



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.



農村廚房
FARM KITCHEN

LEARNING LOCAL DISHES
IN RURAL VILLAGE



TAIWAN
FARM
KITCHEN

在農村裡學習在地料理 在歡笑中 — 認識台灣滋味

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。





Taiwanese Flavor Created by the Encounter of Native Ingredients

在地食材擦撞出的

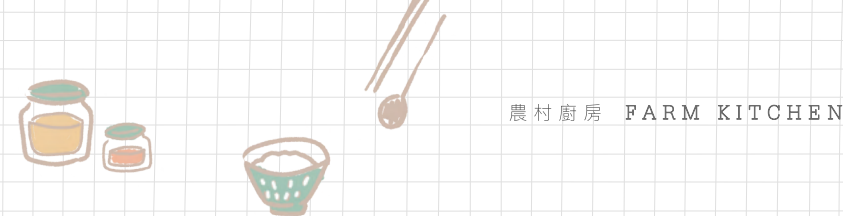
臺灣味

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、剁椒魚頭，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。



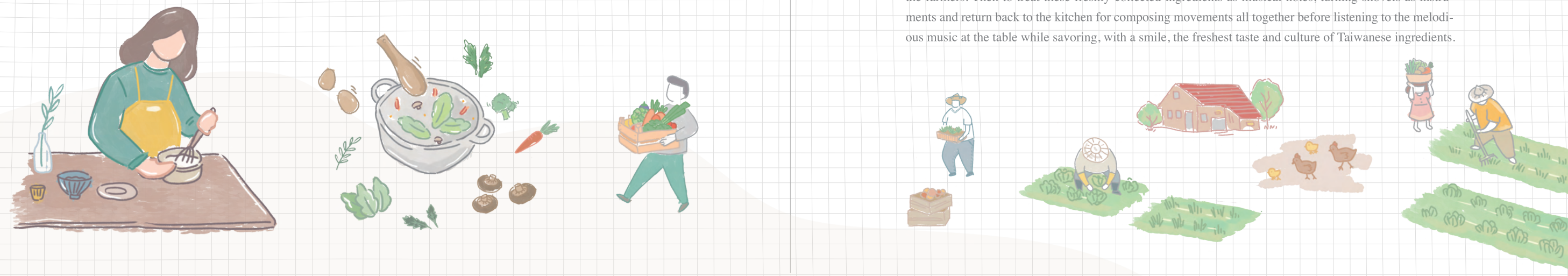
農村廚房 FARM KITCHEN

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

1



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.

3



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.

5



農產消費

Consuming Farm's Product

農旅伴手在地味

Produced and marketed locally.

Content



P.33 新北 千戶傳奇生態農場

New Taipei City Chienhu Chuanchi Ecological Farm

P.37 桃園 好時節休閒農場

Taoyuan Luckytime Leisure Farm

P.41 桃園 香草野園

Taoyuan Vanilla Ueno Park

P.45 新竹 水月休閒藍鯨魚寮

Hsinchu Huiyue Leisure Blue Whale Fish Farm

P.49 苗栗 卓也小屋

Miaoli Zhuo Ye Cottage

P.53 苗栗 飛牛牧場

Miaoli Flying Cow Ranch

P.57 苗栗 雲也居一休閒農場

Mile High Leisure Farm

P.61 台中 私房雨露休閒農場

Taichung Villa Kurasu

P.65 嘉義 向禾休閒漁場

Chiayi Xianghe Recreation Fish Farm

P.69 嘉義 龍雲農場

Chiayi Long Yun Farm

P.73 台南 大坑休閒農場

Tainan Daken Leisure Farm

P.77 台南 仙湖休閒農場

Tainan Fairy Lake Leisure Farm

P.21 台北 白石森活休閒農場

Taipei White Rock Organic Farm

P.25 台北 梅居休閒農場

Taipei M&G Family Leisure Farm

P.29 台北 福田園教育休閒農場

Futian village eco-educational farm

P.1 宜蘭 頭城休閒農場

Yilan Toucheng Leisure Farm

P.5 宜蘭 梅花湖休閒農場

Yilan Meihua Lake Leisure Farm

P.9 宜蘭 音樂米創意產銷企業社

Yilan Music Rice Agri-Marketing Studio

P.13 宜蘭 冬山良食農創園區

Yilan Dongshan excellent food agri. park

P.17 宜蘭 藏酒酒莊

Yilan Cang Jiu Winery





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。農場的食品教育、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.

INFORMATION

☎ +886-3-9772222

✉ tcfarm1252@gmail.com

🌐 www.tcfarm.com.tw

📍 宜蘭縣頭城鎮更新路125-1號

No. 125-1, Gengsin Rd., Toucheng Township, Yilan County



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 | 遊程時間 4.5 hr

20 min 有機菜園巡禮
Organic veggie farm tour.

40 min 認識當地食材、食材採摘
Know the local ingredients, ingredient picking.

120 min 農村廚藝教學3道料理
3-dish farm culinary course.

60 min 午餐以大自然美景相佐，分享廚藝成果
Lunch within the scenery, sharing of culinary creations.

30 min 農場知性之旅、園區生態導覽
Farm tour, Farmland Eco-tour.

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，可連皮帶肉食用，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。

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.

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。

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.



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.



玩

固定開團

馬上玩

每週六

無最低人數限制

每團最高參加人數15人

fixed date

Play now

Saturday

No minimum number of people
The maximum number of
participants per group is 15 people

...

特定開團

人多好玩

週一～週日

最低5人就成行

每團最高參加人數15人

specific date

Play Fun

Monday~Sunday

The Number of People is
5-15 Per Group.

...



以上行程需預約後使用
The above itinerary needs to be
used after reservation

浪漫梅花湖繽紛的饗宴

梅花湖

休閒農場



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.

INFORMATION

☎ +886-3-9613222

✉ ilan9612888@yahoo.com.tw

🌐 www.9612888.com.tw

📍 宜蘭縣冬山鄉環湖路62號

No.62, Huanhu Rd., Dongshan Township, Yilan County



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，令人敞懷。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 | 遊程時間 5hr

60min 認識當令食材
Know the ingredients.

30min 頭戴斗笠、手穿花袖，田間採菜去
Dorn the bamboo hat and floral sleeves, veggie-picking in the field.

90min 繽紛米苔目 棗到幸福
Silver noodles and dates.

60min 黑白切
Ooh-peh-chhiat (Simplified meals)

60min 梅花湖畔浪漫行
Romantic walk by the plum blossom lake.

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，以五香料及胡椒製作而成的「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。

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.



