相遇，擦撞出的就是薑絲大腸、福菜肉片湯等簡約惜物的「知足」；當茶葉、蝦仁、辣椒、魚鮮與外省文化相遇，擦撞出的就是龍井蝦仁、剝椒魚頭，還有種種食不厭精的「滿足」。

農村廚房要呈現的，就是臺灣食材與多樣文化擦撞後呈現出來的富足、知足與滿足，它不像泰國烹飪學校只是傳授作菜技巧，也不像日本烏龍麵或握壽司學校著重歡樂體驗，它要傳遞的，除了技巧與歡笑，更是臺灣農人面對這塊土地與食材的態度。

簡單來說，泰國廚藝教室強調的是廚藝教學，但臺灣農村廚房不只是廚藝教學，而是充滿食材生產過程的壯闊美景與眾多故事。它是帶領學員親自下田採蔥、拔蘿蔔、挖竹筍、擠牛奶、焙桂圓，讓你真實踏上臺灣的農地去感受農人的用心與汗水，然後把這些剛採下的食材當音符，鍋鏟當樂器，大家一起回到廚房裡譜寫樂章，最後來到餐桌上聽著美好樂曲，帶著微笑品嚐最新鮮的臺灣食材滋味與文化。

Let us find a world map, spread it on the table and try to mark the representative flavor for each country: sushi for Japan, kimchi for Korea, Laksa for Singapore, Tom Yum shrimp soup for Thailand, Pho for Vietnam, Bratwurst (sausage) for Germany, fish and chips for England, and pizza for Italy. Then, what is the taste of Taiwan? Most of the international travelers will answer, "The taste of Taiwan includes braised pork rice, beef noodles, xiaolongbao, stinky tofu, pig blood cake, crispy fried chicken, pineapple cake, pearl milk tea, mango shaved ice and etc." It is true that these are all the flavors of Taiwan, but not good enough to fully represent the flavor of Taiwan. How to precisely define the taste of Taiwan? To a country which consists of complicated emigrant formation and alien cultures, this is indeed a tough question. As Taiwan is a mix of numerous ethnic groups including aborigine, Dutch, Qing dynasty, Minnan, Hakka, Japan, mainlanders and contemporary new immigrants through history, the best solution formula this thorny, intricate problem should assume is the "ingredients"

The farming technique of Taiwan is of the finest quality. In addition to the production of impressive high-quality rice varieties and its widespread reputation of fruit kingdom, Taiwan also develops refined technology in dairy farming, animal agriculture and fishery. When radishes, eggs, pork, fresh oysters and Minnan culture foregather, what sparks off is the smooth and plump "richness" of fried eggs with preserved radish, braised pork rice and oyster vermicelli; when aged ginger and leaf mustard make a rendezvous with Hakka culture, what sparks off is the simple and cherished "contentment" of Chinese ginger chitterlings; when tea, shelled fresh shrimps, chili and fresh seafood encounter mainland culture, what sparks off is the "gratification" of stir fried prawns with Longjing tea, steamed fish head with diced hot red peppers and all sorts of finest delicacies.

What farm kitchen wishes to present are the richness, contentment and gratification brought out by the cooperation of Taiwanese ingredients and diverse cultures. Unlike the cooking school in Thailand which only imparts culinary skills or the udon and sushi school in Japan which puts emphasis on cheerful experience, what the farm kitchen wants to convey is the attitude that Taiwanese peasants have cultivated towards this land and the ingredients aside from knack and happiness.

In brief, whereas the cooking class in Thailand lays great stress on culinary teaching, the farm kitchen of Taiwan teems with fascinating stories and magnificent views of ingredient production practices besides culinary teaching. It leads the participants into the fields, allows them to gain a firsthand experience of scallion picking, carrot harvesting, bamboo shoot digging, cow milking, and dried longan roasting, to authentically step onto the farmlands of Taiwan and feel the elaborative effort and diligence contributed by the farmers. Then to treat these freshly-collected ingredients as musical notes, turning shovels as instruments and return back to the kitchen for composing movements all together before listening to the melodious music at the table while savoring, with a smile, the freshest taste and culture of Taiwanese ingredients.



農村廚房 —— 五大核心理念

CORE-VALUE OF FARM KITCHEN



農事體驗

Farming Experience

原味農場新貌
Be acquainted with the land through the farming knowledge.



2



食材採集或購買

Purchasing or Picking the Ingredients

新鮮食材，農家人情味
Understand the fresh ingredients and local culture.



廚藝學習

Cooking Experience

田間美味學堂，健康料理
Learn the cooking skills and produce healthy cuisine.

4



料理品嚐

Taste the Cuisine

美食文化，農村鮮味上菜
Understand the food culture and dining protocol.

農產消費

Consuming Farm's Product

農旅伴手在地味

Produced and marketed locally.



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Cang Jiu Winery



幸福島嶼農村食堂



頭城休閒農場佔地約120公頃，擁有多樣性自然景觀及豐富的生態資源。場內設有舒適的客房、多功能會議室、餐廳、永續教室、有機桂竹林、有機菜園、果園，也是環境教育設施場所。農場的食農教育、探索體驗、循環農業課程以及綠色廚房的現採有機食材與烹飪體驗更廣受歡迎。

Covering 120 hectares of land, the Toucheng Farm is characterized by biodiversity and rich natural resources. The farm is equipped with comfy guest rooms, multi-functional conference rooms, a restaurant, an outdoor educational center, an organic Makino bamboo forest, an organic vegetables garden and a fruit tree zone. The farm's food and farming class, field trip and ecological mountain workshop are highly popular.

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頭城

休閒農場

農村 廚房 FARM KITCHEN

本遊程結合山與海的在地新鮮食材，以「健康食、友善農」為核心主題，透過海港的漁獲溯源、有機農事體驗及食物烹調等實作體驗，勾勒出一套老少皆宜的山與海的食材小旅行，由瑞士籍的專業廚師帶領遊客認識海洋、親近土地，並透過廚藝學習，讓遊客能烹飪出一道道對環境無負擔，對自己身體健康的美麗佳餚。

Based on the core theme of "healthy food and eco-friendly agriculture", this tour package combines native fresh ingredients from the mountain and sea. Through practical experience program which includes tracing back to the source of harbor catch, organic farming and food cooking experience, a short trip full of mountain and sea ingredients for people of all ages is outlined and launched. Led by professional Swiss chef, the tour allows visitors to gain an understanding of the sea and ocean, get close to the land, and to prepare delectable dishes that are both environmentally-friendly to the environment and beneficial to human body through culinary learning.



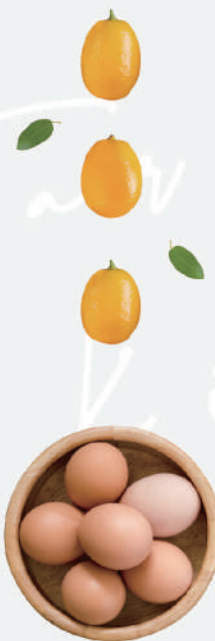
這樣好玩 JUST FUN 20~40人成行 BUY NOW 購買行程 

- 10 : 30 有機菜園解說導覽、永續農業介紹、食材採摘
Guided tour of the organic vegetable garden, farming experience.
- 10 : 50 快樂雞地巡禮
Visit to happy chicken land.
- 11 : 50 跟著專業的瑞士主廚學習廚藝與擺盤
Learn culinary arts from the professional Swiss chef.
- 12 : 50 在大自然的美景、半戶外的場地中，享受愉悅的一餐
Enjoy a delighted meal in a semi-outdoor venue surrounded by the beauty of nature.
- 14 : 30 將挑剩的菜葉帶著前往餵牛、農場悠遊漫步、溪邊冥想放空
Feeding cows with the leftovers of vegetable-picking, wandering around the farm, and meditating by the stream.



特殊 食材

FOOD INGREDIENT



金棗 Oval Kumquat

金棗適合生長在多雨、排水良好的山坡地上，因此，適地適種的金棗在宜蘭縣產量佔全台95%。金棗果實呈圓形或橢圓形，金黃色，可連皮帶肉吃食，果皮甜中帶點苦味，製成蜜餞成為最受歡迎的伴手禮。

As oval kumquat is particularly suitable for growing on rainy, well-drained hillsides, the yield of the proper planting oval kumquat in Yilan accounts for 95% of the country. The fruit of the oval kumquat is usually in the shape of a circle or oval. The peel of this golden-yellow fruit can be eaten together with the pulp. The pericarp, sweet with a slightly bitter taste, can be made into candied peel that is thought to be the most popular souvenir gift.

放牧雞雞蛋 Free-range Chicken Eggs

頭城農場飼養有五百隻的放牧雞，這些蛋雞平常在金棗園區裡面散步、抓蟲、扒土，如此符合人道的飼養生產出健康又營養的雞蛋，是農場熱門食材之一。

There are 500 free-range chickens raised on Toucheng Leisure Farm. These layers take strolls, catch insects and scratch around inside the oval kumquat garden every day. Healthy and nutritious eggs produced by chickens that are bred through such a humane method are one of the most popular ingredients of the farm.

在地 伴手

PRESENT

新鮮手製青醬 Fresh handmade pesto

用農場自己生產的有機蔬菜香料，例如羅勒、紫蘇等等製成青醬，新鮮富創意，可以拌麵和沾麵包。

規格售價 / NTD120元 (80ml/罐-冷藏保存)

This fresh and creative pesto sauce made from farm's self-produced organic veggies and spices such as sweet basil, purple perilla and etc. can be served with noodles and bread.

Standard and Price: 80ml/bottle, NTD 120. Must keep refrigerated.

超辣小魚干 Traditional Spicy Dried Fish

某年某天卓媽媽不捨丟棄受颱風摧殘過的朝天椒，以麻油爆香後加上梗枋漁港的小魚干拌炒，意外成為農場萬年不敗的招牌伴手禮。

規格售價 / NTD180元 (200g/罐-常溫保存10個月)

To reuse the red cluster peppers abandoned from typhoon, Mrs. Zhou once sauted them with sesame oil and dried fish. Therefore, the spicy dried fish unexpectedly became the classic signature souvenirs of Toucheng Farm.

Standard and Price: 200g/jar, NTD 180. Store at room temperature for ten months.



料理 課程

COOKING CLASS

01 # 金棗魚丸湯

Rainbow Gua Bao (Chinese steamed bun)

將金棗與鬼頭刀結合，先剁碎後拌勻，接著加入切片的蘑菇、白菜、金桔葉、枸杞等食材，並以一點點鹽與胡椒、香菜調味，再倒入米酒，然後捏成每個三十公克大小的魚丸，再放進滾水中煮熟定型。入口酸甘鮮等各種滋味具足，在台灣食材中，品嚐到的卻是一種特殊的異國風味。

To combine the oval kumquat and dolphin fish, minced and blended them together. Next, add in sliced mushroom, Chinese cabbage, kumquat leaves, wolfberry, and seasoned with a dash of salt, pepper, coriander and rice wine. Then, pinched it as fish balls for about 30g each and shaped with boiled water. With the taste of sour, sweet, and fresh, Taiwanese ingredients unexpectedly bring out an distinct exotic flavor.



02 # 煙燻鴨賞翼豆沙拉

Smoked and Corned Duck Winged Bean Salad

「鴨賞」是早年農民為了保存鴨肉而衍生出來的特產，將醃漬過的鴨隻風乾完成後，送入烤箱以甘蔗燻烤至金黃色澤，結合翼豆、紅椒、白柚等時令蔬果，再搭配台灣本土葡萄發酵釀製的私房白葡萄酒醋，不僅好看，而且每一口都富含新鮮滋味。

In the early period, farmers used to preserve ducks as "Corned Duck."

Dried the cured duck and roasted it with sugar cane smoke till its skin turned gold. Then, matched with winged bean, red pepper, pomelo, and wine pairing of white wine brewed from Taiwan local grapes. You should taste freshness and delicacy with every bite.



03 # 三杯中卷 Three-cup Neritic Squid

「三杯」是非常具有代表性的台灣味，將梗枋漁港現釣的優質中卷洗淨切段後，以「三杯」(麻油、醬油、米酒)的方式快炒，再撒上一把九層塔調香，端上桌就是香氣四溢、引人垂涎的秒殺好菜。

"Three-cup" is the most representative Taiwanese flavor. First, rinsed and chopped the fresh neritic squid from Gengfang Harbor. Next, stir-fried with three-cup (sesame oil, soy sauce, and rice wine) and seasoned with basil, the mouth-watering dishes is ready to serve.



我非常喜歡有機農業與探索台灣文化，
歡迎大家來頭城農場跟我學習廚藝與體驗有機農業！



CHEF
授課主廚

吳小龍
David

I personally am a fan of organic agriculture and an explorer of Taiwanese culture. I invite everybody to come and visit Toucheng Leisure Farm to experience organic farming and learn culinary arts from me.

黑白切，切什麼？



農場毗鄰梅花湖風景區，依山傍水景色渾然天成，園內蟲鳴鳥叫、花木扶疏，並以自然、環保、健康為主題。設施有度假小屋、無毒蔬果園、漆彈夢工場、甲蟲生態區、香草園區、體訓場等，提供遊客住宿、餐飲、露營、體驗活動等。

The farm covers an area of 5 hectares near Meihua Lake Scenic Area. The farm features nature, environmental protection, and health as the theme, providing accommodation, dining, camping, and other activities. You will hear insects and birds, and see flowers and trees when strolling down the farm. The farm facilities include holiday cottage, non-toxic orchards, paintball field and much more. It is a great place for family vacation.

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梅花湖

休閒農場

農村 廚房

FARM KITCHEN

梅花湖休閒農場備有菜園及香草植物園，遊程中帶領遊客採集新鮮香草及蔬果，搭配在地神農獎得主無毒豬肉及精選台灣米，製作出充滿台灣味的魯肉、米苔目、黑白切等，透過五感體驗，認識蘭陽平原；餐後步行至鄰近的梅花湖風景區，行走其間，清風徐來，令人敬懷。讓遊客食的安心，玩得開心。

Meihua Lake Leisure Farm has its own vegetable farm and herbs garden. During the tour, the visitors are given the chance to collect fresh herbs, vegetables and fruits, make braised pork, thick rice noodles and Heibai slice dishes by using these ingredients with the incorporation of local, award-winning chemical-free pork and selected Taiwanese rice, and get familiar with Lanyang Plain through five sensory experiences. Then the trip continues to the neighboring Meihua Lake Scenic Area where visitors can feel the fresh breeze that blows gently and relax totally while wandering about after lunch. It is a fantastic tour which allows all participants to have fun and eat with confidence.



這樣 好玩

JUST FUN
4~20 人成行

BUY NOW
購買行程



- 09 : 00 頭戴斗笠、手穿花袖，田間採菜去
Wear a leaf hat on the head and flower sleeves on both arms for harvesting vegetables in the field.
- 09 : 30 食材介紹，用具使用及食譜說明
Introduction to ingredients, tool usage and recipe.
- 10 : 00 陽光廚房料理課程學習
Learn how to make dishes at Sun Kitchen.
- 12 : 00 品嚐料理
Relish dishes.
- 14 : 00 農場巡禮+文化走讀+梅花湖小船搭乘
Farm roundabout travel + cultural tour + Meihua Lake boat ride.

特殊 食材

FOOD INGREDIENT

冬山良食米 Dongshan Liangsi Rice

冬山鄉農會所生產之冬山良食米，產自宜蘭冬山河上游的第一道水源區，氣候溫濕適宜、土地肥沃、排水性佳，整個稻米生長環境未受任何污染，因而培育出最優質、香Q的優良米食。

Dongshan Liangsi rice produced by Dongshan Township Farmers' Association originates from the first watershed where the climate is warm and humid and the land is fertile with good drainage at upper reaches of Dongshan River. As the entire environment is unpolluted and suitable for cultivating paddies, it is possible to culture the most aromatic, al dente rice of excellent quality.

宜陽快樂豬 Iyang Happy Pig

位於冬山鄉的宜陽牧場，以在地玄米、酒糟、黃豆粕等，輔以均衡全穀物飼養豬隻，且享用與梅花湖同一泉脈健康無氯之水源，因此提供出品質第一的零藥殘豬肉。

located in Yilan Dongshan Township, Iyang Ranch raised their pigs by feeding soybean meal, native brown rice, and distillers' grain accompanied by balanced whole grain fodder. Iyang Ranch is able to provide chemical-free pork of top quality as the same source of water, the healthy and chlorine-free spring source of Meihua Lake is shared.

在地 伴手

PRESENT

香草快樂豬 Vanilla Happy Pig

使用冬山鄉在地飼養之快樂豬加上農場自家生產的香草、刺蔥，以五香料及胡椒製而成的「香草快樂豬」，可說是餐桌上的白飯殺手，或是當作下酒菜，都是不錯的選擇。

規格售價 / NTD380元 (350-450公克/包-需冷凍保存)

The happy pigs raised in Dongshan Township, together with the herbs and scallions produced on the farm, and the "vanilla happy pigs" marinated with five spices and pepper, can be said to be the white rice killer on the table, or as a Wine dishes are a good choice.