料理 課程

COOKING CLASS

01 # 繽紛米苔目

Silver Noodles of Vibrant Colors

農場時蔬與在地食材，製作出色彩繽紛的米苔目。

Local ingredients and seasonal vegetables create silver noodles of vibrant colors.



02 # 棗到幸福

Happiness Dates

討喜的金棗，融合在地食材，結合出酸酸甜甜的幸福滋味。

Golden dates and local ingredients bring out the sweet and sour aroma of bliss.



玩

固定開團

馬上玩

每週三

無最低人數限制

每團最高參加人數12人

fixed date

Play now

Wednesday

No minimum number of people
The maximum number of
participants per group is 12 people

...

特定開團

人多好玩

週一～週五

最低4人就成行

每團最高參加人數12人

specific date

Play Fun

Monday~Friday

The Number of People is
4-12 Per Group.

...



以上行程需預約後使用
The above itinerary needs to be
used after reservation



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.

INFORMATION

☎ +886-912-420831
✉ morningmarketyilan@gmail.com
🌐 www.morningmarketyilan.com
📍 宜蘭縣礁溪鄉番割田路44號
No.44,Fangetian Rd.,Jiaoxi Township,Yilan County



農村 廚房

FARM KITCHEN

從農村到市場，新鮮食材與人流每天往來穿梭在這段旅程中，地方人情文化因農市生活而連結與延續。本廚藝旅行帶領旅人前往菜市場挑戰買菜任務，從食材選購過程體驗市場人情味，走進市場教室手作宜蘭鄉土菜，再利用自產友善紫米，將市場好味道通通包起來！

From the farm to the market, fresh ingredients flow back and forth with the people on this journey. Culture and people are connected by life on the farm. Our culinary tour takes tourists on a challenge to purchase ingredients in the market, to experience the joy of ingredient-selection, then head on to the classroom and prepare hand-made Yilan local specialties, using locally produced purple rice to wrap up all the flavors of the market!



這樣 好玩 JUST FUN | 遊程時間 3 hr

- 30min 季節食材辨識、認識世界飲食文化
Identifying seasonal ingredients, get to know food culture of the world.
- 30min 依照菜單進行買菜任務
Ingredient purchasing challenge based on the menu.
- 60min DIY手作宜蘭鄉土料理，體驗在地的情感交流
Hand-made Yilan local specialties, experience the culture of the land.
- 30min 拍照、品嘗手作料理，也可打包回家與親友分享
Take pictures, taste hand-made cuisines, and bring some home to share with friends and family.
- 30min 從台灣玩到日本的市場導覽體驗
Market guided tour that takes you from Taiwan to Japan.



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。

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.

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。

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.



料理 課程

COOKING CLASS



01 # 一串心

Yilan Style Skewers

宜蘭在地特小吃，以豆腐殼搭配蔗燻臘味、季節蔬菜、紫黑米醋，配上紅通通的「萬用醬」（甜辣醬），那才算是道地的蘭陽味。

Yilan's local snacks, tofu shells mixed with cane-smoked cured meat, seasonal vegetables, purple and black rice vinegar, served with the bright red "universal sauce" (sweet and spicy sauce). These are the authentic flavors of Lanyang.

02 # 鹹菜結

Pickle Knots(Angel's Belt)

早期只有逢年過節才會上桌的宜蘭農村手路菜，以鹹菜、紅蘿蔔、豬肉(或蔬食：杏鮑菇、瓠仔乾)綁起打結即成。

An Yilan delicacy that used to only appear during festivals in the past. Made from pickled veg, carrots, pork (or the vegetarian option: king trumpet mushroom, dried gourd) bundled together into a knot.



03 # 市場好味捲

Market Rolls

用春捲皮捲起紫黑米飯、蔗燻臘味、美生菜，最後一定要再灑上花生粉，就是市場派好滋味。

Black rice, cane-smoked cured meat, and lettuce wrapped in spring roll skin, then sprinkled with peanut flour. A delicacy of the market.

玩

固定開團

馬上玩

每週一

無最低人數限制

每團最高參加人數20人

fixed date

Play now

Monday

No minimum number of people
The maximum number of
participants per group is 20 people

...

特定開團

人多好玩

週一～週日

最低2人就成行

每團最高參加人數20人

specific date

Play Fun

Monday~Sunday

The Number of People is
2-20 Per Group.

...



以上行程需預約後使用
The above itinerary needs to be
used after reservation



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.

INFORMATION

☎ +886-3-9582299

✉ dsagric1940@gmail.com

🌐 www.dsfa.org.tw

📍 宜蘭縣冬山鄉南興村中正路39號

No. 39, Zhongheng Rd., Dongshan Township, Yilan County



農村 廚房

FARM KITCHEN

以冬山河上游的素馨紅茶、中游的香魚、下游的良食米為素材，透過農村廚房帶領遊客體驗冬山河之美、品味冬山的美食生活。

Using jasmine red tea of the upper Dongshan river, ayu fish from the middle, and grain from the lower regions as ingredients, visitors are taken on an experience tour through the farm kitchen of the Dongshan river, savouring the taste of Dongshan cuisine while gazing at the beauty of the Dongshan river.



這樣 好玩 JUST FUN | 遊程時間 4hr

30min 活動解說、園區導覽，並依據節氣於園區內菜園進行農事體驗，內容包含翻土、種植、扦插等

Introductory events, guided tours, farming experience according to the season, including turning the soil, planting, and transplanting.

30min 前往冬山傳統市場或買吧採購食材，另可於種吧採摘季節限定蔬果

Head off to Dongshan traditional market or shops to purchase ingredients, or pick seasonal-dependent fruits in the plantation.

90min 烹煮四道菜(前菜、主食、主菜、飲品)，再進行擺盤即可完成美麗的套餐，拍張美美的作品照，再慢慢品嚐美食

Cook four dishes (appetizer, main course, main dish, drink), and practice food plating to create beautiful set meals, take a beauty pic, then taste the delicacy in front of you.

60min 品嚐親手做的美食

Taste the food you prepared yourself.

30min 前往買吧採購產地限定食材與伴手好禮

Head to the shops to select local food items and nice souvenirs.

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 “Sweet-fish.” 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「買吧」可供選購。

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 “Buy Bar” in Dongshan Excellent Food Agri. Park.



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。

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.



紅燒菇の鰻 Braised Eel with King Oyster Msuroom

冬山鄉農會及蘇澳區漁會共同聯合出品，GOOD鰻，即是好的鰻。

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



料理 課程

COOKING CLASS

01 # 海味季節時蔬

Seasonal Vegetables During The Seafood Season

傳統市場或種吧採集最新鮮的蔬果及海鮮，用最簡單的料理方式呈現食材的鮮味與美味。

Pick the freshest fruits, veggie and seafood at traditional markets or shops, showcase the freshness and flavor through the simplest of cooking methods



02 # 乾煎香魚佐在地風味鹽

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).



* 依季節限定另有櫻桃鴨、鰻龍魚等主題

* Cherry ducks, Chinese sturgeon and other themes available depending on season

03 # 養生五色飯 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.



04 # 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.



玩

固定開團

馬上玩

每週四

需三天前預約

無最低人數限制

每團最高參加人數16人

fixed date

Play now

Thursday

Need to make an appointment three days in advance

No minimum number of people
The maximum number of participants per group is 16 people

...

特定開團

人多好玩

週一~週日

最低4人就成行

每團最高參加人數16人

specific date

Play Fun

Monday~Sunday

The Number of People is 4-16 Per Group.

▼

每週二公休

Closed every Tuesday



以上行程需預約後使用
The above itinerary needs to be used after reservation



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.

INFORMATION

☎ +886-3-9778555

✉ cangjiu.cho@msa.hinet.net

🌐 www.cjwine.com

📍 宜蘭縣頭城鎮更新路126-50號

No. 126-50, Gengsin Rd., Toucheng Township, Yilan County



農村 廚房

FARM KITCHEN

發酵是台灣常見的，生活中的醋、醬油、豆瓣醬、茶、咖啡、酒、麵包...等等都是發酵的產物。現在，藏酒酒莊為了讓大家都體驗發酵的美味而有了微醇廚房。物種，風土，烹調是食物味道的三元素，加上時間的醞釀和微生物的發酵讓食物更美味、更營養、更易於儲存的方法。誰知那個泡泡過中，它真的能提升食物的風味！而且發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拉開廚房玩味序幕，可以學習到如何利用米麴發酵的甘酒、甜酒釀，鹽麴等發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，體驗發酵美味的魔法，嚙出口口好時光的微醇滋味。

Fermentation is commonly seen in Taiwan's daily life, such as vinegar, soy sauce, spicy bean sauce, tea, coffee, wine, and bread, are all fermented products. To provide the delicacy of fermentation, Cang Jiu Winery has established the "Time Fermentation Farm Kitchen." Species, terroir, and cooking are the three elements of the taste. 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. 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 | 遊程時間 4hr

- 40 min 發酵體驗解說及酒莊莊園風貌的概略介紹
Introduction to the fermentation process and the winery scenery.
- 40 min 香草植物介紹及當季食材採集，增添料理的風味及視覺感官
Introduction to the herb plants and ingredient picking, adding zest to the flavor and visual.
- 40 min 體驗發酵DIY新健康潮流飲品的康普茶—「笑醇茶」活動(會依季節不同而調整)
Experience DIY fermentation of the new health craze -the kombucha drink event (may vary according to season)
- 60 min 廚藝學習三種手作料理的體驗，由料理師傅教授料理方式 (依季節變換)
Learn 3 hand-made cuisines, preparation methods conveyed by the chef (may vary according to season)
- 60 min 品嚐親自手作的三種料理，可品嚐師傅專業料理。搭配酒莊的白葡萄酒進行美食好酒的饗宴
Taste the three dishes you prepared yourself, and sample cuisine prepared by the master chef. A banquet accompanied with white wine from the winery.

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。

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.

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。

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.

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。藏酒為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。

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.



料理 課程

COOKING CLASS

01 # 紅麴味增帶魚花捲

Red Koji Miso Hairtail Roll

將在地發酵的元素紅麴、鹽麴、酒釀三種元素，濃郁的甜酒香紅麴酒，並結合在地漁港四季都有的白帶魚魚種，撒上發酵後的鹽麴粉，切片後煎至金黃，更可以襯托出香甜的藏仙紅麴酒的酒香。

Using the three locally fermented elements of red koji, salt koji, and fermented rice, combined with the rich sweet wine and red koji wine, and white hairtail species available across all seasons, sprinkled with fermented salt koji powder, slice and grilled till golden in hue, to bring out the sweet aroma of Tibetan red koji wine.



02 # 金棗萬壽菊玉子燒

Golden Date Marigold Tamagoyaki

使用在地宜蘭特產的水果金棗所釀製而成的蜜金棗，香甜滋味，再搭配莊園所栽種的芳香萬壽菊香草採摘，再與農場所飼養的雞孕育出來的土雞蛋結合拌勻，放入平底鍋一起煎炒的玉子燒料理。

Using Yilan local golden dates to make honeyed golden dates, a sweet taste coupled with picking of the fragrant marigold in the field, mixed and stirred with eggs from the chicken on the farm, then put in a pan and fried into tamagoyaki.

03 # 紅麴醬飯糰

Rice Balls with Red Yeast Sauce

精選白飯加入酒莊精心釀製的紅麴味增、紫蘇醋，再拌入白芝麻拌勻的日式飯糰，其內餡佐入乾紫蘇，海帶芽，增添了飯糰的整體口感風味。

Carefully selected white rice with added red yeast miso carefully brewed in the winery, and perilla vinegar, then mixed with japanese rice balls mixed with white sesame seeds. The stuffing is mixed with dried perilla and kelp, which adds to the overall taste and texture of the rice balls.



玩

固定開團

馬上玩

每週三

需七天前預約

無最低人數限制

每團最高參加人數12人

fixed date

Play now

Wednesday

7-day advance booking required

No minimum number of people
The maximum number of
participants per group is 12 people

...

特定開團

人多好玩

每週四

需四天前預約

最低6人就成行

每團最高參加人數12人

specific date

Play Fun

Thursday

4-day advance booking required

The Number of People is
6-12 Per Group.

...



以上行程需預約後使用
The above itinerary needs to be
used after reservation

森林深處的老灶腳

白石森活

休閒農場



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.