Standard and Price: 350-450g/ pack. NTD 380. Freeze preservation is required.



料理 課程

COOKING CLASS

01 # 繽紛米苔目

Colorful Thick Rice Noodles

農場時蔬與在地米谷磨練出的繽紛色彩，加上香草魯肉醬，呈現出視覺與味覺的饗宴。

The dazzling colors formed by homegrown seasonal vegetables and ground native rice. With the incorporation of vanilla braised pork sauce, a feast of sight and taste is ready to be served.



02 # 金棗糕

Oval Kumquat Cake

宜蘭的代表性水果製作出酸、甘、甜的糕點，猶如豐富的人生，期盼最後的苦盡甘來滋味。

A sour, sweet, aromatic dessert made with the representative fruit of Yilan, just like the accumulation of life experience, they that saw in tears shall reap in joy.



03 # 風味黑白切

Flavorful Heibai slices

當神農氏遇到快樂豬，健康美味無法擋。

When Shennong (Divine Peasant! meets happy pig, healthy dainties are unstoppable.



歡迎大家來梅花湖休閒農場體驗農村廚房！



CHEF
授課主廚

楊秋麗
Yang Ciou Li

Welcome everyone to come to Meihua Lake Leisure Farm to experience the farm kitchen.

跟少年阿公逛菜市場

音樂米

創意產銷企業社



一個結合「唱歌」和「種稻」的地方，你有沒有辦法想像？拿鋤頭的「少年阿公」帶著你在市場漫遊，認識從產地到餐桌的食物里程中繼站。再從買菜任務中，感受台灣最美的人情風景。當農業與市場產生碰撞，你將發現，原來人情的好滋味，可以這麼不同凡響。

Can you imagine a place combines singing and rice seeding? Follow the "Youthful Grandfather" with a hoe on his shoulder, wandering around the traditional wet market and realizing the farm-to-table food miles relay station. Therefore, feeling the fantastic scenery of Taiwanese friendliness and enthusiasm through purchasing ingredients. When agriculture and market collide into each other, it's obviously to discover that the beauty of friendliness can become such outstanding.

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農村 廚房

FARM KITCHEN

音樂米創意產銷企業社推出「跟少年阿公逛菜市場」遊程，帶領遊客前往宜蘭火車站旁歷史超過百年的南北館市場，在懷舊街區尋覓宜蘭在地食材與老故事，接著前往礁溪番割田村這個早年噶瑪蘭族與漢人往來的貿易中心尋找新鮮農作或節氣手作物，然後一起回到廚房手握魯肉飯糰，製作宜蘭在地古早味一串心與鹹菜結，期間走訪古厝聚落，讓遊客不只學會宜蘭老菜，還認識了宜蘭這塊土地與老故事。

Music Rice Agri-marketing Studio launches "Visit the traditional wet market with the youthful grandfather", leading visitors to the historic North and South Market, which has been opened for over a hundred years nearby Yilan Station, to search for native ingredients and ancient stories of Yilan in the nostalgic neighborhood. Then the group will continue their trip to Jiaosi Fanyitian Village, the trading center where the Kbalan people had dealings and contact with the Hans in early days to look for fresh crops or seasonal artisanal foods before returning to the kitchen to make handgrip braised pork rice roll, string of heart (Yilan barbecue) and pickled vegetable knot, the traditional flavor and snack of Yilan. Visit to historical houses and settlements are also included in the tour. Visitors are able to not only learn about the old menus but also the land and ancient tales of Yilan.



這樣 好玩

JUST FUN
4~20人成行

BUY NOW
購買行程



- 10 : 15 宜蘭火車站(前站廣場)報到
Sign in at Yilan Station (front station square)
- 10 : 30 跟著市場達人逛菜市場：拜訪市場職人品嚐私房好味道，選購食材返回農村手作料理。
Visit the wet market upon following the market expert: visit market craftsmen and savor the private home-style flavors. Select and purchase ingredients and return to the rural village for preparing handmade dishes.
- 11 : 30 接駁車前往農村廚房
Travel to rural kitchen by shuttle bus.
- 12 : 00 創意料理廚藝教學-從菜市場嚴選食材回到農村阿嬤的80年古厝，跟著食農教育老師，發揮創意為家人手作宜蘭風格的鄉土料理。
Creative cuisine culinary teaching - strictly-selected ingredients from the wet market are brought back to the 80-year-old historical house of a grandma in the countryside. Follow the instructions given by food and agriculture education instructor, be creative and prepare local dishes in Yilan style for your family by hands.
- 13 : 00 料理品嚐，就像來到在地人家吃飯一樣，近百年古厝FB和IG拍照熱門景點。
Dish savoring, just like you are invited to dine at a local's house, the historical house which is nearly one hundred years old is a popular attraction where people take photographs and check-in on FB or IG.
- 14 : 00 宜蘭菜園農務體驗-農業好好玩! 農夫一日生活體驗。
Yilan farm work experience at vegetable garden - have fun with agriculture! farmer-for-a-day experience.
- 14 : 30 農村生活走讀-宜蘭的農村風景隨著四季變化美麗，古厝聚落更是昔日噶瑪蘭族與漢人往來貿易的交易中心，拜訪農村守護神，找尋日本磚，和礁溪最美的富士山合影。
Visit the experience the life in a rural village - the rustic landscape of Yilan varies along with the change of seasons. Ancient houses and settlements are the trading centers where the Kbalan people had dealings and contact with the Hans in early days. Pay a visit to the guardian angel of the rural village, seek for Japanese tiles and take the most charming pictures with Jiaosi's Mount Fuji.

特殊 食材

FOOD INGREDIENT



音樂米 Music Rice

唱歌種田在一起。由於宜蘭三面雪山環繞，湧泉水質純淨不間斷，加上夏季颱風與冬季東北季風的氣候考驗，音樂米一年僅收穫一次且產量有限，但也因此讓稻米保有近6個月的自然生長熟成期，食感Q彈甘甜回味，這是為什麼吃過的宜蘭人嘴巴特別挑剔。

"Music rice, let's sing and farm together". Surrounded by Xuehshan Range on the three sides, the pure and transparent water of the spring flows ceaselessly all year round. Challenged by the climate of typhoon in summer and northeast monsoon in winter, the music rice can only be harvested once per year with limited yield. But on the bright side, the paddies are bestowed

an ageing period of natural growth for nearly 6 months. The rice is al dente in texture with a sweet aftertaste, which is also why the mouth of Yilan citizens is particularly picky and difficult to be satisfied.

在地 伴手

PRESENT

音樂紫米果 Music black glutinous rice cracker

倒掛日曬紫糯米化身紫米果，帶有天然芋頭香，是孩子們的副食品，也是輕食主義者的無負擔零嘴。

規格售價 / NTD100元 (一包-常溫保存)

The inverted sun-dried black glutinous rice is incarnated into black glutinous rice crackers. Carrying natural taro fragrance, the snack becomes not only a type of non-staple food for children but also a healthy choice for light meal eaters.

Standard and Price: NTD 100/pack.Store at room temperature.



台灣農夫衫(經典白/新潮藍/農田綠)

Taiwanese farmer's shirt (classic white/trendy blue/farmland green)

台灣阿公們都有一件的台灣農夫衫，吸濕排汗快乾，上菜市場要穿，參加廟會也穿，下田更要穿。早期穿在裡面，今天當潮流穿。

規格售價 / NTD350元 (尺寸: M/L/XL/2XL)

Every Taiwanese grandfather has a piece of Taiwanese farmer's shirt. As the shirt is moisture-wicking, sweat-siphoning and quick-drying, these elderlies wear it all the time when going to the wet market, participating in temple fair and working in the field. While the shirt is served as underwear in early periods, it becomes a trendy garment nowadays.

Standard and Price: M/L/XL/2XL, NTD 350/piece.



料理 課程

COOKING CLASS

鄉土風格創意手作料理 (前菜、湯品與主餐，再加上香草茶飲)

Creative handmade dishes in native style (appetizer, soup and main course, herbal tea drink)



01 # 前菜 - 一串心

Appetizer - Yilan barbecue

宜蘭最具特色美食「一串心」，市場達人最愛，一種美食竟然有數種品嚐方式。

String of heart (Yilan barbecue), the most special delicacy of Yilan has always been the market experts' favorite. Guess what? There are several ways to savor this gourmet food.

02 # 主菜 - 音樂米滷肉飯糰

Main course - Hand grip music rice roll

礁溪是溫泉的故鄉，利用出產自礁溪，聽音樂長大的米，獨創「手握音樂米飯糰」，原來吃飯也可以這麼好玩^^

Jiaosi is the hometown of hot spring. "Hand grip music rice roll" is originally developed upon utilizing the locally produced rice that grew up accompanied by music. Who could have thought that eating can be so much fun?



03 # 湯品 - 仙女闔腰帶

Soup - Angel's belt

將菜市場新鮮嚴選的里肌肉、鹹菜與紅蘿蔔三位主角，用瓠仔乾當成腰帶束起來化身「仙女闔腰帶」，只有宜蘭才有的鄉土料理熱騰騰上桌。

The strictly-selected fresh pork tenderloin, pickles and carrots from the wet market are tied up by using a belt made with bottle gourd and transformed into "angel's belt". The exclusive native dish of Yilan is freshly served.

快來跟我們一起玩！

農業超好玩，



Travel Expert 農旅達人

少年阿公 方子維

Young Grandpa Leo

Agriculture is a lot of fun. Come and join us.



宜蘭冬山鄉是冬山河故鄉，卻比較少人知道，在這潔淨水源地孕育了眾多優質食材。上游涓涓細流培育了香氣十足的素馨茶及文旦柚，到了中游豐沛水量孕育了高達全國60%產量的香魚，中下游之後更灌溉了無數稻田，造就宜蘭良食米糧倉。

Yilan Dongshan, known as the origin of Dongshan River, however, people seldom recognize that it does nurture numerous high-quality ingredients. The trickle from the upstream cultivates fragrant Su-Xing tea and pomelo. Following the midstream breeds over 60% of sweetfish around Taiwan, while the downstream has irrigated numberless field and facilitated the abundance of barns.

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農村 廚房 FARM KITCHEN

本遊程融合冬山茶、柚、菇、米、香魚五大農產，透過市場採買、田園農耕及採集、健康料理、美食品嚐、伴手採購等內容，讓學員一次感受冬山河上游、中游與下游的河流文化與食材脈絡，深度體驗冬山美食文化。

The course combines the five produces of Dongshan: Tea, Pomelo, Mushroom, Rice, and Sweetfish. Through purchasing and picking ingredients, cooking experience, tasting the cuisine, and consuming farm's products, the members will be impressed by the river culture and ingredients context. Furthermore, to explore the culinary delicacy of Dongshan in-depth.



這樣 好玩 JUST FUN 4~12 人成行 BUY NOW 購買行程



- 10 : 00 冬山鄉人文歷史介紹及了解園區環境
Introduction of Dongshan's humanities, history and the environment.
- 10 : 20 玩BAR-農村廚房茶魚飯後流程說明
Bar playing- the process explanation of the course.
- 10 : 30 養生五色飯原料介紹及煮飯技巧
Introduction of the ingredients of Healthy Colorful Rice and cooking skills.
- 10 : 40 發給購物金前往冬山傳統菜市場採買食材
Head to Dongshan traditional wet market to purchase ingredients.
- 11 : 00 廚藝學習-傳授煎和吃香魚技巧
Cooking Experience-Teaching the skills of frying sweetfish.
- 12 : 30 享用冬山在地料理
Enjoy the local cuisine.
- 13 : 30 買BAR挑選在地伴手
Bar Purchasing: Consuming farm's products.

特殊 食材

FOOD INGREDIENT



香魚 Sweetfish

日本人狂愛香魚，主要因為它們在溪流環境時只吃附著於岩石上的藻類，長期的潔淨讓它們會在背脊處散發淡淡的哈密瓜香氣，所以名為香魚。香魚鱗很細，且體內除了藻類外沒有其他雜質，日本許多觀光區都是捕抓上岸後直接整尾燒烤。母魚魚卵香甜，公魚則有著獨特的內臟甘苦，不論公母都好吃。

Japanese has been maniac to sweetfish. Since it only lives on algae attached to the rock, the cleanness lets its spine scent the light fragrance of melon, which gives it name as "Sweetfish." With tiny scales and impurity-free meat, many tourism region in Japan prefer to roast the entire fish. The female fish holds the sweet fish roe, while the male fish has distinct bitterness of viscera, both are extraordinarily delicious.

在地 伴手

PRESENT

米 Rice

米是糧食，也是有益健康的良食，冬山鄉農會以「良食」為品牌協助冬山農民銷售稻米，糙米、嚴選米、珍珠米、冠軍米、七葉蘭香米在冬山良食農創園區的「Bar」可供選購。

七葉蘭香米-規格售價 / NTD240元 (2kg/包-室內常溫保存)

As a foodstuff, rice is also beneficial to one's health. Dongshan Farmer's Association established the brand "Excellent Food" to help selling and promoting rice, brown rice, selected rice, pearl rice, champion rice, and fragrant pandan rice. All these rice categories are available at the "Bar Purchasing" in Dongshan Excellent Food Agri. Park.

Fragrant Pandan Rice Standard and Price: 2kg/pack, NTD 240 - Store at room temperature.



有機木耳飲 Organic Fungus Drink

2011年冬山鄉農會率先全國推出「玻璃瓶裝常溫保存、即開即喝的有機木耳飲」這是一瓶被網友譽為美容養顏的平價聖品。精選有機木耳，搭配有機晶冰糖製作而成，天然滑順的口感，是值得細細品嚐的幸福原味。

規格售價 / NTD245元 (6瓶-室內常溫保存)

In 2011, Dongshan Farmer's Association released "Read-to-Drink Organic Fungus Drink" stored in room temperature with glass bottle. It is praised as budget cosmetic product by netizen. With selected organic fungus and organic crystal sugar, the drinks creates nature smooth texture and satisfying taste which is worth to savor.

Standard and Price: 6 bottles/ NTD 245. Store at room temperature.



紅燒菇の鰻 Braised Eel with King Oyster Mushroom

冬山鄉農會及蘇澳區漁會共同聯合出品，GOOD鰻，即是好的鰻。

規格售價 / NTD1080元 (24罐/箱-室內常溫保存。)

Co-produced by Dongshan Farmer's Association and Su-ao Fisherman's Association, good eel, which is well-grown eel.

Standard and Price: 24 jars/ box, NTD 1080. Store at room temperature.



料理 課程

COOKING CLASS



01 # 乾煎香魚佐四款在地風味鹽

Dry Fried Sweetfish with four types of local flavor salt

香魚清洗後擦乾，熱鍋後加少許油，香魚下鍋後轉中小火慢煎，煎熟後搭配特製的四款在地風味鹽(素馨茶鹽、風乾柚花鹽、有機食用玫瑰鹽、金棗鹽)。

Rinse the sweetfish and dry with paper towel. Heat the pot and pour a little oil. Then, pan-fry the sweetfish with medium heat and season with our local flavor salt (Su-Xing tea salt, dried pomelo blossom salt, organic Himalayan salt, and oval kumquat salt).



02 # 養生五色飯

Healthy Colorful Rice

運用天然色粉煮米飯，白色-七葉蘭香米、黑色-黑米、綠色-在地綠茶、紅色-紅麴、黃色-薑黃，細細品嚐每一口在地美味。

Use the nature colored powder to cook the rice, white for fragrant pandan rice; black for black rice; green for local green tea; red for red yeast; yellow for turmeric. Savor every bite of the local delicacy.

03 # 紅茶晶球膠原蛋白飲

Black Tea Crystal Collagen Drink

將素馨紅茶冰球加入有機木耳飲裡，品嚐茶香的甘甜、感受天然滑順的口感，還可以養顏美容。

Add the Su-Xing black tea ice balls into organic fungus drinks, taste the sweet of the tea and feel the nature smooth texture. It also maintain beauty and preserve youth.



認識宜蘭、探索冬山河，來玩「食」Bar啦！



CHEF 授課主廚

游淳甯 Vicky

Let's know what we eat how to cook, be a healthy man.

微醇廚房



藏酒

十四年前創立藏酒酒莊，莊主利用山上生產的金棗釀出時間的美味，更在發酵的基礎上開創一系列特色酒款，讓所有遊客都可以品嚐到時間的味道，十四年後我們秉持一樣的理念開創『微醇廚房』將手作的幸福分享給每一位來訪的朋友。

微醇，微笑 – We Share.

Founded in 14 years ago, the owner of Cang Jiu Winery brewed the delicacy of time with the mountain's oval kumquat. Besides, the owner initiated a series of special wines based on fermentation, provided the taste of time to all the visitors. After 14 years, we hold the original concept and create "Time Fermentation Farm Kitchen".

We share the happiness of handmade cuisine to every friend who visits us.

Slight fermentation, smile forever.