INFORMATION

☎ +886-2-27943131

✉ whiterock58@gmail.com

🌐 www.whiterockfarm.com.tw

📍 台北市內湖區碧山路58號

No. 58, Bishan Rd., Neihu Dist., Taipei City



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 | 遊程時間 4.5 hr

- 30min 園區生態導覽，介紹活動環境與流程
Farm Eco-tour, introduction to the farm environment and itinerary.
- 30min 認識有機蔬果、香草植物，鮮採有機草莓、與烹飪花草
Get to know organic fruits and vegetables, herbs, picking of fresh strawberries, and cooking with flowers and shrubs.
- 90min 以全食物概念之料理烹調；手作草莓和菓子，傳統工藝糰模製作體驗
Cooking based on the whole food concept, strawberries and confectioneries, making of traditional confectionary molds.
- 120min 品嚐由產地到餐桌的自然美味
(附莓金七里香特色小菜+蔬食養生湯)
Taste food that came directly from the place of production to the dining table.
(special seven-mile berry dishes + nourishing vegetable soup)



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

以園區的有機草莓與柚子果肉、香椿加工而成。

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

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。

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



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

Taxiang Three-Cup Chicken

想要把這道經典家常菜做得出色，關鍵就在於「三杯」調料的選擇是否講究。除了風味純正的米酒與黑麻油，再加上農場「百年醬缸」舀出的陳年醬油，連同上選雞肉、蔥薑辣椒先快炒再燜熟，入味之後盛盤上菜，無論搭配飯麵，還是單吃下酒，都令人欲罷不能、齒頰留香。

★ 附特色小菜莓金七里香+蔬食養生湯

The key to perfecting this classic home-cooked dish lies in the choice of "three-cup" seasonings. In addition to the pure rice wine and black sesame oil, as well as the aged soy sauce scooped out of the farm's "Centennial Sauce Tank", coupled with top-end chicken, green onions, ginger and peppers, which are first fried and then simmered, then served when their taste matures. Enjoyed with rice or noodles, or just with wine, it is irresistible and leaves a fragrance in the mouth.

★ With special cole berries and special seven-mile berry dishes + nourishing vegetable soup

03 # 草莓和菓子 – 「鼠莓接福」

Strawberry and Confectionaries - "The Joy of Berries"



以壓漿米糰的傳統工藝，搭配農場種植的鼠麴草、月桃葉蒸製台式大福和菓子3顆，裡面包入一顆新鮮有機草莓(園區種植有機紅或白草莓)、紅豆餡的內餡，上面裝飾草莓葉片或是草莓白色花朵。身，不僅好吃又好看。

Using the traditional craft of rice ball-pressing, mixed with farm-grown sage koji and shell ginger, steam 3 daifukus, with a fresh organic strawberry (organic red or white strawberry grown on the farm) wrapped within, red bean filling, decorated with strawberry leaves or white strawberry flowers.

玩

固定開團

馬上玩

每週四

無最低人數限制
每團最高參加人數20人

fixed date

Play now

Thursday

No minimum number of people
The maximum number of
participants per group is 20 people

...

特定開團

人多好玩

週三~週日

最低4人就成行
每團最高參加人數20人

specific date

Play Fun

Thursday~Sunday

The Number of People is
4-20 Per Group.

▼

入場時間：11:00 ~ 17:00

最晚入場時間：15:30

Entry time: 11:00 ~ 17:00

Last entry time: 15:30

每週一、二公休

Closed every Monday and Tuesday

...



以上行程需預約後使用
The above itinerary needs to be
used after reservation

陽明山祕境蔬食 來自有機農場的農村體驗



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.

INFORMATION

☎ +886-905-169176

✉ mg0905169176@gamil.com

🌐 www.meigfarm.com

📍 台北市士林區平等里平菁街43巷99號

No. 99, Ln. 43, Pingjing St., Pingdeng Vil., Shilin Dist., Taipei City



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 | 遊程時間 6.5 hr

- 60min 一起到孟宗竹林聽竹葉沙沙聲、探索竹林挖竹筍(秋冬改為採果體驗)
Come to MengZong bamboo forest to hear the sounds of the sand and leaves, visit the forests and dig for the shoots. (changed to fruit-picking in the autumn and winter)
- 60min 園區導覽、認識有機可食植物，採集當季蔬果、野菜、可食花卉及香草
Farm tours, learn about organic edible plants, pick fruits of the season, wild vegetables, edible flowers and herbs.
- 90min 學習在地味道與梅居招牌料理 (附贈薑黃飯、時令菜色、季節蔬菜湯)
Learn of local flavors and MeiJu signature cuisine. (additional turmeric rice, seasonal dishes, and veggie soup)
- 60min 享用烹調成果，搭配鮮採香草茶，分享體驗歷程
Taste the specially prepared cuisine, with freshly picked herb tea, share the experience of the journey.
- 120min 學習老一輩的智慧，現採當季的艾草、鼠麴草，一起製作最新鮮的草仔粿。
Learn from the wisdom of the elders, pick wormwood, sage koji, and make the freshest green dumplings together.



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

紫蘇醋 Perilla Vinegar

在沒有農藥化肥除草劑的乾淨土地上，在農場成長茁壯的紫蘇，嚴選鮮嫩的紫色葉片，高比例的紫蘇葉釀造，成就香氣夢幻的紫色飲品。

On the clean land without pesticides, chemical fertilizers and herbicides, the perilla that grows vigorously on the farm, carefully selects the fresh and tender purple leaves, brews with a high proportion of perilla leaves, and creates a purple drink with a dreamy aroma.



料理 課程

COOKING CLASS

01 # 節氣野菜沙拉

Seasonal Wild Veggie Salad

在梅居這塊土地上，除了種植許多可食蔬果、花卉及香草外，在不同季節裡，也會冒出不同的限定野菜，回到田園時光，低頭尋找原始食材，變身為一道料理。

The soil of MeiJu not only bears many edible fruits and veggies, flower, and herbs, in different seasons it is also home to varied seasonal wild veggies. Return to the field and search for primordial ingredients and turn them into a dish.



02 # 香椿鮮蔬炒飯

Toon Fried Rice with Fresh Vegetables

中式炒飯要怎麼炒才好吃?讓主廚教你祕訣在哪裡。香椿屬於台式香料，加入香椿、鮮採時蔬後，層次豐富的味道及口感，更具有特色。

How to make delicious Chinese fried rice? Let the chef teach you the secret. Chinese toon is a Taiwanese spice. After adding Chinese toon and freshly picked seasonal vegetables, the rich taste and texture become more distinctive.

03 # 金沙竹筍

Jinsha Bamboo Shoots

陽明山的夏季綠竹筍特別鮮嫩，加入源自於川菜的金沙料理元素，鹹香的外衣、筍子的甜脆，十分搭配。

* 冬季改為橘子滑蛋

The green bamboo shoots of YinYan mountain are especially tender and fresh during summer. Add in elements of JinSha cuisine (which originate from Sichuan cuisine), and the savoury fragrant coating are a perfect match with the sweet and crisp bamboo shoots.

* changed to scrambled egg with orange during winter.

* 以上依季節調整菜色 Aforementioned dishes vary according to season.



玩

固定開團

馬上玩

每週四

無最低人數限制

每團最高參加人數8人

fixed date

Play now

Thursday

No minimum number of people
The maximum number of
participants per group is 8 people

...

特定開團

人多好玩

週二~週日

最低2人就成行

每團最高參加人數8人

specific date

Play Fun

Thursday~Tuesday

The Number of People is
2-8 Per Group.

▼

每週一公休

Closed every Monday

...