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酒莊

農村 廚房

FARM KITCHEN

醱酵食物早已深根我們的飲食生活中，如果能更了解基礎，就能吃得更美味、更健康！藏酒酒莊的微醇廚房以酒窖撈甜酒釀拉開廚房玩味序幕，可以學習到如何利用米麴醱酵的甘酒、甜酒釀，鹽麴等醱酵產物和食物如何搭配運用，也有利用園區內的香草及水果製作康普茶，酒的釀造品再與園區內「可食地景」採摘香草搭配入菜，體驗醱酵美味的魔法，嚐出口口好時光的微醇滋味。

The fermentation of time and microorganism make the food even more delectable, nutritious and easy to preserve. Who else can imagine the bubble aroused from the process of fermentation can enhance the flavor of food? Therefore, fermented food has deeply rooted in our lives. Once if we can understand more about fermentation, we may be able to eat healthier and more delicate. The course of time fermentation farm kitchen starts from the cellared sweet fermented rice. Learning how to pair up amazake (Japanese fermented rice wine), sweet fermented rice and salted fermented rice with the food. One can use aromatic herbs and fruits to make kombucha and match them with fermented products. Experience the magic of fermentation, savor the delicacy of time.



這樣 好玩

JUST FUN
6~20 人成行

BUY NOW
購買行程



- 10 : 00 微醇傳統見面酒
Traditional welcoming wine.
- 10 : 30 採摘香草、酒窖取酒釀
Picking aromatic herbs and extracting cellared sweet fermented rice.
- 11 : 00 發酵餐酒廚藝教室
The classroom of time fermented farm kitchen.
- 12 : 30 品嚐料理
Taste the cuisine.
- 14 : 20 品嚐酒莊酒款
Wine pairing with the cuisine.

禁止酒駕 未滿十八歲 禁止飲酒



特殊 食材

FOOD INGREDIENT



發酵 Fermentation

是一種非常微妙的微生物作用，作用完美叫發酵，作用出現缺陷叫發霉，這些微生物（酵母）的種類，以及它們是透過合成或者分解等作用才帶來這些變化，有些已經可以控制，但多數仍是未解之謎，而且影響發酵過程的變數非常多，溫度、濕度、比例、時間、不同的容器、不同的物質、不同季節的作物.....，任何一點點的差異，都會造就發酵結果有極大落差。

A subtle microbial function, is called fermentation as perfection, while the defect of the function is called moldiness. How the microorganism (yeast) conducts the composition and decomposition is still unknown for most of the yeast categories. Besides, elements such as temperature, humidity, proportion, time, container, material, and seasonal crops, those can have huge disparity with slight difference during the process of fermentation.

在地 伴手

PRESENT

藏仙紅麴酒 Immortal Monascus Wine

選用台中196圓糯米手工拌紅麴釀陳一年釀造，糯米的甘甜味帶出紅麴的香味，浸泡過台灣天仙果的紅麴酒帶有牛奶以及可可豆的風味，適合入菜入料理將風味再度昇華。
規格售價 / NTD280元 (常溫保存)

Select Taichung glutinous rice No. 196 and brew with monascus for a year. The sweet of glutinous rice brings out the aroma of monascus. Soaked in monascus wine, the fruits of Taiwan fig tree keep the flavor of milk and cocoa bean, which is suitable to mix into dishes.

Standard and Price: NTD 280/bottle. Store at room temperature.



龜山朝日金棗酒 Guishan Sunrise Oval Kumquat Wine

宜蘭在地金棗釀製而成，曾獲2014幸福宜蘭拾在好禮、2019全國農村酒莊銀質獎、2020宜蘭十大好食好物等獎項，適合純飲、調酒或餐後酒。

規格售價 / NTD480元 (常溫保存)

Brewed with local oval kumquat in Yilan, the wine had won several medals of souvenirs competitions. It is suitable to straight up, blend or drink as digestif.

Standard and Price: NTD 480/bottle. Store at room temperature.



微醇原味鹽麴 Salted Fermented Rice

鹽麴是由米做介質，以麴菌發酵，再含鹽做混合製成，此法最早由日本傳來；目前市面上鹽麴多為濕鹽麴，成粥狀膏狀。藏酒酒莊符合現代人需求的便利性，開發出乾鹽麴，使料理更加方便，或可當成佐料沾粉方便食用，鹽麴粉健康且養生，又可增添風味，是美味佳餚的好幫手。

規格售價 / NTD280元 (常溫保存)

Fermented with aspergillus oryzae and salt, the method could be traced back to Japan. Nowadays, most of the salted fermented rice is wet and congee-shaped. Therefore, Cang Jiu Winery invents dry salted fermented rice to correspond with the convenience of cooking. Salted fermented rice powder is healthy and easy to flavor the dishes while cooking.

Standard and Price: NTD 180/jar. Store at room temperature.



料理 課程

COOKING CLASS



01 # 麵包魚製作 Baked Fish Bread

因為鄰近大溪漁港與梗枋漁港，廚藝教學一開始，廚師介紹當季在地魚類，場帶領學員如何處理大魚，並利用農場的金棗或各式水果，以最簡單方式釀造酵母，並以此作為原料帶領學員製作麵糰與麵包，再將此麵包與剛剛分切的魚排混合，製作吸睛且別具創意的「麵包魚」。

Located near Daxi Fishing Port and Gengfang Fishing Harbor, the chef introduces the seasonal local fishes and the methods of processing big fishes at the beginning of the course. The chef then leads the members to make dough and bread with oval kumquat or fruits and yeast. At last, assemble the fish steak and the bread together, the special and creative "Baked Fish Bread" is ready to serve.

02 # 櫻花蝦炒飯

Fried Rice with Sakura Shrimp (sergestidas)



一般認為台灣只有東港才產櫻花蝦，事實上宜蘭也是台灣另一個重要櫻花蝦產區。

宜蘭櫻花蝦的滋味與香氣和東港不同，吸引不少老饕喜愛，主廚會帶領如何運用簡單的白飯與櫻花蝦，炒出一盤讓人難忘的櫻花蝦炒飯。

It is generally considered that Sakura shrimp is only outputted from Pingtung Donggang. In fact, Yilan is another main place of origin in Taiwan. Different from the taste and aroma of Donggang's Sakura shrimp, Yilan's Sakura shrimp does attract a lot of gluttons' favors. With only rice and shrimps, the chef will teach us how to make an impressive "Fried Rice with Sakura Shrimp".

03 # 餐酒搭配 Wine Pairing

不同的酒款對上不同的食物，兩者之間會帶來交互影響。海鮮搭上紅酒，紅酒中的豐富鐵質會迅速為海鮮帶來澀感與腥味，但若搭上白酒，白酒的酸就有如檸檬，會讓海鮮變得更甜且充滿酸甜回甘，不同的酒與食物搭配充滿技巧與學問，在微醇廚房，主廚會帶領學員認識其中的奧妙。

Different types of wine pair distinct dishes, which brings affections to each other. The ferruginous ingredients of red wine will bring astringent and fishy flavor to seafood. However, the acid in white wine brings sweet and sour aftertaste. During the course, the chef will provide the members with the magic of wine pairing.

禁止酒駕  未滿十八歲 禁止飲酒

發酵的魔法，
體會時間的美味！



CHEF
授課主廚

葉家賢
Hans

The magic of fermentation,
experience the delicacy of
time!

森林深處的老灶腳



1988年擁有此農場以來，我們以友善環境、自然生態、有機種植的理念來經營。農場內現有香草步道、柚香步道、蕨類步道、101景觀拱橋、多條原始森林步道，以及大小蓮花池與禪座大岩石、落羽松林等天然生態園區景觀。

We have been operating our farm based on the idea of eco-friendly, natural ecology and organic farming ever since the establishment in 1988. The farm is composed of herb pathway, pomelo walk, fern hiking trail, 101 landscape arch bridge, many forest natural trails and several natural ecological areas and scenic spots including large and small lotus ponds, meditation rock corner and common cypress woods.

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白石森活

休閒農場

農村 廚房

FARM KITCHEN

用園區生產的當地當季食材，體驗老祖先教導的傳統美食，了解醬缸文化融入有機在地食材，以大自然友善環境的元素，結合現代休閒旅遊方式呈現，並可品嚐原汁原味的全食物概念食材料理。

To experience the traditional gourmet foods instructed by the ancestors and understand the integration of native ingredients into Jiang Gang culture by utilizing the local, seasonal ingredients grown on the farm; to combine and present modern leisure and tourism based on the environmentally-friendly elements of nature while sample the whole-food concept derived from the ingredients and dishes of original taste and flavor.



這樣 好玩

JUST FUN
10~20人成行

BUY NOW
購買行程



- 10:00 介紹活動環境與流程
Introduction to itinerary.
- 10:20 從一粒種子到蔬菜採收，認識香草成長習性，現場採摘蔬果、香草、食材
From a seed to vegetable harvesting, learn the growth habit of vanilla herbs.
- 11:00 以全食物概念之料理烹調
Preparing dishes.
- 12:10 品嚐由產地到餐桌的自然美味
Relish the most natural dainties from farm to table based on whole-food concept.
- 13:10 享用園區下午茶
Enjoy afternoon tea in the park.

特殊 食材

FOOD INGREDIENT



野薑花 Ginger Lily

野薑花的正式名稱叫做穗花山柰，喜歡生長在日照充足的潮溼環境，其莖及花皆可入菜，花朵可做成香精油，亦是插花的花材。

Butterfly Ginger is the official name of ginger lily. The plant likes to grown in moist environments with sufficient sunshine. Its stem and flower can be utilized to develop various dishes. The flower can be made into essential oil. It is a material used for flower arrangement as well.



無花果 Fig

無花果具有豐富的膳食纖維及多種的抗氧化劑，在地中海國家被稱為「聖果」、「生命之果」，搭配沙拉真的超級美味。

Rich in dietary fiber and multiple antioxidants, the fig is known as "the holy fruit", "the fruit of life" in Mediterranean countries. It is super delicious to be served with salad.

在地 伴手

PRESENT

草莓果醬、柚香醋醬、香椿醬

Strawberry Jam, Pomelo-flavored jam, Toon Sauce

用自園區的有機草莓與柚子果肉、香椿加工而成。
規格售價 / NTD320元 (180ml/罐-常溫保存)

The homegrown organic strawberries, pomelo fruit flesh and Chinese toon are processed to make these jam and sauce products.

Standard and Price: 180ml/jar, NTD 320. Store at room temperature.

草莓醋、柚香醋 Strawberry Vinegar, Pomelo-flavored Vinegar

用新鮮草莓、柚子果肉加有機糙米醋底浸泡兩年以上時間而成。
規格售價 / NTD600元 (320ml/罐-常溫保存)

Fresh strawberries and pomelo fruit flesh are soaked in organic brown rice vinegar for two years for developing into these vinegar products.

Standard and Price: 320ml/jar, NTD 600. Store at room temperature



料理 課程

COOKING CLASS

01 # 蔬果沙拉

Fig Salad

結合農場鮮採的柚子、草莓、蘿蔓生菜，再佐以自製的「柚子油醋」調味。這道前菜料理不但充分展現有機農產的自然健康，也融入「全食物」的精神，每一口都吃得到天然食材的甘美與芬芳。

The homemade strawberry vinegar, honey, lemon are used as the base of salad dressing before adding the homegrown figs and other seasonal fruits and vegetables. It is a palatable, healthy dish that causes no harm to human body.



02 # 塔香三杯雞

Basil Sanbeiji (Three-Cup Chicken)

用薑、蒜、辣椒、自製醬油、氣冷雞腿、黑麻油及九層塔等，以古早阿媽教導的傳統陶鍋烹煮。(另附麵線或有機三寶飯)

Ginger, garlic, chili, homemade soy sauce, low-temperature cooling chicken thigh, black sesame oil and basil are utilized and cooked in a pottery pot based on a conventional culinary method instructed by the old grandma.(Served with Vermicelli or Organic Triple Combo Rice)



03 # 阿嬤的醬瓜魚

Grandma's Stewed Fish with Pickled Wax Gourd

與其說這道菜的主角是魚，不如說是帶出菜色風味的「醬瓜」——不是一般罐頭脆瓜，而是「蔭冬瓜」，也被稱為「鹹冬瓜」或「豆醬冬瓜」，就是用冬瓜醃漬的天然加工食品。由於風味獨特，搭配煎得皮脆肉嫩的魚片稍加燜煮，再飾以豆腐、月桃葉妝點擺盤，讓阿嬤時代的古早味華麗變身，不僅好吃又好看。

The main character of the dish is not so much as the pickled wax gourd who brings out the individual flavor. Pickled wax gourd is a nature manufactured food made from wax gourd. With the unique flavor, it is well-paired with stewed fish, tofu and shell ginger leaves. It transforms the traditional food into decorated and delicate cuisine.



品嚐由自然農法、由產地到餐桌的健康美食。



CHEF 授課主廚 黃明瑩

Ming Yin

Savor natural agriculture, the healthiest delicacies from farm to table.

陽明山祕境蔬食廚房



梅居

陽明山新祕境-梅居休閒農場，浸沐山中，領受自然氣息。利用自然生態場域，引領大家體驗食農生活，並期以「心靈、身體及大地的全方位環保」為努力目標。遠眺台北盆地，園內的梅花及紫藤步道、蜜源植物、香草、孟宗竹、山櫻花、垂櫻，蔬果，香草、水果等，豐富食農教育體驗的資財。

M&G Family Leisure Farm, the new attraction on Yangming Mountain, is a place where you can immerse yourself in the mountains and feel complete in harmony with nature. Here at the natural and ecological environment you can get a sense of what a "food and agricultural living" is like. A "total environmental protection from aspects of the mind, the body and the land" is what we always strive for. Come and enjoy the view of Taipei basin, the plum flowers, wisteria, nectariferous plants, herbs, moso bamboos, hill cherry flowers, Cerasus itosakura (special type of cherry flowers), vegetables, fine herbs, and fruits.

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休閒農場

農村 廚房

FARM KITCHEN

一踏進這個陽明山的祕境廚房裡，就可聞到淡淡的清香，路的兩旁種滿了花卉與香草，靠近一聞竟然還可聞到百香果的清香甜味，再往下走是一大片的蔬菜園，種植了超過30種以上的蔬果。這裡就像是一個主廚的魔法寶地，多樣的食材都是農村廚房裡的寶物，透過主廚的解說及您的巧手，變成一道道色香味俱全的蔬食料理。

Step into this secret kitchen which hides in Yangmingshan, one can smell a delicate fragrance as countless flowers and herbs are planted on both sides of the road. The sweet and fresh fragrance of passion fruit can also be perceived if one tries to get closer. To continue walking down the way, one can reach a large vegetable garden where more than 30 varieties of fruits and veggies are grown. Here is like a chef's magical treasure land, and a variety of ingredients are the treasures owned by rural kitchen. Through the instruction given by the chef and your skillful hands, the ingredients are transformed into colorful, aromatic and tasty vegetarian dishes.



這樣好玩

JUST FUN
5~10 人成行

BUY NOW
購買行程



10:30 園區導覽，認識梅居
農事體驗-採摘今日料理蔬果菜色
Park guided tour and collect ingredients.

11:00 戶外廚藝教室料理體驗
Learn how to make DIY dishes.

12:30 創意蔬食料理品嚐
Dish savoring.

13:30 香草飲料品飲，和梅居主人聊聊山居歲月
Take pictures with your handmade dishes; enjoy the delicacies and beautiful scenery.



特殊 食材

FOOD INGREDIENT

孟宗竹筍 Moso Bamboo Shoots

冬天常會吃到的竹筍，習慣直接稱它為冬筍，它是孟宗竹筍的幼年筍，外型較矮胖、粗大，生長在較高的山區；到了春天，仍然可品嚐到孟宗竹筍，農場所種植之孟宗竹筍即為春筍，產季在2-3月，此時竹筍外觀顏色會較烏黑些，將其片成筍片，切斷纖維能變得脆而有口感。

The bamboo shoot we usually eat during wintertime is habitually known as the winter bamboo shoot. Often grows on high altitude mountains, the winter bamboo shoot is the young bamboo shoot of Moso bamboo shoot, the outward appearance of which is rather squat and thick. We can still sample Moso bamboo shoot when it comes to springtime. The Moso bamboo shoot planted by the farm is exactly the spring bamboo shoot whose growing season falls between February and March. At this time the exterior color of the bamboo shoot will turn into jet-black. Cut the bamboo shoot into slices and break the fiber to allow its crunchy texture.



金針花 Orange Daylily

金針花屬百合科，為多年生草本植物；它的莖不明顯，根部肥大而多汁，葉子細長形，成叢成簇地生長，農場所種植之金針花為用來食用的金針花，產季為9-10月，必須趕在花朵綻放前採取，以保持漂亮的色澤。

Orange daylily is a perennial herb which belongs to the lily family; its stem is rather unobvious, and the root is plump and succulent. The leaves of orange daylily are long and thin and often grow in clusters. The orange daylilies planted on the farm are used as the edible ingredients. The growing season begins from September and ends in October. It is required that the orange daylilies be harvested before flowers bloom to retain beautiful color.