以上行程需預約後使用
The above itinerary needs to be
used after reservation



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,走在園區裡不時間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有樂皆滿足的身心靈旅遊。

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.

INFORMATION

☎ +886-2-28622145
✉ futian.village@gmail.com
🌐 www.2ftv.com.tw
📍 台北市士林區菁山路131巷18號
No. 18, Ln. 131, Jingshan Rd., Shilin Dist., Taipei City



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 herb 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 | 遊程時間 3.5 hr

- 30min 香草園區漫步介紹香草運用,採集食材、體驗扦插香草植物
Slow walk through the herb garden and learn about their use, pick ingredients, experience transplanting of herb plants.
- 90min 香草廚房廚藝體驗,製作香草雞腿排+野薑花炒飯、香草蔬果沙拉、新鮮手沖香草茶
Culinary experience of the herb garden, prepare herb chicken drumstick fillet + wild ginger fried rice, herb fruit and veggie salad, fresh hand brewed herbal tea.
- 90min 在農場的自然環境中共享農廚體驗的成果,來一場午餐饗宴,開心選購伴手禮
Dine in the cuisine within the natural surroundings of the farm, enjoy a lunch banquet, and choose souvenirs.



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

Herb 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 herb and used the skill of sugar flower to maintain the appearance of herb. The process sublimates the beauty and flavor of the herb cookie. Taste with the special herb drink as afternoon tea, it cannot be more relaxing.



料理 課程

COOKING CLASS

01 # 香草雞腿排 + 野薑花炒飯

Herb Chicken Drumstick Fillet + Wild Ginger Fried Rice

香草醃製入味於雞腿排，平底鍋乾煎雞腿，與新鮮現採香草(迷迭香、檸檬香蜂草等香草)調味後，焦黃的雞腿皮與香草的香氣融合，搭配野薑花炒飯，香氣十足。

Chicken drumsticks are marinated with herbs, and fried in a pan, seasoned with freshly picked herbs (rosemary, lemon balm, etc), the brown-grilled drumstick skin blends with the aroma of the herbs, fills the air with fragrance when served with wild ginger rice.



02 # 香草蔬果沙拉

Herb Fruit and Veggie Salad

香草以及水果蔬菜製成彩虹沙拉，涼拌著百香果特調沙拉醬，簡單又易做。

A rainbow salad made from mixing herbs and fruits and veggies, served with special cold passionfruit dressing, simple to make.



03 # 新鮮手沖香草茶

Fresh Hand-brewed Herb Tea

依照季節將採集的香草植物放入茶壺內沖泡，品嚐獨特好味道。

★依季節提供香草佐料

Brew the herbs collected according to season in the pot, and savor the unique taste.

* Herb dressing varies according to season



玩

固定開團

馬上玩

每週五

無最低人數限制

每團最高參加人數10人

fixed date

Play now

Friday

No minimum number of people
The maximum number of
participants per group is 10 people

...

特定開團

人多好玩

週二～週五

最低4人就成行

每團最高參加人數10人

specific date

Play Fun

Tuesday～Friday

The Number of People is
4-10 Per Group.

▼

每週一公休

Closed every Monday

...



以上行程需預約後使用
The above itinerary needs to be
used after reservation

農村廚房歡樂體驗之旅

千戶傳奇

生態農場



千戶傳奇生態農場依山傍水，以清澈冽冽的山泉水養殖珍稀的鴨嘴鱚、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鱚。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，又可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.

INFORMATION

☎ +886-2-26720748

✉ service@fishfarm.tw

🌐 www.fishfarm.tw

📍 新北市三峽區有木里有木154-3號

No.154-3, Youmu, Youm Vil., Sanxia Dist., New Taipei City



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 | 遊程時間 5 hr

- 60 min 漁場導覽，著漁夫裝體驗與鱘龍魚的親密接觸
Guided Tour of the Fishery, Dorn the Fisherman attire and close contact with the Chinese sturgeon.
- 30 min 介紹鱘龍魚各部位營養價值及烹飪
Introduction to the nutritional value of various parts of the sturgeon and methods of preparation.
- 90 min 料理鱘龍魚滷肉、鱘龍魚排、鱘龍魚膠珍奶
Braised meat and sturgeon cuisine, sturgeon fillet, sturgeon gelatin milk.
- 90 min 享受自己手做成果的鱘龍魚料理套餐
Enjoy a sturgeon set meal of your own making.
- 30 min 漫步園區拍照打卡留影
Slow walk through the farm and take pictures for memories.



特殊 食材

FOOD INGREDIENT

鱘龍魚

Sturgeon

鱘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，讓鱘龍魚強壯得像根藤條，體型壯碩，但鱘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

鱘龍魚膠凍飲

Sturgeon Collagen Jelly Drink

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

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.



料理 課程

COOKING CLASS

01 # 鱘龍魚滷肉

Braised Meat and Sturgeon Cuisine

運用鱘龍魚片與豬五花肉，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，讓鱘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，而且香噴噴又充滿鱘龍魚膠質。

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 # 香煎鱘龍魚排 Sturgeon Fillet

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 # 鱘龍魚膠珍珠奶茶 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，實際上無腥無味的鱘龍魚膠原蛋白，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.



玩

固定開團

馬上玩

每週四

無最低人數限制

每團最高參加人數20人

fixed date

Play now

Thursday

No minimum number of people
The maximum number of participants per group is 20 people

...

特定開團

人多好玩

週三～週五

最低4人就成行

每團最高參加人數20人

specific date

Play Fun

Wednesday~Friday

The Number of People is
4-20 Per Group.

▼

每週一、二公休

Closed every Monday & Tuesday

...



以上行程需預約後使用
The above itinerary needs to be used after reservation

聞雞起舞好時節



好時節

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.

INFORMATION

☎ +886-3-3889689

✉ good1799time@gmail.com

🌐 www.luckytime.com.tw

📍 桃園市大溪區康莊路三段225號

No. 225, Sec. 3, Kangzhuang Rd., Daxi Dist., Taoyuan City



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嚐食物真實的味道，在料理的同時，也可以體驗農村療育紓壓的氛圍，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 | 遊程時間 3 hr

30 min 快樂成長的母雞，生產安全健康美味的雞蛋
The happy hen lays healthy, safe, and tasty eggs.

30 min 與雞快樂互動撿雞蛋+採集香草植物
Interact with the chickens as you pick up eggs and collect herbs.

60 min 雞蛋燒+豆花製作
Make tamagoyaki and soybean pudding.

60 min 享用自己烹飪的佳餚
Savor the fruits of your culinary labor.



特殊 食材

FOOD INGREDIENT



友善耕種螢綠米 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綠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

螢綠米香 Firefly Rice Crackers

選用好時節新鮮現碾螢綠米，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.