在地 伴手

PRESENT

蘿蔔乾 Dried Radish

因為沒有農藥化肥除草劑，在農場裡成長茁壯的白蘿蔔，植株健康風味極佳，透過「曬、醃、藏」三道工序而成的蘿蔔乾，清脆爽口，用簡單的食材就能吃出滿滿的幸福。

規格售價 / NTD300元 (600公克/罐-需冷藏保存)

Without pesticides, fertilizer and herbicide, the hearty daikon radishes grown on the farm are indeed healthy and savory. Successfully made through the three processes of sun-drying, pickling and preserving, the dried radish are crunchy and refreshing. Relish and discover the feeling of well-being given by the simplest ingredients.

Standard and Price: 600g/jar. Must keep refrigerated.



料理 課程

COOKING CLASS

01 # 素肉燥

Braised Pork over Rice in Vegetarian Flavor

只要學會「素肉燥」，也就掌握到蔬食料理的靈魂了！

儘管用料中的豆製品、大麥、金針菇的滋味平淡無奇，透過慢火把新鮮薑末煨出微焦香氣，接著再混入各種食材，並加以醬油、香椿醬不斷拌炒，直到整鍋素燥飄出豆香即完成。

Soya bean, wheat, ginger, mushrooms and daylilies are utilized to make this aromatic vegetarian braised pork dish of rich flavor. Compared to the ordinary braised pork rice, a faint scent is additionally involved. Soya bean, wheat, ginger, mushrooms and daylilies are utilized to make this aromatic vegetarian braised pork dish of rich flavor.



02 # 福圓悶苦瓜

Bitter Gourd and Pineapple

新鮮切塊鳳梨的鮮甜，加上苦瓜自帶的爽脆甘苦味，利用東山龍眼乾帶出甜味，再用豆醬引出鹹味。

A delectable dish formed by the integration of pineapple, bitter melon, longan, Sichuan pepper, Chinese anise and fermented soya beans. A delectable dish formed by the integration of pineapple, bitter melon.



03 # 滑蛋橘子

Scrambled Eggs in Orange Sauce

蛋料理向來頗受眾人歡迎，利用酸甜多汁的橘子搭配上鮮香柔順的滑蛋，一道當季創意蛋料理就此誕生！這道菜結合陽明山特產的橘子及在地小農的雞蛋，就成為別處吃不到的招牌料理。

Oranges, tomatoes, onions, bean curd and liquid egg are utilized to develop this palatable, sour-and-sweet taste. Oranges, tomatoes, onions, bean curd and liquid egg are utilized to develop this palatable, sour-and-sweet taste.



來農場體驗一下慢慢的生活！



Travel Expert
農旅達人

楊安心
Yang An Sin

Come and experience the downshifting life at the farm!



位在海拔420公尺的陽明山上的福田園教育休閒農場沿著溪谷建造,占地約1公頃的狹長型園區鄰近著菁礮溪擁有豐富的自然生態,配合在地豐富生態資源提供各種香藥染草的活動體驗項目,走在園區裡不時聞到陣陣香草的香甜的味道,各種鳥語以及涓涓流水的大自然聲音,遊客們來一趟即滿足食衣住行育樂皆滿足身心靈旅遊。

Located in Yangmingshan at an altitude of 420 meters, Futian Village Education Leisure Farm was built up along the valley for about one hectare. With abundant nature resources and experience of herbal and dyeing plants, one can smell the fragrance of aromatic herbs and listen to the birds humming while wandering in the farm. The visitors can have trip for every dimension of one's life and senses.

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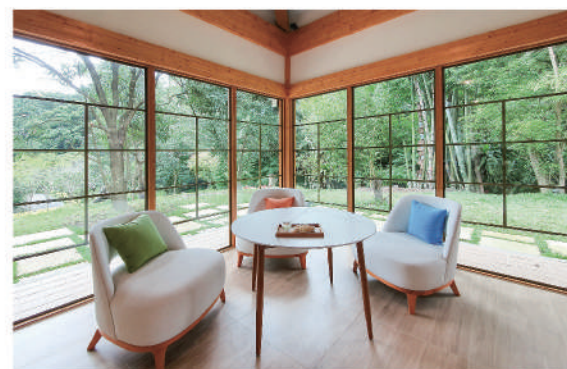


農村 廚房

FARM KITCHEN

遊程中從生態園區香草植物認識到香草農務體驗,與大地、植物近距離接觸,再運用不同的香草烹調各式主題料理,小組分工合作完成料理創意擺盤上桌。透過共煮共食的「香草廚房」,讓遊客共同學習辨識當季食材與香草入菜的烹飪技巧。從產地到餐桌的貫連學習,讓遊客能在遊程中學習選擇健康食物與用心烹煮食物的技巧,以及細心品味食物,並關心生產糧食的土地與環境,把愛鄉愛土的情懷散播到整個遊程之中。

From learning the aromatic plants in the ecological garden to farming experience of herbs, visitors can not only touch the herbs but also cook them as different cuisines. The vanilla kitchen teaches the visitors to acknowledge the seasonal ingredients and the skills of cooking aromatic herbs. From farm to table, visitors can learn how to select healthy food and cook with intention through the courses. Besides, they can then pay more attention on the environment and field of the foodstuff in their daily life.



這樣 好玩

JUST FUN
8~24 人成行

BUY NOW
購買行程



- 09:30 農場環境和遊程介紹,並進行農務體驗的著裝準備
Introduction of the farm and the courses, and suit up for farming experience.
- 09:50 香草園區漫步導覽與香草生活運用
Wandering in the Aromatic herbs garden and guiding for the herbs.
- 10:30 香草廚房廚藝體驗
Aromatic farm kitchen cooking experience.
- 12:30 午餐饗宴並共享農藝體驗
Lunch cuisine and sharing farming experience.
- 13:30 香草糖花餅乾裝飾DIY
Vanilla sugar flower decorated cookie DIY.

特殊 食材

FOOD INGREDIENT

使用陽明山地質種植出來的野薑花、香椿、檸檬香蜂草...等香草入菜，顛覆傳統家常料理的風味，更提味出香草香氣入口風味清香舒服!

Use the ingredients grown with the soil of Yangmingshan, such as ginger lily, toon, lemon balm and other aromatic herbs, can not only invert the flavor of traditional home dishes, but also brings out the fresh and fragrant aroma of herbs!



香椿 Toon

多年生落葉性喬木，素食者常使用的香料，帶有麻油香氣，非常適合拌麵。

Perennial deciduous arbor, vegetarian usually use as spice since it contains the aroma of sesame oil.



迷迭香 Rosemary

適合多種料理，也可以做料理油調味，非常具有獨特香氣。

With the distinct aroma, rosemary is used in numerous cuisines and seasoning.



檸檬香蜂草 Lemon Balm

又稱為「香蜂草」，帶有檸檬香氣，非常適合應用在蔬果料理調味。

With lemon fragrance, it is suitable for vegetation cuisine.

在地 伴手

PRESENT

香草糖花餅乾DIY

Vanilla Sugar Flower Decorated Cookie DIY

以農場自家種植新鮮香草磨成碎後加入餅乾製作後，運用糖花的技巧保留香草的樣貌與餅乾結合，讓平凡的香草餅乾昇華讓美感與風味同步，並於午餐後搭配農場特製的香草茶一同品嚐，來個悠閒香草主題的下午茶也不為過。

Baked the cookie with ground fresh vanilla and used the skill of sugar flower to maintain the appearance of vanilla. The process sublimes the beauty and flavor of the vanilla cookie. Taste with the special vanilla drink as afternoon tea, it cannot be more relaxin.



料理 課程

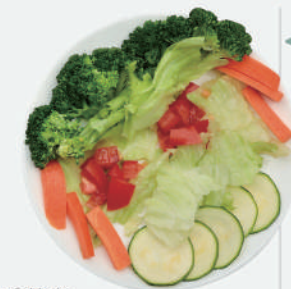
COOKING CLASS

01 # 香草蔬果沙拉

Vanilla Vegetation Salad

自家菜園採收的當季新鮮蔬果，使用油醋芥末醬，涼拌著香草與蔬果入菜，擠一點檸檬汁一起食用，非常適合夏天食用的好餐點，舒爽又好做。

Picked the seasonal fresh vegetation from the garden, cold-dressed the vegetation and seasoned with mustard oil vinegar and a little lemonade. This refreshing salad should be suitable for the summer.



02 # 野薑葉割稻飯

Harvested Cuisine with Ginger Lily Leaves

農忙時，農家餐食的應用，家常飯菜的烹煮，創新使用野薑花入菜，讓獨特清香也在蒸煮的過程中沁入米飯中，別具香草馨香的好滋味。

During farming season, farm family will cook this homely cuisine. The farm creatively adds the leaves of ginger lily in it, making the unique aroma floated into the rice, which brings out delighted flavor.

03 # 炒菇厚蛋燒佐香椿黑芝麻淋醬

Pan-fried Omelet with Toon and Black Sesame Sauce

將雞油香菇拌炒後，加入蛋液一起製作成厚蛋燒，另外調製香椿黑芝麻淋醬，淋上厚蛋沾覆著食用，香氣十足。

First, stir-fry the mushroom with chicken oil. Then, add the egg liquid into the pan until it is shaped as omelet. Season with the special toon sesame sauce, it suddenly becomes an aromatic dish.



04 # 迷蝶香煎雞腿排佐法式黑胡椒白醬

Rosemary Pan-fried Chicken Thigh with Black Pepper Sauce

平底鍋乾煎雞腿，與新鮮現採迷迭香、薄荷、香蜂草調味後，焦黃的雞腿皮與香草的香氣融合，入烤箱烤熟，出爐後淋上調醬，香氣十足。

Pan-fry the chicken thigh and season with rosemary, mint and lemon balm till the skin turned yellow. The combination of juicy chicken skin, the aroma of herbs and the sauce, makes the cuisine become just perfect.



用香草的溫柔，溫暖你的味蕾與心靈。



Travel Expert
農旅達人

何怡陵
IRENE

Warm your taste and heart with the softness of vanilla!

漁人的一天



千戶傳奇生態農場依山傍水，以清澈冷冽的山泉水養殖珍稀的鴨嘴鱘、鱘龍魚、鱒魚、高山鱸魚等，場內可見水中活化石—鱘龍魚及外型獨特的鴨嘴鱘。結合在地食材研發出帝王級鱘龍魚鮮美佳餚外另設有咖啡區、會議室、溪邊戲水並可DIY體驗活動，提供一處新鮮看得到、美味吃得到，又好玩又可以帶回家的好地方。

Chienhu Chuanchi Ecological Farm is surrounded by mountains and rivers. Valuable and rare creek fish species of polyodonspathala, sturgeon, trout, and alpine trout are bred in limpid and chill mountain springs. The aquatic living fossil "sturgeons" and "polyodonspathalas" in peculiar appearance can be seen in the farm. The farm invented delicacies which are made of imperial-class sturgeon and local food materials. Besides there are coffee shop and conference room, too. Guests can play by the river or experience DIY activities. This is a wonderful place where folks can see, can taste, can play, and can bring good memory home.

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千戶傳奇

生態農場

農村 廚房

FARM KITCHEN

千戶傳奇農村廚房，不只是教大家怎麼料理鱘龍魚，更重要是讓大家可以參與養殖的細節，認識漁人的生活，知道每一口食材都應該要被尊重。歡迎大小朋友們一起來三峽享受溪流大自然，一起來我們千戶抱大魚，認識漁人的一天。

The rural kitchen of Chienhu Chuanchi Fish Farm not only instructs everyone how to make sturgeon dishes but allows all visitors to participate in the details of fish farming and learn about the life of a fisherman so that everyone can be respectful to the ingredients in every bite. We welcome adults and children to come together and enjoy the river and nature of Sanxia, to hug big fish here at Chienhu Chuanchi Fish Farm with us and gain an understanding of a life in the day of a fisherman.



這樣 好玩

JUST FUN
4~20 人成行

BUY NOW
購買行程



- 10:00 解說漁人的一天-認識鱘龍魚特性及導覽
The interpretation of a life in the day of a fisherman, learn about the characteristics of sturgeon.
- 10:40 捕魚至餐廳
Fishing to the restaurant.
- 11:00 廚藝教室烹煮食材
Cook ingredients in culinary practice kitchen.
- 12:00 鱘龍魚料理品嚐
Savor delicious sturgeon dishes.
- 13:30 著青蛙裝，下池體驗抱大魚
Put on frog suit and get into the pool to experience \ big fish hugging.



特殊 食材

FOOD INGREDIENT

鱈龍魚 Sturgeon

鱈龍魚算是恐龍的朋友，從2億多年前活到現在，它保護自己的方式不是魚鱗，而是骨板與滑膩。在它腹部與胸內各有兩條堅硬骨板，加上背部那條合計5條，靠這5條骨板支持，讓鱈龍魚強壯得像根藤條，體型壯碩，但鱈龍魚卻意外的肉質鮮嫩，其不飽和脂肪酸比一般魚種高3倍，高蛋白低脂肪又富含膠原蛋白。

Being a friend of the dinosaurs, sturgeon has been living till the present day ever since more than 200 million years ago. Sturgeon uses its bone plate and satiny skin to protect itself instead of fish scale. Inside its chest and abdomen lie respectively two hard and solid bone plates, totalizing five pieces plus the one on its back. With the support of the five bone plates, sturgeon can build up a muscular body as strong as a rattan. However, its meat is unexpectedly fresh and tender. Containing unsaturated fatty acid that is three times higher than any regular fish, sturgeon is a low-fat high-protein fish rich in collagen.



在地 伴手

PRESENT

鱈龍膠原蛋白凍飲 Sturgeon collagen jelly drink

鱈龍魚富含軟骨與膠質，在密封高溫下不停熬煮讓其化成膠原蛋白，然後急速冷凍，成為無腥無味，只有入口ㄍㄨㄛㄛㄛ好口感，富含18種水解胺基酸，純天然無其他添加。

規格售價 / NTD150元 (玻璃瓶裝70公克/瓶-需冷凍保存)

Rich in cartilage and colloidal matter, the sturgeon is sealed up and stewed continuously until it transforms into collagen at high temperature before quick freezing. Containing 18 types of amino acids, the product is al dente in texture and yummy without any unpleasant fish smell. It is 100% natural with no additives.

Standard and Price: glass bottle 70g, NTD 150. Freeze preservation is required.

鱈龍魚肝油 Sturgeon cod liver oil

由新鮮處理後的鱈龍魚身低溫萃取，富含 ω -3不飽和脂肪酸及對人體有益的DHA、EPA、維生素A、D等成分，滴滴珍貴。

規格售價 / NTD100元 (玻璃瓶裝50公克/瓶-常溫保存)

Extracted from fresh sturgeon body at low temperature after processing, the product is rich in ω -3 fatty acids and other ingredients including DHA, EPA, Vitamin A and Vitamin D beneficial to human body. Every drop of this cod liver oil is precious.

Standard and Price: glass bottle 50g, NTD 100. Store at room temperature.



料理 課程

COOKING CLASS

01 # 鱈龍魚滷肉飯

Braised pork and sturgeon on rice

運用鱈龍魚片與豬五花肉，用最簡單的切、煎、燉三步驟，一個小時做出傳統台灣老滋味滷肉飯，讓鱈龍魚的膠質去中和五花肉的油膩，再也不用想吃滷肉飯時要燉個一整天，而且香噴噴又充滿鱈龍魚膠質。

Sturgeon fish slices and pork belly is utilized to make this traditional minced pork rice of Taiwanese old flavor through the simplest three steps of cutting, frying and stewing within an hour. The greasiness of the pork belly is neutralized with the colloidal matter of sturgeon, and there is no need to spend an entire day on cooking braised pork over rice anymore. This appetizing and savory dish is filled with the colloidal matter of sturgeon fish.



02 # 乾煎鱈龍魚片 Dry-fried sturgeon fish slices

煎魚最難的就是如何避免黏鍋。花妹運用小火、中火、大火等火候控制技術加上簡單的小技巧，把一塊魚肉煎得皮脆肉嫩膠質黏唇，每一口都非常滿足。

The most difficult part of dry frying a fish is the how of avoiding non-sticky surface. Sister Hannah applies skilled heating control technology including small fire, medium fire and high heat plus some simple tips to fry the piece of fish meat into a crispy, tender texture with sticky colloidal matter. The dish is deliciously satisfying with every bite.



03 # 鱈龍魚膠原蛋白珍珠奶茶 Sturgeon collagen bubble tea

發源於台灣、聞名全球的珍珠奶茶，沒想到自己動手一點都不難。花妹教你如何自己在家揉珍珠，搭配七葉膽茶，加上台灣地產香濃鮮奶，最後加上聽起來很怪，實際上無腥無味的鱈龍魚膠原蛋白，滿嘴的珍珠咬勁與黑糖鮮奶香，滋味讓人久久難忘。

Originating from Taiwan, bubble tea is well-known throughout the world. Can you imagine making a cup of bubble tea by your own hands? It is not difficult at all. Sister Hannah would like to teach you how to make tapioca balls at home. Incorporated with Jiaogulan Tea and fragrant, fresh milk native from Taiwan before adding sturgeon collagen, which may sound strange but without any unpleasant odor in actual fact, the drink that fills your mouth with chewy pearls and enticing aroma of brown sugar milk is truly flavorful and haunting.