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.



料理 課程

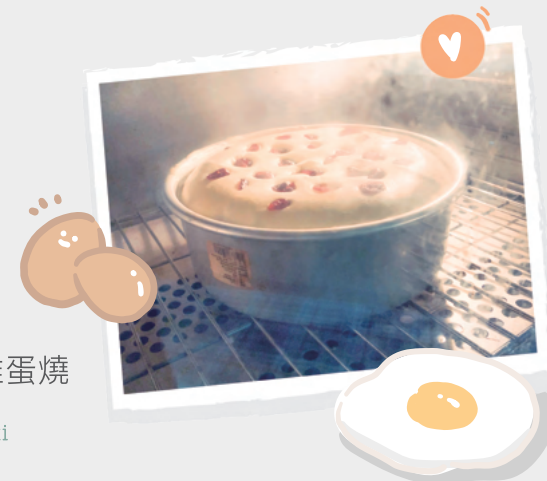
COOKING CLASS

01 # 貨真價實雞蛋燒

Authentic Tamagoyaki

使用新鮮現撿的雞蛋製作美味點心，另外加入現採的蔬果及起士，藉由料理雞蛋的活動探索有趣的科普知識。

Use of freshly collected eggs to make tasty snacks, add in freshly picked vegetables and cheese, and discover interesting facts through the cooking of the eggs.



02 # 黑豆豆花

Black Bean Pudding

選用本土黑豆現磨豆漿，由專人解說，體驗了解沖豆花的訣竅與樂趣。

Use of local black beans to make freshly grounded soymilk, experience the techniques and joy of making soybean pudding as explained by the experts.

玩

固定開團

馬上玩

每週三

無最低人數限制

每團最高參加人數30人

fixed date

Play now

Wednesday

No minimum number of people
The maximum number of
participants per group is 30people

...

特定開團

人多好玩

週一～週日

最低5人就成行

每團最高參加人數30人

specific date

Play Fun

Monday~Sunday

The Number of People is
5-30 Per Group.

▼

每週一公休

Closed every Monday

...



以上行程需預約後使用
The above itinerary needs to be
used after reservation

餐桌上的花香草影 — 漫遊野園

香草

野園



位於桃園大溪中庄的「香草野園」，主要種植歐陸食材、香草作物與食用花卉，是許多星級餐廳主廚指定合作的食材產地。

香草野園經由不同介質，傳達出視覺、聽覺、味覺、嗅覺、觸覺、以及最內心的感覺，透過六感設計，以一個有「溫度」的方式表達一切用心，其中餐桌美學、產業文化、永續知識等都是我們想讓「農」變得不一樣，希望走香草野園這秘境，就有一種被療癒的鬆心感，期待在此秘境中與各位相遇。

The Vanilla Ueno Park in Zhong Zhuang of Taoyuan Daxi grows vegetables and herbs originated from Europe, vanilla herbs, and edible flowers. It is a garden loved by many professional chefs in award winning restaurants.

We want to create a different agricultural experience for our visitors. The idea behind the design of Vanilla Ueno Park is to bring an unique experience made of all six senses (sight, sound, taste, smell, and touch) and create something a visitor will be able to feel in their hearts. We hope to highlight the aesthetics of a meal, the culture of the industry, and the value of sustainable development. A visit to Vanilla Ueno Park is one that is relaxing and healing. Hope to see you soon.

INFORMATION

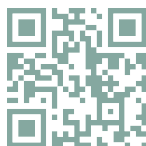
☎ +886-910-245-955

✉ herbs2010tw@gmail.com

🌐 www.facebook.com/VanillaUenoPark/

📍 桃園市大溪區中庄下坎20之3號

No. 20-3, Xiakan, Daxi Dist., Taoyuan City



農村 廚房

FARM KITCHEN

首先香草野園親切的導覽員會帶領遊客認識有機農場—香草野園，並介紹當地中庄的故事以及各式特色有機農作物，與導覽員一同去體驗農活，遊客們再使用自己採集到的食材，由香草野園主廚陪著遊客們一起料理一同品嚐。

從知識面的導覽、身體力行的體驗農作與烹調、品味自我菜的美味以及最終成品成就感的享受，藉由這一連串六感的過程，讓遊客們不止吃得健康歡心，更能感受到香草野園內想傳達的用心。

走進香草野園這秘境，就有一種被療癒的鬆心感。

Our trained guides will take our visitors on a tour of our organic farm where we will introduce the story of Zhong Zhuang and all the special crops in Vanilla Ueno Park. Then the visitors will be handpicking ingredients themselves through the help of our guides. The chefs of Vanilla Ueno Park will then cook those ingredients and taste them with the visitors.

Through our informative guides, experiential agriculture and cooking, we hope our visitors can feel true joy through a healthy and unique experience made up of all six senses. Once you're in Vanilla Ueno Park, you will find a true peace of mind.



這樣 好玩 JUST FUN | 遊程時間 5 hr

60min 園區解說認識中庄島、永續/有機 農業介紹
An introduction of zhong zhuang island, sustainable development in agriculture.

15min 香草園雞巡禮、格外品知識分享
Walking tour in the park and introduction to our good will products.

30min 採集香草、食用花卉與當季食材
Handpicking vanilla herbs, edibles flowers, and crops of the season.

135min 運用煙燻等不同烹調技法，跟著主廚來料理
Cooking with the chefs.

60min 慢活放鬆好好享受自己烹調的佳餚
Relax and enjoy the meal you cook.

★野園會附贈有機香草茶一杯/野季濃郁湯品一碗
A cup of tea and a bowl of soup will be enclosed with the experience.



特殊 食材

FOOD INGREDIENT

#有機綜合生菜 Organic Lettuces

被星級餐廳稱為的稀有食材，五彩斑斕的生菜，不僅美觀，實用價值及其風味更是獨道。

Colorful lettuces are considered rare ingredients by Michelin restaurants. They are unique in look, usage, and taste.

有機香草 & 食用花卉 Organic Vanilla Herbs and Edible Flowers

香草作物是香草野園主要作物之一，種植了奧勒岡、迷迭香、薰衣草、天竺葵及8種薄荷，不僅可做食材，同時透過種植各種香草的生態防治法，有效實踐有機農園。

Vanilla herbs are the prominent crops in the garden. One can find orégano, rosemary, lavender, pelargonium, and eight different types of peppermint. Not only can they be eaten but they can also be used as bug repellents, in turn creating a truly organic garden.