* 另設有精粹鱈龍花湯、水果大阪燒、鱈龍魚粉粿等料理課程，內容均可客製化。

The class also sets up the courses of sturgeon& egg-drop soup, fruit okonomiyaki, and sturgeon tapioca jelly, which can all be customized.

山中傳奇傳千戶
鱈龍魚活化石
歡迎蒞臨鱈龍魚の家



CHEF
授課主廚

葉福花 (花妹)
Fish

The legend of the mountain travels fast, look for living fossil of ancient times, you are very welcome to visit the home of sturgeon.

幸福奇雞的奇妙旅程



聽老一輩的農夫說，以前種豆要種四顆，第一顆，要與天上的鳥兒分享，第二顆，要與地上的蟲兒分享，第三顆，可能沒有發芽就當作與運氣分享；農夫說，只要用分享喜悅的心情來播種，第四顆一定會心想事成。好時節就是要用分享喜悅的心情，與您一起分享農村純樸的人情味與豐富的生命力。希望您無事一身輕地暫拋世俗塵囂，用喜樂的心感受好時節的幸福樂章。

According to the older generation of farmers, one should always seed four beans at the same time: the first bean is to share with the birds in the sky, the second is to share with the insects on the ground, the third is to share with destiny and luck as it may not sprout, and the fourth will eventually go as your heart desire if you plant it with the joy of sharing. Luckytime Leisure Farm would like to share the simple human kindness and rich vitality of rural village with you with the most cheerful and sincere heart. It is hoped that you can be far from the madding crowd for a while, feel totally relaxed and experience the happiest moments with a heart full of joy at Luckytime Leisure Farm.

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好時節

休閒農場

農村 廚房

FARM KITCHEN

帶領遊客體驗採集當季、在地、無毒的新鮮食材，對於注重養生的銀髮族，能夠回歸簡單生活品嘗食物真實的味道，在料理的同時，也可以體驗農村療癒紓壓的氛圍，傳遞飲食文化與美學兼具的料理，並於料理中印證健康養生的真諦。

Visitors will be brought to experience and collect seasonal, native and chemical-free ingredients. To elderly people who attach great importance to their health, they will be able to return to the simplest life and savor the genuine taste of foods. While preparing the dishes, the participants can experience the soothing, stress-relieving atmosphere of the rural village, pass on cooking that integrates food culture with aesthetics and corroborate the true meaning of healthiness and wellness.



這樣 好玩

JUST FUN 15~30人成行

BUY NOW 購買行程



- 10:00 有緣相聚好時節
Gathering at Lucky Time Leisure Farm as destiny.
- 10:10 大灶神粥友米樂
Cooked friendly rice congee with traditional stove.
- 10:30 幸福奇雞愛地球
Cheerful chicken loves the earth.
- 11:20 先有雞?先有蛋?尋找快樂寶貝蛋
Which came first, the chicken or the egg?
Find the cheerful chicken eggs.
- 11:40 農村廚房真食味
Farm Kitchen, enjoy the freshest and original taste.
- 12:20 格外美味好品味(農家另備料理及飲品)
Lucky Time Leisure Farm's special dishes and drinks.

※贈-好萌寶貝蛋一盒(6顆)
Souvenir- Cheerful friendly eggs (six in a box)



特殊 食材

FOOD INGREDIENT



友善耕種螢緣米 Eco-friendly farming firefly (Aquatica ficta) rice

好時節產出的友善耕種稻米，在田邊的溝渠復育黃緣螢證明了不使用化學肥料與農藥，人工日曬的方法讓米飯吃起來有更純真的味道；在農場櫃檯就可買到，每包六百公克，100元，常溫保存即可。

The eco-friendly farming rice produced by Luckytime Leisure Farm, the reintroduction of the fireflies in the ditch beside the fields is exactly the proof of not involving any chemical fertilizers and pesticides. The application of artificial sun drying method makes the rice taste more pure and authentic. You can buy this at the counter on the farm. It is 600 grams per pack and should be stored at room temperature.

快樂雞蛋 Happy Chicken Egg

好時節快樂雞的飼料不添加任何化學成分，純粹為餵養高品質的蛋雞飼料與黑水虻幼蟲增加天然動物蛋白攝取，且生活有充足的空間活動，產出的雞蛋也是最健康營養！

The happy chicken feed applied by Luckytime Leisure Farm does not include any chemical composition. The feed and the larva of black soldier fly are used only to breed the layers with highest quality and increase the ingestion of natural animal protein. The chickens are provided with ample and flexible space in everyday life, and the eggs are undoubtedly healthful and nutritious.

在地 伴手

PRESENT

螢緣米香 Firefly rice cracker

選用好時節新鮮現碾螢緣米，純手工製作出的爆米香，無添加防腐劑、色素，每一塊粒粒飽滿，是大人小孩最健康的零嘴！

The clean, freshly-ground firefly rice grown by Luckytime Leisure Farm is selected to make this toothsome snack product. Without preservatives and pigments, the full and hearty rice crackers purely made by hands are absolutely the healthiest nibbles for both adults and children.

規格售價 / NTD120元 (10片/包-常溫保存)

Standard and Price: 10 pieces/pack, NTD 120. Store at room temperature

米釀豆腐乳 Rice-fermented tofu

「大房豆干」為大溪豆製品中最有名的老字號，使用非基改黃豆古法製作，天然無添加的豆腐乳越陳越香，是遊客或海外僑胞來大溪必帶的伴手禮。

"Da Fang Dried Tofu" is the most famous time-honored brand among Daxi's bean products. The fermented tofu made from GM-free soybeans by following the ancient, conventional method is all natural without any additives. The longer you keep it, the stronger it will taste. This product has become the must-buy souvenir gift when tourists or overseas compatriots travel to Daxi.

規格售價 / NTD180元 (840公克/罐-常溫保存)

Standard and Price: 840g/jar, NTD 180. Store at room temperature



料理 課程

COOKING CLASS

01 # 健康沙拉料理

Healthy cheerful egg salad

由寓教於樂的定向遊程闖關了解循環農業的真諦，同時採集新鮮食材及撿雞蛋，自己完成一道健康美味的五彩沙拉。

Through educational entertainment wide games, the farm expects to pass on the truth of circular agriculture toward participants. Besides, the farm provides picking ingredients and eggs to let them cook a healthy delicate colorful salad for themselves.



02 # 大灶療癒神粥

Comforting rice congee cooked with traditional stove

用農村最有幸福感的大灶生火，細火慢燉出最撫慰人心的療癒神粥。

Set the fire delightfully with traditional stove. Simmer the most comforting and soothing congee of rural life.



03 # 快樂溫泉蛋

Cheerful poached egg

煮蛋是一門有趣的科學實驗過程，不同的溫度時間就會有不同的結果，我們一起來實驗，煮出一顆神奇的溫泉蛋，配上七味粉、蔥花，就是美妙的幸福滋味！

Boiling egg is an interesting process of science experiment. Different factors of time and temperature provide completely distinct achievement. Season with shichimi and chopped scallion, let's boil a magical poached egg together!

※另附主餐3選1-醬烤雞腿排、醬鳳梨鮮蒸鱒魚、三杯松阪豬
course 1 of 3: Grilled chicken thigh with sauce, Steamed trout with fermented pineapple, and Three-cup(garlic/ ginger/ basil) pork jowl.

農村廚房開啟食物溫柔的力量！



Travel Expert
農旅達人

陳莉婷
Jenny

The gentle power of food is initiated by rural kitchen!



為了承接父親未實現的理想與抱負，於2017年著手改造，沒有藍圖、沒有草稿，從廢棄倉庫到夢幻工業風小屋，一點一滴地成就了今日的~~藍鯨魚寮。因魚寮引進天然純海水，打造最原始、最天然的生態環境來友善養殖石斑魚及烏魚等，所以養殖的魚蝦貝類個個肉質鮮美、健康肥沃。現在以現撈自家友善畜養海鮮烹煮的概念—「產地直達·新鮮零時差」，結合竹北在地當令食材，發展出多元的美味料理。自己吃的魚自己釣、美味看得到。

To receive and carry on the unfulfilled dream and aspiration of his father, the owner has started to reconstruct and renovate the abandoned warehouse in the year of 2017. Without blueprint and draft, the abandoned warehouse is transformed into a dreamy industrial-style house and bit by bit become the Blue Whale Fish farm we see today. Natural sea water is brought in to the fish farm to build the most primitive and natural ecological environment for friendly breeding the groupers, mullets and etc., which is why the cultured fish, shellfish and shrimps are fresh and sweet in flavor and plump in texture. The fish farm combines the native, seasonal ingredients of Zhubei with homebred seafood based on the idea of "direct delivery to the place of origin, fresh without time difference" to cook the catch of the day and develop diverse dainty dishes. Fish and eat your own dish, the wonderful taste can be perceived.

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農村 廚房

FARM KITCHEN

水月休閒藍鯨魚寮結合竹北在地小農所推出之遊程，從食漁教育、農事體驗，再到料理教學，講究的特色伴手禮，一舉網羅竹北最飽滿的漁業風華；獨家發想的海洋牧場更是精彩，身長七、八十公分的龍虎石斑魚群就在腳邊流竄，創新的無鈎釣魚能體驗與大魚搏身奮鬥的刺激，感受魚寮搏魚趣，體驗傳統新竹濱海魚寮生活。

The content of the tour launched by ShuiYue Leisure Blue Whale Fish farm upon combining local famers of Zhubei includes food and fish education, farming experience, culinary teaching and exquisite specialty souvenir, gathering the unique charm and appearance of Zhubei's fishery to the fullest. The exclusive originality of fish farming is even more splendid: the 70 to 80 cm long shoal of orange spotted groupers swim beside your feet, the innovative non-toothed fishing allows the visitors to experience the excitement of fighting and struggling with big fish, to enjoy the fun of battle against the fish at the fish farm and experience the traditional lifestyle of Hsinchu's fish house by the sea.



這樣 好玩

JUST FUN
10~20人成行

BUY NOW
購買行程



- 10:00 行程介紹
Tour Itinerary Introduction.
- 10:10 友善魚塭養殖(烏魚及石斑)與生態樓地食魚常識解說。
Friendly fish farm breeding (groupers and mullets) and guiding interpretation of ecological habitat and general knowledge of fish eating.
- 10:30 乘風巡田水、買米粉、東海萊姆園採鮮果
Ride the wind and visit the farm, purchase thin noodles, pick fresh fruits at Lime Organic Garden.
- 11:30 料理教室輕鬆學烹魚
Learn how to cook fish at culinary practice kitchen at ease.
- 13:00 細心品嚐手作成果
Relish attentively handmade dishes.
- 13:40 一日漁夫體驗：餵魚、搏魚
One-day fisherman experience: fish feeding and fighting.



特殊 食材

FOOD INGREDIENT



龍虎石斑魚 Orange Spotted Grouper

龍虎石斑魚是龍膽石斑跟老虎斑交配而成，它同時擁有龍膽石斑的膠質Q彈，又有老虎斑的細緻，肉咬起來很Q彈，而且帶著厚重膠質與油脂，入口都是香。

Orange spotted grouper, the child of giant grouper and tiger grouper, contains the al dente collagen of giant grouper and the delicacy of tiger grouper. The meat is chewy in texture, carrying thick gelatin and oil that fill the mouth with strong fragrance.



萊姆 Lime

離藍鯨魚寮開車僅5分鐘的東海萊姆園，是少有的新鮮萊姆供應農園，園主為了讓萊姆果更健康，採自然農法經營管理，其所種植之萊姆酸味較淡，較順口，所以適合作為海鮮料理時的調味。

A five-minute drive from Blue Whale Fish Farm, Lime Organic Garden is one of a few plantations that provides fresh limes. The owner adopts natural farming to operate and manage the plantation for growing healthier lime fruits. As the limes produced are rather smoother and less sour in flavor, the fruits are suitable for seasoning the dishes.

在地 伴手

PRESENT

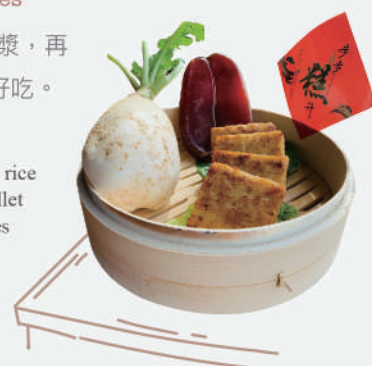
港式烏魚子蘿蔔糕 Turnip Cake with Hong Kong-style Mullet Roes

採用在地小農友善栽種無毒的白蘿蔔，混入現磨再來米和100%地瓜粉製成的米漿，再加入自家天然海水養殖的烏魚子及黑豬肉後蒸煮而成，新鮮美味，不用沾醬也很好吃。

規格售價 / NTD499元 (1500公克/份-需冷藏保存)

chemical-free daikon radishes planted by native peasants are mixed with the freshly-ground indica rice and peanut rice milk made from 100% sweet potato flour before adding homebred nature marine mullet roes and black pork to steam and cook into this fresh and palatable turnip cake dish. It still tastes delicious without any dipping sauce.

Standard and Price: 1500g, NTD 499. Must keep refrigerated.



美人凍 Beauty Jelly

採用石斑魚、自家魚及烏魚磷片，加上石花菜經熬煮10小時以上所產出之膠質，做成美人凍，再搭配台大農場百香果原汁，是炎夏消暑良品，更是美顏聖品。

規格售價 / NTD50元 (90公克/瓶-需冷藏保存)

To make the beauty jelly, it contains the colloid from the grouper, mullet scales and agar, which should be boiled for over 10 hours. Besides, basted with the passion fruit's raw juice from the farm of Taiwan University, beauty jelly will not only become a heat-removed beverage, but also an excellent facial care product.

Standard and Price: 90g/bottle, NTD50. Must keep refrigerated



料理 課程

COOKING CLASS

01 # 旬魚米粉湯

Rice Noodle Soup with In-season Fish



以養殖烏魚為主或季節旬魚，搭配在地新竹米粉烹煮而成；因新竹米粉係以蒸熟方式製作，不易有過多水分帶走香味成分，而能保有較高的米香味，用魚的鮮加上米的香堪稱一絕。

The cultured mullet or in-season fish is utilized as the main ingredient of this dish with the incorporation of rice noodles locally-produced in Hsinchu. As Hsinchu's rice noodle is usually cooked by following steaming method, the food is unlikely to possess excessive moisture that will carry away aroma composition. The recipe which integrates the freshness of the fish with the pleasant scent of the rice is definitely made in heaven.

02 # 萊姆蝦

Fresh Shrimp in Fruity Flavor



使用新鮮剛採下的萊姆，搭配漁村養殖的鮮蝦，製作而成的一道果香四溢鮮味滿滿的漁村料理。

Freshly-picked limes are utilized with the incorporation of fresh shrimps bred by fishing village to create this fishing village dish full of fruity fragrance and fresh taste.

03 # 和風沙拉佐龍虎石斑魚排

Japanese-style Salad Served with Orange Spotted Grouper Fillet



這道沙拉裡，有龍虎石斑魚排、生菜、小番茄、綠捲鬚等蔬果，沒有過多的調味，就是要讓你吃到龍虎石斑魚的鮮。

The ingredients of this salad dish include orange spotted grouper fillet and many types of fruit and vegetable including lettuce, cherry tomato and Oakleaf lettuce. Without too much seasoning, the freshness of the orange spotted grouper can be fully perceived.

農場到餐桌、新鮮零時差。



Travel Expert
漁旅達人

陳彥呈
Calvin

From farm to table,
freshness with zero
time difference



你或許有聽過有人為了喝牛奶而買下一片山林，但你一定沒聽過，有人會為了一隻貓頭鷹而買下一片山林，這是我們夢想中的家園；園區內提供了台灣少數手染布的染布DIY，搭配全台唯一穀倉屋特色民宿，讓您的住宿更有深度；餐廳提供的無菜單創意料理獲得台灣網頁票選十大特色景觀餐廳之一，自家的菜園更是健康又養生，想要體驗健康樂活的農場生活一定要來卓也小屋過一晚。

Perhaps you ever heard someone bought a woody mountain for milk. But I bet you never heard someone bought a woody mountain just for an owl. This is our dream home. We are one of few cottages in Taiwan who gives DIY courses of hand dyed fabrics. Together with the only guesthouse island-wide that features its barn style, you will have an unforgettable in-depth stay. The restaurant serves menu-free creative cuisines and was elected by Taiwan Websites one of top-10 characteristic landscape restaurants. The in-house vegetable farm is really healthful and nourishing. Those who desire for healthful and LOHAS life must spend one night with us in Zhuo Ye Cottage.

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農村 廚房

FARM KITCHEN

放慢腳步，走入慢城—三義，來去卓也小屋尋找最初的自然本色。這是一場融入環境教育的料理體驗課程：一株天然的染料植物，可以用來染布、入菜，在聆聽解說、與親自動手做的過程中，認識友善土地的耕作方式，建立地產地銷、自然加工、綠色烹調等飲食觀念，極具教育意義的行程，是大人小孩都可以好好享受的人文生態之旅。

Slow down your pace and walk into the cittaslow – Sanyi, visit Zhuo Ye Cottage and search for the primary natural color. This is an experience program that integrates environmental education into cuisine: a natural dye plant can be used to dye cloths and make dishes. To learn more about eco-friendly cultivation method, establish the diet concept of local production and marketing, natural processing and green food cooking during the process while listening to guiding interpretation and doing it yourself. The trip which possesses the extreme meaning of education is an eco-tour that allows both adults and children to enjoy fully the culture and environment of the area.



這樣 好玩

JUST FUN
20~60人成行

BUY NOW
購買行程



- 10 : 00 悠遊天然染料植物園區，採集及解說食材染料過程。
Visit to natural dye plant garden, collect and explain the process of food dyes and colors.
- 11 : 00 染料植物調製乾燥色素萃取及磨粉。
Dye plant modulation and drying, food coloring extraction and powdering.
- 11 : 30 動手烹煮天然又美味的染料植物料理。
Prepare natural and savory dye plant dishes by yourself.
- 12 : 40 享用色色午餐及型男主廚的美味分享
Sample homemade coloring dishes and chef's menu.
- 14 : 30 方巾植物染色體驗
(方巾作品尺寸：60cm*60cm)
Handkerchief blue-dye experience program.
(size: 60cm*60cm)

特殊 食材

FOOD INGREDIENT

青黛 Natural Indigo

卓也工坊在初建藍染缸時，每日勤加攪動，天氣好時很快的就會發酵，同時液面浮出鮮藍色泡沫，此時取勺子撈取藍泡泡到大白瓷盤中，數日後藍泡泡會結晶成粉末，這就是非常純正的青黛；將青黛收集入罐中，除了可以拿來當清涼解熱的中藥材使用，也可拿來入菜當食物的染料。

Zhuo Ye's workshop has been diligently stirring during the early establishment of blue dye vat. The fermentation does not take long when the weather is fine and the clear blue foam will rise to the surface of the liquid. To gain the blue foams by using a scoop at this moment and put them into big white porcelain plates and wait for the foams crystalizing into powder after a few days to become the purest natural indigo. Collect natural indigo inside a jar and use it as the food colors when making dishes or Chinese herbal medicine for cooling off and relieving summer heat.



在地 伴手

PRESENT

天然染色飾品、服飾、紀念品

Natural dyeing accessories, apparel, souvenirs

在卓也小屋園區裡，從種藍、採藍、打藍、建藍一直到藍染及染布作品，作出最完整的呈現。

規格售價 / NTD200~18000元 (一件)

Within the area of Zhuo Ye Cottage, from planting, collecting, processing, making to blue-dyeing and cloth dyeing works, the most complete presentation is given.

Standard and Price: NTD 200-18000/piece.



料理 課程

COOKING CLASS

01 # 三色養生麵線

Curcuma/Natural Indigo/beetroot healthy Vermicelli Soup

以薑黃、青黛、甜菜根染成黃藍紅三色麵線，再下鍋燙、冰鎮。盛盤時，捲成一口大小放在絲瓜片上，並點綴以薑黃調色的炸蕾絲餅，最後淋上鮮菇高湯，就成為一道視覺系美味料理。

The homemade natural-dyeing three-colored vermicelli is applied to instruct the visitors the how of making health-preserving mushroom soup by themselves. Native green veggies and blanched vermicelli are incorporated to develop this healthful and nutritious dish.



02 # 珍珠蔬菜捲

Loosestrife Vegetable Roll

在蛋液中加入取自菠菜的翡翠綠汁液，煎成蛋液後，再包入農場自醃酸菜、脆口豆薯、菇鬆和芝麻，切片後端上桌，外觀誘人、香氣四溢，吃起來口感層次又豐富。

Loosestrife and other green veggies with high fiber content are involved in egg liquid and made into green crepe pastry by using frying pan before being mixed with homemade fermented vegetables, yambean, sesame, mushroom floss and wrapped into a vegetable egg roll. It is a fun and colorful natural dish.



03 # 五色粉粿

Colorful Sweet Dumpling

以取自甜菜根的紅、水梔子或薑黃的黃、杏仁的白、青黛的藍、仙草的黑，分別調入番薯粉水後製成。無論加入糖水，還是沾點蜂蜜，就是出色的台灣味點心。

Natural plant dye is applied to make the simple sweet dumpling unordinary. Ice ingredients and other seasonings are added to develop a bowl of colorful frozen food.



產地到餐桌，找回料理最初的感動。



CHEF
授課主廚

廖本寒
Liao Pen Han

From farm to table, retrieving the initial moving sentiment of the dishes.

跟牛媽媽一起學做菜



園區內六大主題生態區、四大主題餐飲、兩大住宿風格，提供全家大小歡樂的天堂、教育、休閒會議、歡樂DIY體驗園區及“動物農莊”，現場提供旅客免費的定時定點親子互動樂趣活動，有幫牛媽媽擠牛奶、鴨BB大遊行及餵小牛喝ㄋㄋㄋ，為讓旅客更深層體驗。另外，飛牛購物商園還提供自製乳製品，如特濃牛奶糖、冰淇淋、白布丁及牧場特色紀念品等千種商品讓您帶回家當伴手禮喔。

The Flying Cow Ranch is divided into six thematic zones. There are four types of cuisine and two kinds of accommodation to choose from. This is family visitors' favorite vacation site and companies' best conference place. The ranch offers a variety of DIY sessions and an "animal zone" for kids. Children are free to milk the cows, feed calves, or watch ducks walk like paraders. Farm-made dairy products like milk candies, ice cream and pudding, as well as a thousand kinds of souvenirs, are available for purchase in the shopping area. Remember to bring some gifts home!

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飛牛

牧場

農村 廚房

FARM KITCHEN

專業主廚帶領遊客深入擁有110年歷史的苑裡菜市場，感受多元的閩南與客家文化；接著回到牧場體驗親手擠牛奶外，也走進牧場與日本MOA協會使用自然農法共同創造的無毒菜園CHEF GARDEN，採集當季蔬果與辛香料等入菜食材，最後由專業主廚帶領製作牧場料理，深入感受酪農家的生活模式與牧場之美，讓大家認識臺灣酪農業如何發展，如何捱過艱辛與迎來春天的種種歷程。

Professional chef will lead the visitors to go deep into the historic Yuanli wet market, which has been opened for 110 years, to experience the diversity of Hakka and Minnan culture; then the group will continue their trip back to the ranch to experience cow milking by hand before collecting ingredients such as seasonal fruits, vegetables and spices in CHEF GARDEN, a chemical-free vegetable farm co-created by the ranch and Mokichi Okada Association(MOA) from Japan based on natural agriculture. Professional chef will show everyone the way to prepare ranch dishes. This allows the participants to experience the lifestyle of the dairy farmer and beauty of the pasture and to learn more about the development of Taiwanese dairy industry and the course of how it goes through the hardships before welcoming the advent of spring.



這樣好玩

JUST FUN
8~12 人成行

BUY NOW
購買行程



- 09 : 00 苗栗苑裡火車站集合
Gather at Miaoli Yuanli Station.
- 09 : 10 傳統菜市場巡禮
Excursion to the traditional wet market.
- 10 : 30 牧場擠牛奶體驗
Cow milking experience at the ranch.
- 11 : 40 Chef garden 採集入菜食材
Collect ingredients in Chef Garden.
- 12 : 20 跟牛媽媽一起學做菜 Rural kitchen experience.
- 13 : 30 料理品嚐 Dish savoring.
- 14 : 30 漫步牧場園區 Strolling through the ranch park.

特殊 食材

FOOD INGREDIENT



純濃鮮奶 Pure and rich fresh milk

透過農場友善環境所飼養的特有娟孀牛和荷士登牛牛奶，使用低溫殺菌，保留鮮奶原有的營養價值。

Fresh milk from Jersey and Holstein cattle raised in a farm-friendly environment is pasteurized at low temperature to retain the original nutritive value of the milk.



牧場莫札瑞拉起士 Ranch Mozzarella Cheese

秉持著健康又營養為原則的莫札瑞拉cheese，取自15~20公斤鮮奶做成1公斤的cheese，是pizza最佳的入菜食材，那拔絲的口感更迷人。

Holding fast to the principle of being healthy and nutritious, the 1-kilo Mozzarella Cheese is made from 15-20 kg of fresh milk. It is the best ingredient for making pizza, not to mention the most mouth-watering stringy texture.

在地 伴手

PRESENT

Toma Cheese

取自15~20公斤鮮奶做成1公斤Cheese，純手工製作，奶香濃、口感佳。
規格售價 / NTD250元 (100公克/包-需冷藏保存)

The 1-kilo cheese is made from 15-20 kg of fresh milk. Purely handmade, strong and rich milk flavor with excellent texture.

Standard and Price: 100g/pack, NTD 250. Freeze preservation is required.



牧場優格 Ranch Yogurt

用牧場優格可以去腥味，增加肉質口感，較軟嫩多汁。
規格售價 / NTD40元 (120ml/瓶-需冷藏保存)

To eliminate the unpleasant smell by using ranch yogurt while increase the texture of the meat, which becomes softer, tenderer and luscious.

Standard and Price: 120ML/bottle, NTD 40. Must keep refrigerated.

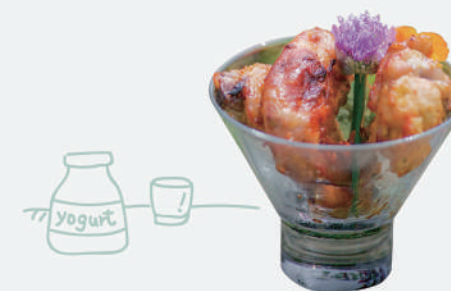


料理 課程

COOKING CLASS

01 # 優格香草烤雞翅

Milk salmon salad served with passion fruit yogurt jam



以優格醃清按摩後，再以薑、薑黃、紅蔥頭、黃咖哩、魚露調味，並加入摘自牧場菜園的百里香及香茅一起烘烤，微焦的外皮與柔嫩的雞翅肉，讓人口齒留香、意猶未盡。

Fresh and tender salmon is served with the main ingredients, the seasonal vegetables freshly-collected from the plantation of the ranch, to enrich strong and sweet flavor; incorporated with chef's specially-made ranch yogurt sauce, this palatable dish is ready to be served.

02 # 香煎奶汁鮭魚佐芥末籽醬

Roast chicken wings with tulip herbs



肉質肥厚甘甜的鮭魚，不僅適合生吃、煙燻當作前菜，也是海鮮主菜的要角。這道菜結合新鮮牛奶的潤滑，以及氣味十足的芥末籽，在彰顯食材特色之外，也充分呈現出料理的多層次之美。

Fresh and tender chicken wings are served with sweet grass to accentuate the flavor. The aromatic roast chicken wings are an impressive experience both for the eyes and for the palate. What can be savored is the true happiness and enjoyment.

03 # 瑪格麗特Pizza

Pizza Margarita

採用自家生產的莫札瑞拉起士，也融入地方風味客家鹹豬肉，出爐後起司綿密牽絲，加上番茄甜、羅勒香，鹹豬肉又美味，一口咬下，著實令人滿足。

Fresh ingredients spread on the handmade crust with the involvement of ranch's homemade Mozzarella Cheese, an enjoyment of pure perfection and happiness.



超越每次料理的感動！



CHEF
授課主廚

黃國成
Sam

The heart touching sentiment that gets beyond each dish.

型男主廚的客家菜教室



在那曾經人煙罕至的荒山野嶺，涂家勤勤懇懇、晴耕雨讀，打造了一方有機田園；春有桃李與竹筍，夏有南瓜百香果，秋有水柿及老薑，冬有草莓福菜香。也因為「田媽媽」廚房裡終年澎湃的菜餚，讓往來於 130 公路的人群車輛熙熙攘攘—暖心也暖胃，就在這風起雲湧、雲也居住在一起的溫馨客家庄。

In the desolate mountain that were once inaccessible, the Tu's family dedicatedly created an organic farm with diligence and effort; growing peaches, plums, and bamboo shoots in spring; pumpkin and passion fruit in summer; persimmon and ginger in autumn; strawberry and blessed vegetables in winter. Owing to the sumptuous cuisine cooked by the "Tian Mama" through the entire year, providing warm and comfort delicacies for people bustling on the route 130, at this wind-rising and cloud-surrounding Hakka village.

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雲也居

休閒農場

農村 廚房

FARM KITCHEN

依照當季生產的食材，運用客家人的廚房智慧，帶領遊客或許鹽、或許糖、或許陽光、柴火，去加以延長食材保存期限並改變食物滋味。了解客家食物起源與代表意義，透過食物認識客家精神。

Using the ingredients produced in season, following the wisdom of Hakka people, they lead visitors to extend the expiration date of ingredients and to change the flavor of food with perhaps salt, sugar, sunlight or firewood. The visitors can realize the origin and meaning of Hakka dishes, then recognize the spirit of Hakka through them.



這樣好玩

JUST FUN
10~20人成行

BUY NOW
購買行程



- 13 : 30 雲也居-休閒農場集合
Arrived at Mile High Leisure Farm.
- 14 : 00 農場導覽、蔬菜採集
Farm guiding tour and vegetables picking.
- 15 : 00 農村料理DIY，客家大灶體驗
Farm kitchen DIY, Hakka cooking experience.
- 17 : 00 客家團圓飯食光
Hakka reunion dinner time.

特殊 食材

FOOD INGREDIENT

薑 Ginger



對客家人來說，薑的妙用無窮，每年冬末春初時將帶有生長芽點並經過催芽的薑種埋入土中，約莫4、5個月後就能產出嫩薑；如果不採收，讓嫩薑在土中持續成長，再幾個月後可得到老薑；再繼續放著直到隔年就成薑母。

For Hakka people, ginger is extremely useful. Every year before the spring comes, they buried the seeds with ginger sprouts, and it will grow young ginger within 4-5 months. Once if we don't harvest the ginger for several months, it will turn into old ginger. What if we leave the ginger over a year, it then will become the so-called "Aged Ginger."



芥菜 Mustard

一層粗鹽一層芥菜以大石頭壓醃約2個禮拜到2個月就成酸菜；將酸菜取出陰乾到即將乾時將其塞入瓶罐中緊密壓實，然後覆倒放3到6個月就是福菜，將其密封於薑中貯存一年以上就是梅干菜了，品質好的梅干菜會散發如梅子般的酸甘香氣，非常迷人。

A layer of coarse salt and a layer of leaf mustard marinated with a big rock, it will become sauerkraut within two weeks to two months. Took out the sauerkraut, solarizing until fully-dried, and then loaded in the jar for about three to six months, it then turns in to "Fu-Cai." If the jar is stored for over a year, it may become the so-called "Fermenting Mustard Green," which the high quality fermenting mustard green will emanate the fascinating plum-flavored aroma.

在地 伴手

PRESENT

黑糖薑醬 Brown Sugar Ginger Sauce

以農場自種老薑泥加上黑糖拌炒，細火慢熬散發出濃濃薑香與黑糖香，原料僅有老薑與黑糖，成分單純。食用時可用2匙黑糖薑醬加上200cc熱水加熱水沖泡為黑糖薑茶，也可加湯圓或地瓜自煮一碗暖暖甜湯，或是搭配麵包、麻糬、吐司等點心，甜而不膩更暖胃。

規格售價 / NTD150元 (200公克/玻璃罐裝-常溫保存)

Stir and fry the farm's self-grown ginger with brown sugar, stewing merely the aged ginger and brown sugar with low fire, which emits the intense and fragrant aroma. While eating the sauce, pouring about 200c.c. hot water with two spoons of sauce can make a cup of brown sugar ginger tea; boiling a bowl of sweet warm soup with glutinous rice balls or sweet potatoes; or enjoying comfortingly with some bread, mochi and toast.

Standard and Price: 200g/jar, NTD 150. Store at room temperature.



生鮮蔬果 Freshest Vegetation

草莓、白玉李、紅肉李、百香果摘採、節瓜、芥菜、高麗菜、各時節生鮮蔬菜與水果。

規格售價 / 生鮮蔬果，重量與價格依時節不同而變化，

Strawberry, white and red plums, passion fruit, zucchini, mustard green, and cabbage, different vegetation for representative season.

Standard and Price: weighing charge for different vegetation. Store at room temperature.



料理 課程

COOKING CLASS

01 # 梅干扣肉

Braised Pork with Preserved Vegetable

最具代表的客家菜之一，客家梅干扣肉要強調的就是那梅干菜帶來的梅子味回甘與清香，透過長時間的火力烹煮讓肉類軟化，讓五花肉中的脂肪變得肥而不膩，入口充滿脂肪甜美與梅干香氣，搭配白飯能夠連吃好幾碗。

As the most representative Hakka dishes, the Hakka braised pork with preserved vegetable should emphasize the plum-flavored aroma. Stewing the pork for a long time to soften the meat, making the pork belly become fat but not greasy. With the sweet taste of fat and plum-flavored aroma, it is effortless to savor with several bowls of rice.