有機櫛瓜 Organic Zucchini

有白色、青綠色、橘色等5種不同顏色，還有圓形櫛瓜，高品質獲得許多米其林星級、義大利紅蝦評的餐廳主廚肯定。

They come in five different colors such as white, light green, and orange. There's also round zucchinis. These high quality zucchinis have become a staple for many Michelin chefs.

在地 伴手

PRESENT

鮮蝦櫛瓜水餃 Shrimp Zucchini Dumplings

使用農場種植有機櫛瓜、友善韭菜、以及無毒產銷白蝦蝦仁、國產CAS認證豬肉，安全品質保證，將美味食材能更多樣化的呈現，成為餐桌上的美食料理、最健康的美味。

Shrimp and zucchini dumplings: using farm-grown organic zucchini, leeks, and non-toxic white shrimp, CAS-certified local pork, with safety and quality assurance, to present delicious ingredients more diversely, becoming a gourmet dish on the dining table, healthy and tasty.

香草野園雞蛋 Vanilla Ueno Park Eggs

農場內採放牧飼養的雞，吃的是園區內的有機蔬菜，是生態循環的一環，生產出的是安心健康的快樂雞蛋。

Chickens grown on the farm eat the organic veggies in the farm, forming a part of the ecological cycle, and producing safe and healthy eggs.



料理 課程

COOKING CLASS

01 # 花草香影

Aroma of The Plants

鮮採野園裡的可食花卉，融入現擰麵皮中，呈現視覺上繽紛的效果，結合特製餡料製作出的麵餃，佐以野園的櫛瓜濃湯，最後擺盤裝飾，就是一道色香味美的料理。

Edible flowers freshly picked from the farm are mixed into freshly rolled dough, showcasing a visually stimulating effect. Coupled with dumplings made with special fillings, served with wild zucchini soup, then flourished with some food plating.



02 # 迷漫田野

Misty Fields

選用野園生產的香草、蔬果、雞肉，切成塊狀後組合成色彩繽紛的烤串，再以煙燻料及迷迭香用燻製方式處理，佐以現採韭菜搗碎混合橄欖油而成的鮮製韭菜醬，鮮、香都在這一串。

Using herbs, fruits, vegetables, chicken produced in the farm, cut into chunks and combined to create colorful skewers, then smoked and served with freshly picked leeks mashed with olive oil and fresh leek sauce to form a skewer brimming with freshness and fragrance.



03 # 野園漫步

Walk in The Farm

將漫步野園的花草繽紛意象，呈現在這一道料理中，用新鮮採摘的香草與食用花卉，凝凍成美麗的甜點，佐以果醬、蜂蜜入口，果真是一道可食風景。

Showcase the colorful images of wild flowers and plants in a dish, use freshly picked herbs and edible flowers frozen into a beautiful dessert, then served with fruit jam and honey. It is basically a piece of edible scenery.



玩

固定開團

馬上玩

每週五

無最低人數限制

每團最高參加人數15人

fixed date

Play now

Friday

No minimum number of people
The maximum number of
participants per group is 15 people

...

特定開團

人多好玩

週六~週四

最低5人就成行

每團最高參加人數15人

specific date

Play Fun

Saturday~Thursday

The Number of People is
5-15 Per Group.

...



以上行程需預約後使用
The above itinerary needs to be
used after reservation



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.

INFORMATION

☎ +886-3-5565577

✉ cycshimano@gmail.com

🌐 www.facebook.com/藍鯨魚寮-275989329552297

📍 新竹縣竹北市西濱路一段69巷51-1號

No. 51-1, Ln. 69, Sec. 1, Xibin Rd., Zhubei City, Hsinchu County



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 | 遊程時間 4hr

- 30min 友善養殖(烏魚及石斑)與生態棲地食魚常識解說
Eco-friendly Farming (mullet and grouper) and introduction to ecological habitat of local fish.
- 60min 巡田水、食材採集
Traverse the water, Pick the Ingredients.
- 60min 料理教室輕鬆學烹魚：
石斑魚米粉湯 / 龍虎斑魚排佐和風沙拉
Learn to cook fish in the culinary classroom:
Grouper Rice Noodle Soup / Tiger Grouper fillet served with salad
- 60min 開心品嚐石斑魚料理
Savor the taste of grouper dishes.
- 30min 一日漁夫體驗：
餵魚、搏魚、蝦籠操作及活締技巧
Be a Fisherman for a day: feed the fish, catch the fish, handle crab cage and learn how to kill a live fish.

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.

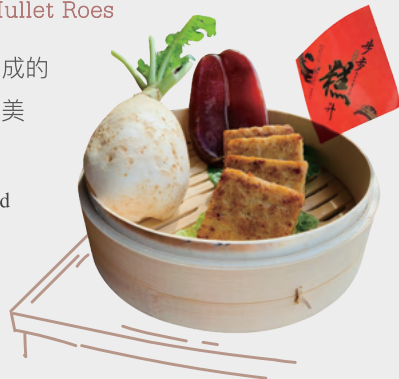
在地 伴手

P R E S E N T

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。

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.



美人凍 Beauty Jelly

採用石斑魚、自家魚及烏魚鱗片，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。

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.



料理 課程

COOKING CLASS

01 # 石斑魚米粉湯

Grouper Rice Noodle Soup

結合了新竹米粉及魚寮自產的龍虎斑或烏魚等季節鮮魚，加上以乾香菇、蝦米、豬肉絲爆香，並以芹菜珠、油蔥酥調味，不僅富含在地風情，也充滿「傳統台灣味」。吃進嘴裡，可以充分感受到魚湯鮮、米粉香、魚片嫩的好滋味，令人滿足。

Combining Hsinchu rice noodles and fish farm own seasonal fresh fish such as tiger grouper or mullet, added dried mushrooms, dried shrimps, and shredded pork, seasoned with celery beads, and crispy fried shallots. It is not only brimming with local flavor, but also full of the "Traditional taste of Taiwan". The freshness of the fish broth, rice noodles, and tenderness of the fish slices dance in your mouth, satisfying your desire for good food.



02 # 龍虎石斑魚排佐和風沙拉

Tiger Grouper Fillet Served with Japanese-Style Salad

以魚寮養殖的龍虎斑為主食材，片成魚排後，先以鹽、米酒、義大利香料醃製，再以中火乾煎。沙拉則需準備蘿蔓生菜、紅黃椒條、紫高麗菜絲，加以混合冰鎮後，加入特製和風醬拌勻盛盤，再將煎熟的魚排放上面，並可視喜好撒上芝麻裝飾。



Main ingredient of tiger grouper grown in fish farm, sliced into fillets, then marinated with salt, rice wine, and Italian spices, then grilled over medium heat. Salad is made from romaine lettuce, red and yellow pepper strips and shredded red cabbage, mixed and chilled, then added to Japanese-style sauce and stirred evenly. Fish fillet is added on top, and sesame seeds may be sprinkled if wanted.