02 # 蘿蔔糕

Radish Cake

客家的蘿蔔糕，客家人稱之為版，它是在來米漿加入一定比例的白蘿蔔絲後蒸熟，它不像台式的粿只有米香，也不像港式蘿蔔糕那樣豐富，它聞起來就是滿滿冬天當季蘿蔔的香氣，並帶著蘿蔔「好彩頭」的祝賀之意，成為年節時最符合節氣的團圓菜。

Hakka radish cake, which is known as Hakka flat noodles for Hakka people, is steamed with a certain proportion of white radish shreds mixed with rice milk. Unlike the Taiwanese rice pudding with rice fragrance and the abundance of Hong Kong style radish cake, the Hakka radish cake emits plentiful fragrance of winter radish. With the congratulatory meaning of "Good Luck," Hakka radish cake has become the most suitable cuisine during the Spring festival.



03 # 熱戀紅莓

In love with strawberries

是雲也居一農場冬季主要作物，體驗進到友善耕種的草莓園中現採，再透過主廚帶領，調一杯適合自己口味的甜美草莓飲料。

Strawberry is the main vegetation in Mile High Leisure Farm. Experiencing the strawberry-picking in the friendly-cultivating orchard, brewing a suitable sweet strawberry drink led by the chef.



來去灶腳，動手烹煮客家好滋味。



CHEF 授課主廚

涂育誠 A-Tu

Let's cook the best flavor of Hakka cuisine!

台灣山海的滋味 當八仙山遇見太平洋

私房雨露

休閒農場



私房雨露休閒農場，是自然生態園區，座落於八仙山下的森林農場。四季是冬暖夏涼好氣候。走進園區，看見一片森林、遠處層疊的山嵐雲霧及庭院裡的淙淙流水在此融為一體。在這裡，時間流動的緩慢且寧靜。

坐下來，慢慢的 慢慢的 細聽，山與風的自然對話。

Kurasu Leisure Farm is a natural ecological park and a forest resort located at the foot of Pa-hsien Mountain. The climate is fairly mild in winter and rather cool in summer. Walk into the park and see a large forest, where the gurgling stream in the courtyard blends into the clouds and mists stacked up layer upon layer in the mountains from the distance. The time flows slowly and peacefully here.

Sit down, slowly, slowly and listen carefully to the natural conversations between mountains and the wind.

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農村 廚房

FARM KITCHEN

位於松鶴部落裡的私房雨露佔地6000坪，在這片土地裡，種植了約30種的香草、蔬菜及水果，遊客們除了可以在有機菜園裡體驗親手採摘的樂趣，還能到森林裡的原木廚房中學習台灣料理並認識台灣山海森林食材，品嚐來自台灣山林的香與太平洋的鮮。

Located in the Tbulan Tribe, Villa Kurasu has hold the land for over 20,000 sq ft. More than 30 kinds of aromatic herbs, vegetables, and fruits are planted on the farm, providing visitors with the pleasure experience of picking organic vegetables personally. Besides, in the wooden kitchen, they can also learn to make Taiwanese cuisine and recognize the ingredients from both the mountain and ocean. Furthermore, the fragrance of Taiwan's mountain and the freshness from the Pacific Ocean are then well-prepared to be tasted!



這樣 好玩

JUST FUN
4~12人成行

BUY NOW
購買行程



- 10:30 慢步松鶴部落，時光倒流之旅
Wander through Tbulan Tribe, a trip back in time.
- 11:00 園區食材採摘與認識
Pick and learn about the ingredients within the park.
- 11:30 台灣山海的滋味料理課程
Savor of Taiwanese mountains and seas cooking class.
- 13:00 品嚐手作的成果
Relish handmade delicacies.
- 14:00 森活午茶時光
Afternoon tea time in the forest.

特殊 食材

FOOD INGREDIENT



刺 蔥 Tana (Ailanthus prickly ash)

外觀與香椿相似，但刺蔥背面有刺，又稱鳥不踏，營養價值之高，有蔬菜之王的美稱，是原住民慣用香料之一。

Outward appearance similar to Chinese mahogany, Tana is also known as Decaisne Angelica Tree since thorns are grown on its back. With high nutritive value, Tana has the reputation of the king of vegetables. It is one of the spices commonly used by the indigenous people.



香蘭葉 Pandan Leaf

香蘭葉又稱班蘭葉，有獨特香氣和味道，食用起來會散發類似芋頭的香氣，汁液可為最天然的染劑。

Also known as Pandan leaf, Pandanus amaryllifolius has a distinctive aroma and taste. It gives off a fragrance likened to a taro while eating, and its sap can be used as the most natural colorant.

在地 伴手

PRESENT

炭燒豬腳 Charcoal Roasted Pork Knuckle

膠質滿滿、皮Q肉嫩的豬腳，每爐都用木炭燉煮6小時而成。

規格售價 / NTD780元 (1000公克+500公克醬料-需冷凍保存)

Rich in collagen, al dente and tender in texture, the pork knuckles are stewed and cooked for up to 6 hours inside the charcoal oven.

Standard and Price: 1000g + 500g sauce, NTD 780. Freeze preservation is required.



松子香椿醬 Pine Nut and Chinese Toon sauce

特選優質香椿葉片及松子製出風味獨特之香椿拌醬，風味香氣濃郁。

規格售價 / NTD300元 (208公克/罐-需冷藏保存)

Chinese Toon blades and pine nuts are specially selected to make this unique Chinese Toon sauce. The taste is strong with an aromatic flavor.

Standard and Price: 208g/jar, NTD 300. Must keep refrigerated.



料理 課程

COOKING CLASS

01 # 野菇味炊飯

Steamed Rice with Wild Mushrooms

這一碗農村傳統炊飯裡，食材依序炒製把香氣匯聚在鍋內，才把米加入拌炒，讓食材的香氣、鮮味包覆並融入米粒，燜煮之後掀開飯鍋，香氣引發食慾，晶瑩剔透的米飯，每一口都有台灣在地的香氣。

In terms of the bowl of this traditional rural steamed rice, the ingredients are stir-fried in order for flocking together the fragrance inside the pot before being mixed and sautéed with rice, then the fragrance and freshness of the ingredients are wrapped and blended into the rice grains. Lift open the rice cooker after it is cooked, the rich and pleasant aroma of the crystal-clear rice is just appetizing. One can discover the sweet smell of Taiwanese local flavor in every bite.



02 # 香烤馬告鬼頭刀

Grilled Dolphin Fish in Makao Flavor

來自太平洋的鬼頭刀，新鮮直送私房雨露，用自家農場的刺蔥等香料醃漬，用最能品嚐到魚肉鮮甜的熱烤方式料理，最後用台灣原住民的馬告山胡椒提味，完成一道山海交會的美味。

The dolphin fish that comes from the Pacific Ocean is freshly and directly delivered to Kurasu Leisure Farm. Marinated with homegrown spices such as Tana, the fish is grilled upon applying a specific method that can preserve most of the sweetness and freshness of the meat before being topped with the indigenous Makao mountain pepper to improve its taste. A dainty formed by the mountain and ocean is ready to be served.



03 # 香蘭蔬果拌海味

Pandan Fruits and Vegetables Served with Seafood

把鮮蝦切成小塊保持彈牙口感，混入肉末之後用細香蔥調味，再用農場當季的蔬菜捲入香蘭餅，這是一道程序繁複的料理，但在入口的瞬間，讓人一次品嚐到蔬果的鮮脆、鮮蝦的彈牙，還有香蘭香蔥的香氣。

Fresh shrimps are cut into small pieces to retain al dente texture. Homegrown seasonal vegetables are added to make Pandan rolls after being mixed with minced meat and chives to improve the flavor. Though it is indeed a very complicated culinary procedure, one can savor the crunchiness of veggies, the firm texture of fresh shrimps and the fragrance of Pandan and chives as the taste enters and spreads inside the mouth.



私房雨露是個有愛有溫度的農場，用最新鮮的食材講求原味，為您款款相待。



CHEF
授課主廚

江孟柔
Tina

Kurasu Leisure Farm is a loving and heartwarming farm which applies the freshest ingredients of original taste to treat you with sincerity.



向禾休閒漁場所在地原本是魚塢，位於鰲鼓溼地森林園區入口處附近，經過10年的整建，目前已取得「環境教育設施場所」認證，除了是認識鰲鼓溼地環境與養殖漁業的好地點外，園區也以早年活躍於浙江、福建、廣東沿海跟台灣海峽之間的海盜「蔡牽」故事為背景，以「蔡牽海盜村」為主題，在園區內提供海盜船等趣味體驗，並於2020年全新推出農村廚房，讓這裡成為鰲鼓溼地風聲之外的笑聲大本營。

The location of Xianghe Leisure Fishing Farm used to be a fish farm near the entrance Aogu Wetland and Forest Park. After 10 years renovation, it had acquired the authorization of Environmental Education Facilities. Besides realizing the Aogu Wetland and aquaculture, the farm takes the subject of "Tsai Chian Pirate Village" and provides interesting experience of pirates. Therefore, the farm released the brand-new farm kitchen in 2020, which made the farm the most delighted place in Aogu Wetland.

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農村 廚房

FARM KITCHEN

帶領遊客在一艘宛如海盜船的廚藝教室裡，由海盜主廚教大家自己動手鹽焗台灣鯛，燒一碗大蝦痛風湯，製作「鮮蚶蓋飯」，小小一碗炒飯裡鋪著滿滿數十顆肥蚶，每一口都是東石的在地食材，每一口都有新鮮滋味與食材故事，每一口都能搭著海盜的痛風與歡樂，讓人傻呼呼的只剩下笑容。

Lead the sailors to the cooking course on the pirate ship-like classroom. The chef teaches the cuisine of Vanilla Salt Grilled Taiwanese Tilapia, Seafood Clam Soup, and Fresh Oyster Rice. One can realize the local ingredients and the freshness story in every bite of the dishes. With the delicacy filled with one's mouth, only the delighted smile hang on the face.



這樣 好玩

JUST FUN
8~20人成行

BUY NOW
購買行程



- 10 : 00 著海盜服裝出海採集食材—鮮蚶
Dress up the pirate suits and sail out collecting fresh oyster.
- 10 : 20 換青蛙裝捕魚及下水打撈海菜
Dress up the frog suit to catch fish and picking seaweed.
- 10 : 40 搓洗海菜、挑擔曬海菜趣
Rinse, carry and sun-dry the seaweed.
- 11 : 00 海上料理體驗
Cooking experience on the sea.
- 12 : 30 鮮味品嚐
Taste the freshness cuisine.
- 13 : 30 餵魚體驗
Experience of feeding fish.

特殊 食材

FOOD INGREDIENT



牛奶蚵 Milk Oyster

對東石與鰲鼓溼地等臨海鄉鎮來說，鮮蚵是當地最幸福的肥美滋味了，特別此處鮮蚵號稱「牛奶蚵」，意指像牛奶一樣純淨、營養價值高。

To Dongshi and other townships near the sea, the oyster is the representative of local happiness. Named as milk oyster, which means that it has the pure outside like milk, and the high nutrition inside.



海菜 Seaweed

在風和日麗，北緯23.5度，位於鰲鼓的向禾休閒漁場以紅樹林自然生態，輔以低碳低電方式養殖海藻，並混養低密度的魚蝦蟹貝螺形成食物鏈，不用任何藥物搭配水質管理系統，養殖著高營養的海藻。

In the sunny weather, at 23.5 degrees north latitude, the Xianghe Recreational Fishing Farm in Aogu uses mangrove natural ecology, supplemented by low-carbon and low-electricity method of cultivating seaweed, and polyculture of low-density fish, shrimp, crab and shellfish to form a food chain. No medicine is combined with the water quality management system to cultivate high-nutrient seaweed.

在地 伴手

PRESENT

海藻醋 Seaweed Vinegar

使用在地養殖海菜天然發酵的海藻醋含有豐富天然多醣體，以及海藻多酚具抗氧化，讓腸胃加強蠕動。

規格售價 / NTD980元 (380ml - 常溫保存)

Use the local-cultivated seaweed as ingredient, the vinegar contains abundant polysaccharide and polyphenol, which are beneficial to one's digestive system.

Standard and Price: NTD 980/pack. Store at room temperature.



料理 課程

COOKING CLASS

01 # 香草鹽烤台灣鯛

Vanilla Salt Grilled Taiwanese Tilapia

台灣鯛就是吳郭魚，早年因飼養技術不佳，充滿土味。近年養殖漁業技術發達，台灣鯛在飼料與水質環境提昇後，肉質變得十分鮮甜，而且沒有土味，成為極好的食用魚種。在海盜的農村廚房中可以運用粗鹽等簡單材料將鯛魚鹽烤，品嚐簡單天然的原味鮮甜。

In early years, Taiwanese tilapia tasted ground owing to substandard cultivation skills. Nowadays, Taiwanese tilapia has become one of the best meat quality fish species in Taiwan. In the farm kitchen, grilled with crude salt, tasted the simple nature flavor of the fish.



02 # 水果海藻捲

Fruit Seaweed Roll

利用向禾海菜池中現撈的海菜，加上高麗菜、奇異果、小番茄等在地蔬果食材，加上些許醋與醬，呈現蔬果與海菜的清爽滋味。

Roll the local ingredients of seaweed, garlic, kiwi, tomato, season with a little vinegar and sauce, the dish provides the freshness of seaweed and vegetation.



03 # 海鮮文蛤湯品 Seafood Clam Soup

利用在地養殖的白蝦，加上來自外傘頂洲的文蛤，以及豆腐、土雞蛋等農村食材，簡單烹調後，呈現一碗充滿海洋滋味的熱湯。

Select the home-bred white shrimp and clam, combine with local tofu and eggs, the soup is full of the flavor of the ocean with just simple cooking process.

04 # 鮮蚵蓋飯料理 Fresh Oyster Rice

這是海盜農村廚房最大亮點。將來自外傘頂洲以及東石鰲鼓溼地海濱養殖的鮮蚵，以簡單的清燙方式燙熟後，鋪在白飯上。重點在於鮮蚵數量極多，可在白飯上鋪滿好幾層，為學員帶來強烈的幸福感與視覺震撼。

As the highlight of the pirate farm kitchen, the chef selected the oyster from Waisanding Sand Bar and Aogu Wetland shore. After blanched the oysters, the chef directly places several layers of them on the rice. The visual shock does bring the strong happiness to the members.



尋找海盜的澎湃料理。



Farm Master 農旅達人

蔡恭和 Tsai Gong Han

Treasure-hunting the Heroic Cuisine of Pirates

山居廚房
茶香雲霧飄渺



龍雲

龍雲農場位處森林中，常年雲霧繚繞，美不勝收，是一處絕佳避暑勝地，走入森林步道中除了自然美景盡收眼底，空氣中豐富的芬多精與負離子讓我們在呼吸中享受大自然的恩典，而農場提供自產的有機時蔬，供遊客享用品嚐幸福滋味，夜間豐富的生態讓人充滿無限驚喜！

Longyun Leisure Farm is surrounded by forest trees and mists and clouds. This beautiful farm is a great place for spending your summer vacation. Stroll along its forest trails to appreciate nature's beauty and immerse in phytoncides and ionizers which are good for your health. Farm-grown organic vegetables, which exude the taste of happiness, are served. The farm at night is full of surprises. Stay on to explore the nature by then!

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農場

農村 廚房

FARM KITCHEN

換上雨鞋、戴上斗笠、背上有農村LV之稱的「茄芷袋」，由農場主人帶領，從認識無毒菜園開始，親自採摘蔬菜，回到廚房內，有專業的「農村廚師」與您分享最在地口味的料理，邊做菜，邊欣賞山林美景，時而雲霧環繞，時而天晴，眺望遠處山景。

Put on rain boots and bamboo hat, carry kagiami bag, the LV of rural village on the back and follow the farm owner to the chemical-free vegetable garden to get familiar with the environment, collect vegetables before returning back to the kitchen where a professional "rural chef" awaits to share with you the most authentic local dishes. Look out into the mountains afar and appreciate the beauty of nature while preparing the homemade dishes amidst the delicate and graceful scenery filled with blue sky, green forests and misty clouds.



這樣 好玩

JUST FUN
8~20 人成行

BUY NOW
購買行程



- 10:00 換上農夫裝採菜去，包含茶園導覽、森林漫步
Put on farmers' clothing and head to the vegetable garden for harvesting after gathering together at the farm.
- 11:00 回到廚房，製作山村料理
Return to the kitchen and make mountain village dishes.
- 12:00 擺盤，品嚐自製料理
Plating, savor homemade dishes.

特殊 食材

FOOD INGREDIENT

阿里山烏龍茶 Alishan Oolong Tea

高山茶種植於海拔一千公尺以上，日夜溫差大，日照較短，使得茶樹生長速度較慢，芽葉成份中兒茶素類等苦澀成份低，且芽葉柔軟、葉肉厚，因此茶湯色澤翠綠鮮活，滋味醇厚，口感清香順口、回甘，別有一股高山韻味，喉韻無窮。在農場櫃檯即可買到，每盒六小包裝，150元/盒，常溫保存即可。

Alpine tea planted at an altitude of more than 1000 meters where the temperature varies between day and night. With short duration of sunshine, the tea tree grows more slowly than usual. As the content of the bitter and astringent catechin ingredients inside the soft bud leaf is relatively low plus the thickness of the mesophyll, the color of the tea liquid is fresh and green with mellow flavor. The tea, sweet, smooth and delicate in texture, possesses a particular high mountain charm and endless aftertaste. Alishan Oolong Tea bags are also available for purchase. Each box contains 6 packs sold at NTD 150 and should be stored at room temperature.

愛玉 Aiyu Jelly

愛玉是桑科榕屬爬藤植物，果實外型長的像土芒果，愛玉子經過陽光曝曬、乾燥，以利保存。愛玉子富有飽滿的天然果膠，須在富含礦物質的水裡經過搓揉後，釋放出果膠，凝結成凍，是炎炎夏日最佳消暑甜品。

Aiyu is a climber plant which belongs to ficus mulberry family. The outward appearance of its fruit looks like a mango. The seeds of aiyu are exposed and dried in the sun to facilitate preservation. Rich in natural pectin, aiyu seeds can release pectin and condense into jelly after being rubbed in the water abundant in minerals. It is the best cooling dessert in the summer.

在地 伴手

PRESENT

苦茶油 Camellia Oil

苦茶油是由「油茶樹」的果實經榨油機壓榨而得，含有山茶甘素與維生素A、E，更含有豐富的單元不飽和脂肪酸，素有「東方橄欖油」之稱，其發煙點達兩百度以上，適合煎、煮、炒、炸等各式料理，生飲可保護腸胃、幫助消化預防心血管疾病。

規格售價 / NTD500元 (250ml/瓶-常溫保存)

Camellia oil comes from the fruit of "camellia tree" upon being pressed by the oil press. Containing camellia dulcin, vitamin A, vitamin E and plentiful monounsaturated fat, camellia oil is known as "the olive oil of the east". The smoke point of camellia oil can reach up to 200 degrees, which makes it suitable for cooking, pan-frying, stir-frying and deep-frying with all kinds of dishes. Drink it raw to protect stomach and bowels, promote digestion and prevent cardiovascular disease.

Standard and Price: 250g/bottle, NTD 500. Store at room temperature



料理 課程

COOKING CLASS

01 # 茶香雞麵線

Chicken Thin Noodles in Tea Flavor

以苦茶油將雞肉煸出香氣，拌入現煮麵線，搭配現採青菜，香氣迷人。

The fragrance of the chicken transpires while being stir-fried in camellia oil. Mixed with the freshly-cooked thin noodles and freshly-picked veggies, the dish is aromatic and enticing.



02 # 烏龍茶香粿

Oolong tea-flavored Rice Pudding

將阿里山烏龍茶結合在地古早味小吃，越嚼越香。

Alishan oolong tea is integrated with local traditional snack. It becomes tastier after chewing.

03 # 水果愛玉凍

Fruit Aiyu Jelly

玫瑰造型的愛玉凍，搭配黑糖珍珠，是大小朋友都愛的一道甜點。

Rose-shaped aiyu jelly served with brown sugar tapioca balls is an enjoyable dessert popular among both adults and children.



在地食材，簡單烹調，享用自然。



Farm Master
農旅達人

鄧雅元
Jaden

Native ingredients, simple cooking, enjoy the nature.

四季食材與在地料理的美味碰撞

尋寶廚房



大坑休閒農場是台南人情味代表農場，由養雞畜牧業轉型，設有歐式建築可住宿，山泉SPA可療浴身心，旅客可深度參與主人的農作行程，來場當季的食材旅行，阿公嬭種的菜，栽的果，養的雞，全部供應給農場餐桌，場內總是看見阿嬭一邊揀菜邊與旅客招呼笑談，吃一頓下來就可認識到整個農場家族豐富故事。現在起，旅客也可以料理延續自己與農場的故事。

Daken Leisure Farm is the representative farm of Tainan's friendliness. Transform from livestock husbandary to leisure farm, Daken Leisure Farm set European accommodation and SPA for tourists to rest themselves. Besides, tourists can also attend to the farmer's experience, experience the journey of picking seasonal ingredients and bring them to the table. Once having a meal with other tourists and the elderly, it just like listening to a great story of farmers' family. Besides, the tourists can start on their own story.

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大坑

休閒農場

農村 廚房

FARM KITCHEN

遊程設計府城人氣食材入菜，再融入臺南農村元素，加上大坑農場經典料理風格，四季都有豐富特殊食材的田園也開放並且讓旅客參與農事操作過程，大家終於可以更深入地融入這個團結家庭當個成員，一起來演出農場歡樂劇。

The courses combine Tainan's popular and traditional ingredients and the classic cooking style of Daken Leisure Farm, one can experience abundant seasonal ingredients and farming activities. People can finally involve into this cooperative family and perform in this delighted farm drama.



這樣好玩 JUST FUN 10~20 人成行 BUY NOW 購買行程

- 09:30 農場環境介紹
Introduction of the farm environment.
- 10:00 蔡阿嬭的豬舍巡禮/採集食材
Visiting Grandma Tsai's pig house and picking ingredients.
- 10:30 農事體驗-筍園插旗、果園採果
Farming Experience- flagging at the bamboo shoot field and picking fruits.
- 11:00 料理廚房體驗
Cooking Experience.
- 12:30 台南特好味料理品嚐
Tasting the fantastic Tainan cuisine.

特殊 食材

FOOD INGREDIENT



麻竹筍 Bamboo shoot

挑選麻竹筍主要有三大準則，一是外皮挑黃不挑綠，二是筍肉纖維要細嫩，三是筍屁股要夠大。麻竹筍生長非常快速，特別遇到下雨，往往今天來看剛剛冒出一個芽，隔天就已冒出土面6、7公分；筍子的特色就是當它破土與空氣接觸，很快就會轉青發苦與纖維化，準備變成竹子，因此筍農必須天天巡視竹園，發現新筍就要為它覆蓋表土並做上記號，讓其在濕潤泥地下安穩成長，並等隔一兩天後就來割取。

There are three rules of choosing bamboo shoot: First, yellow skin but not green. Second, soft fiber and the flesh. Third, the button of bamboo shoot must be thick enough. While raining, bamboo shoot can grow extremely fast for about 7 cm a day. Bamboo shoot can easily turn green and bitter after exposing in the air; therefore, the farmers must patrol around the field and mark the seedling. It only took one or two days before the bamboo shoot is ready to be harvested.

在地 伴手

PRESENT

黃金珍珠樹子雞湯 Golden Cummingcordia Chicken Soup

俗稱「破布子雞湯」。選用同為台南大坑特產破布子，加上6個月大母土雞，加上特調藥膳，以炭火慢燉2小時，湯頭清澈甘甜帶炭香味，曾於年菜評比中獲獎，也曾吸引許多媒體採訪，適合帶回家加熱享用，更適合當成年節伴手禮。

規格售價 / NTD800元 (1200g/包-冷凍保存)

As one of the special local products, Daken Leisure Farm use the cummingcordia and 6 months free-range chicken to stew with medicinal cuisine for two hours. The color of soup is clean and taste with sweet aftertaste. The dishes once won the Chinese New Year dishes competition and attract numerous media for interviewing. It is suitable for family to savor at home or present as a New Year gift.

Standard and Price: 1200g/ bag, NTD 800. Freeze preservation.

蔡媽手作果乾 Mother Tsai's handmade Dried Fruit

蔡媽手作果乾：選用蔡爸親手種植的芒果、鳳梨、紅心芭樂等水果，以無過多添加物、保留原味營養方式加以乾燥而成，是大人小孩最健康的零嘴。

規格售價 / NTD120~150元 (180g/包-常溫保存)

Select the mango, pineapple, red guava cultivated by Father Tsai, Mother Tsai dries the fruit without adding and additive. With the original nutrition in it, dried fruit is the healthiest snack for everyone.

Standard and Price: 180g/ bag, NTD 150-200. Store at room temperature.



筍漬 Pickled Bamboo shoot

農場女主人蔡媽手作的農情伴手禮，每年4月到10月間，選用自家生產的麻竹筍製作，去皮切塊醃漬，沒有一般醃醬菜的重鹹口味，只有淡淡鹹甘，適合配稀飯或蒸魚。

規格售價 / NTD150元 (250g/罐-常溫保存)

Every year during April to October, Mother Tsai, the owner of the farm, selects the home-bred bamboo shoot and pickled after peeled and diced. Since it only contains a slight salted and sweet flavor, it is suitable for congee and steamed fish.

Standard and Price: 250g/ jar, NTD 150. Store at room temperature.



料理 課程

COOKING CLASS

01 # 竹筍虱目魚粥

Bamboo shoot Milkfish Congee



虱目魚是台南人的痴戀，而且夏天一定要吃竹筍飯湯。

當筍子與虱目魚相遇，帶來的就是台南山海的夏季涼風滋味。首先透過煎炒肉片帶出香氣，再用筍子熬粥，然後虱目魚進入一起快煮，起鍋時有著濃濃的筍子清香、更有肉質鮮嫩的虱目魚肚，入口爽脆與軟嫩兼具，台南山海滋味都在這一碗裡頭。

Milkfish is the favorite dishes in Tainan. Besides, one must try the bamboo shoot rice soup in summer. While the milkfish meets bamboo shoot, it brings the cool breeze of summer in Tainan. First, pan-fry the meat and steam the congee with bamboo. Then, add in the milkfish and stew all the ingredients together. With the aroma of bamboo and the soft taste of milkfish maw, Tainan's delicacies are all combined in this bowl.

酸筍雞腿排

Chicken Thigh with Sour Bamboo shoot



這道菜就是利用農場本身飼養的優質土雞腿，由主廚帶領學習如何去骨，水煮，接著將雞腿與酸筍跟新鮮筍子結合成一道主菜，入口時有酸筍的鹹與甘，還有新鮮筍子的鮮脆，並有豐厚的雞腿

膠原蛋白口感。

Choose the excellent chicken thigh from the farm, and mix up with both the sour and fresh bamboo shoot. With the sour and sweet flavor of bamboo shoot and the abundant texture of chicken's collagen, the main dishes is then ready to serve.

03 # 脆筍蝦鬆

Bamboo shoot Shrimp Floss



筍子最好的滋味，就是那鮮脆清爽的口感。

要感受這口感，沙拉涼筍是最簡單也最清爽的作法。

大坑農場的這道則是更進階與滋味更多元的作法。

採用類似一般蝦鬆的作法，但用筍子取代荸薺，入口後滿口香鬆脆。

The fresh and crispy texture of bamboo shoot is the best flavor. Therefore, cold dressing is the best way to enhance this texture. Daken Leisure Farm then improves the method by adding in the shrimp floss to bring out even more texture of this dishes.

親下田野，探索美味食材源頭！



CHEF
授課主廚

蔡佳儒
Ruby

Step on the field, discover the origin of the delicate ingredients!

與土匪雞 台南的放伴龍眼乾



台南 東山 淺山區，52公頃的農場中心是座獨立山頭，因為晨間、黃昏及雨後的雲海，讓山頭看起來像座湖中小島，故稱仙湖。

我們在這 實踐人與土地共生的農作生活，荔枝、龍眼、青皮椪柑、柳丁、咖啡四季農作及農村文化 在堅持中傳承與演進。

仙湖 在農作生活中體驗幸福

The center of the 52-hectare farm is an independent peak. Clouds surrounding the peak in the morning, dusk and after rain, looks like an island in a lake, hence the nickname: Lake of Heaven.

We practice farming and co-exist here, Litchi, Longan, Ponkan, Orange, Coffee seasonal farming keeps passing down and evolving under the insistence.

In Lake of Heaven, we experience happiness in the farm life.

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仙湖

休閒農場

農村 廚房

FARM KITCHEN

半日時長，深刻體驗在地文化、歷史、農作，讓參與者的情感與山村美好，一併綻放於餐桌上。

復刻一場兩百年前的午宴，從一席故事開始，我們一同入林，採集野生香草，延續一株咖啡苗的生命，到互助成就一次午宴。

這是人與山的共存之道。

A half-day tour that leads visitors to experience profoundly the culture, history and farming of the local area while allows the affections of the participants and the wonderfulness of mountain village to bloom on the table.

Replicate a lunch banquet two hundred years ago, to commence with a table full of stories, we go into the woods together to collect wild herbs, from extending the life of a coffee seedling to preparing a luncheon feast through mutual cooperation. This is the way to the coexistence between human and mountain.



這樣 好玩

JUST FUN
4~24 人成行

BUY NOW
購買行程



- 10 : 00 仙湖農村廚房概念解說
Explaining the idea of Fairy Lake Leisure farm.
- 10 : 10 龍眼樹下尋找咖啡小苗，製作咖啡小苗球
Look for coffee seedlings under the longan trees, make coffee seedling balls.
- 10 : 40 採集在地香料及餐桌布置花草
Collect native spices and decorate flowers and plants on the dining table.
- 11 : 00 製作菜單料理
Prepare menus and cuisine.
- 12 : 30 可以選擇林下食堂或本味作坊內品嚐料理
Savor palatable dishes at either forest canteen or original taste workshop.
- 14 : 30 無邊際戲水/林間漫步/拍網美照
Boundless paddling/wander among the forests/take attractive photographs.



特殊 食材

FOOD INGREDIENT

桂圓 Longan

百年傳統技藝柴焙，經歷入焙、生火、清米、翻焙、起焙，每灶耗時一週而成。

Traditional wood roast skill of a hundred years, it takes a week's time for every stove to produce longan products from baking, fire lighting, separating and heating to cooling.



在地 伴手

PRESENT

桂圓果醬 Longan Jam

柴焙桂圓基底，熬煮果醬，運用範圍廣泛且簡便，從傳統桂圓茶、甜湯，甚至單純作為抹醬使用皆可。

規格售價 / NTD180元 (200公克/瓶-常溫保存)

Wood roast longan are utilized as the base to cook and make into jam in longan flavor. The product is simple and easy to apply: from traditional longan tea, sweet soup even to bread spread, the range of application is just wide.

Standard and Price: 200g/jar, NTD 180. Store at room temperature.



朵朵-龍眼花茶包 Longan-flavored Scented Tea

花季盛開蜜源正濃時，將樹梢的花搖下，經反覆挑選，焙為茶。

規格售價 / NTD300元 (10小包/袋-常溫保存)

Rich honey is available in flower season. Shake down the blossoms from the treetop, pick out repeatedly the leaves for tea roasting and processing.

Standard and Price: 10 packs/bag, NTD 300. Store at room temperature



料理 課程

COOKING CLASS

01 # 伴雲-桂圓麻薑溫泉蛋拌米粉

Along with Clouds - Longan Ginger Sesame and Soft-boiled Egg Mixed with Rice Vermicelli

解構山村最珍貴的食補料理。

Deconstruct the most precious healing dish of mountain village.



02 # 放伴跑山雞

Teamwork Free-range Chicken

台式烤雞是農忙後的饗宴主角，我們利用蔬菜、香料來調味，讓大家在家也可以自己動手做。

Taiwanese-style roast chicken is the protagonist of the feast after the busy farming season. We season the dish by using vegetables and spices, allowing everybody to be able to make the dish on their own at home.

03 # 桂圓雲朵餅乾

Longan Marshmallow Biscuit

傳統柴焙桂圓乾，製作成桂圓雲朵餅，是一道簡便、易攜帶、保存且展現桂圓芬芳的甜點，體驗後能理解傳統柴焙桂圓風味及人文價值，也學習了一種運用果乾的簡便甜點技術。

Made with traditional wood-roast dried longan, Marshmallow biscuit is a simple, easy travel and easy-to-preserve dessert that displays the fragrance of longan fruit to the full. You will be able to realize the flavor and human value of the traditional wood-roast longan after partaking in the experience program and to learn a simple and convenient snack technique by making use of dried fruits.



來唷，我們來互相放伴做料理！



CHEF 授課主廚

丁敬純

Haru Ding

Come on, let's work together to make delicious dishes!



f facebook

農遊超市 Farmtour_Market



Instagram

farmtour_market



YouTube

台灣休閒農業發展協會



農遊超市 農遊超市

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 台灣休閒農業發展協會 廣告

 行政院農業委員會 補助



農村廚房
FARM KITCHEN

LEARNING LOCAL DISHES IN RURAL VILLAGE
RECOGNIZE THE TASTE OF TAIWAN OVER LAUGHTER

The so-called rural kitchen is the culinary practice kitchen at the production area in the countryside. Culinary teaching is naturally available, but passing on the knowledge of the ingredients is far more important. The content of the course is closely combined with the ingredients of this land, allowing everybody to see the beautiful appearance of the ingredients' growing on the farmland based on the concept of stage of agriculture. Meanwhile, the culinary culture and the knowledge of selection of the ingredients are conveyed.



台灣休閒農業發展協會 廣告



行政院農業委員會 補助