玩

固定開團

馬上玩

每週六

入場時間：10:00~14:00

無最低人數限制

每團最高參加人數12人

fixed date

Play now

Saturday

Admission time: 10:00~14:00

No minimum number of people
The maximum number of participants per group is 12 people

...

特定開團

人多好玩

週一~週日

最低4人就成行

每團最高參加人數12人

specific date

Play Fun

Monday~Sunday

The Number of People is
4-12 Per Group.

...



以上行程需預約後使用
The above itinerary needs to be used after reservation



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.

INFORMATION

☎ +886-37-879198

✉ info@joye.com.tw

🌐 www.joye.com.tw

📍 苗栗縣三義鄉雙潭村崩山下1-9號

No. 1-9, Bongshanxia, Shuangtan Village, Sanyi Township, Miaoli County



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 | 遊程時間 6hr

- 60 min 染料植物認識與採集
Understanding and harvesting of dye.
- 30 min 染料植物色素萃取
Extraction of dye colors.
- 90 min 動手學習將染料植物入菜
Hands-on learning of incorporating dye into cuisine.
- 90 min 品嘗自製及農場主人準備的料理
Tasting of self-prepared cuisines and food prepared by the farm owner.
- 90 min 我的祕密花園—天然植物染布
My secret garden – natural-dyed cloth.



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。

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.



料理 課程

COOKING CLASS

01 # 夏-五色粉粿剉冰

冬-彩色薑汁湯圓

Five-colored Shaved Ice (Summer)
Multi-colored Ginger Rice Balls (Winter)

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。

Colorful Jelly Cake Ice: natural plant dye is applied to make the simple jelly cake unordinary. Ice ingredients and other seasonings are added to develop a bowl of colorful frozen food.



02 # 天然彩色麵線

Natural-colored Noodles

夏-冷涼麵線

冬-猴頭菇麻油薑湯麵線

Cold Noodles(Summer)
Lion's Mane Mushroom Sesame Oil
Ginger Soup Noodles(Winter)

利用農場伴手禮中之天然彩色麵線，教學員如何煮出Q彈麵線，利用在地老薑打和風醬(夏)或炒猴頭菇麻油薑湯(冬)，再利用農場現有菜蔬或Micro green-擺盤配色——自製一碗色味俱全彩色麵線。

Use of natural-colored noodles (farm souvenir) to educate pupils on how to prepare springy noodles, using local ginger Japanese style sauce (summer) or stir-fried Lion's mane mushroom sesame oil ginger soup (winter), and then use vegetables on the farm or micro greens to plate the food, and create your own bowl of noodles full of color and taste.

03 # 彩色綠豆糕或青黛山嵐吐司

Colorful Green Bean Cake or
Qingdai Shanlan Toast

以染料植物入菜做烘焙或糕點可以包裝外帶回家與親朋好友分享。

Use of dye plants to make baking products or pastries, which can be packaged and taken home to share with friends and relatives.



玩

特定開團

人多好玩

週一～週日

最低10人就成行
每團最高參加人數20人

specific date

Play Fun

Monday~Sunday

The Number of People is
10-20 Per Group.

...



以上行程需預約後使用
The above itinerary needs to be
used after reservation



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ㄋㄟㄋㄟ，為讓旅客更深層體驗。另外，飛牛購物商圈還提供自製乳製品，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!

INFORMATION

☎ +886-37-782999

✉ service@flyingcow.com.tw

🌐 www.flyingcow.com.tw

📍 苗栗縣通霄鎮南和里166號
166, Nanho Village, Tongxiao Township, Miaoli County



農村 廚房

FARM KITCHEN

青青草原，悠遊自在牛群，遠眺火炎山，漫步在牧場裡，我們要一起去牧場幫牛媽媽擠牛奶，而且這次我們要使用魔法，把香草跟鮮奶變出一道道美味又好吃的料理喔！

Green grassland, cows roaming leisurely, look out at the Huoyan Mountain, strolling through the ranch, let's go milk the cows together! This time we are using magic, to conjure up dish after dish made from herb and fresh milk!



這樣 好玩 JUST FUN | 遊程時間 3hr

- 20min 泡出一壺令人放鬆心情的香草茶
Brew a pot of relaxing herb tea.
- 20min 現採香草葉和牧場濃純鮮奶做成香草牛奶焦糖布丁
Use freshly picked leaves and fresh milk from the ranch to create caramel milk pudding.
- 80min 牧場純濃鮮奶為湯底，香草煎蛋和牧場優格醃製的酥炸雞塊、精選時蔬和綜合肉品拼盤，超級美味！
Thick, pure milk from the ranch as a soup base, herb omelette and fried chicken nuggets marinated in ranch yoghurt, platter of carefully selected seasonal veggies and assorted meat, a delight indeed!
- 60min 體驗牧場美麗風光、親手幫牛媽媽擠牛奶
Enjoy the beautiful scenery of the ranch, milk the cows with your own two hands.

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珊牛和荷士登牛牛奶，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。

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



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。

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



料理 課程

COOKING CLASS

01 # 養生雙寶香草茶

Shuangbao Herb Health Drink

眾多的香草植物，哪些是跟牛奶最匹配的呢？讓主廚來好好介紹，透過親手採摘，融入苗栗養生之雙寶枸杞及杭菊，泡出一壺令人放鬆心情的香草茶。

Of all the many herb varieties, which goes best with milk? Let the chef explain it. Pick the ingredients yourself, add in MiaoLi's healthy Shuangbao wolfberry and chrysanthemum, to brew a pot of soothing herb tea.



02 # 香草牛奶焦糖布丁

Caramel Milk Pudding

運用剛採收的香草葉來做一個美味的香草牛奶焦糖布丁。

Make a tasty caramel milk pudding from freshly picked herb leaves.

玩

固定開團

馬上玩

每週一

無最低人數限制

每團最高參加人數32人

fixed date

Play now

Monday

No minimum number of people
The maximum number of
participants per group is 32 people

...

特定開團

人多好玩

週二~週五

最低2人就成行

每團最高參加人數32人

specific date

Play Fun

Tuesday~Friday

The Number of People is
2-32 Per Group.

...



以上行程需預約後使用
The above itinerary needs to be
used after reservation



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.

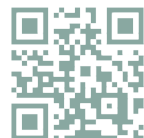
INFORMATION

☎ +886-37-951530

✉ s912052@gmail.com

🌐 milehigh.com.tw

📍 苗栗縣大湖鄉栗林村薑麻園9鄰6號
No. 6, Jiangmayuan, Dahu Township, Miaoli County



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 | 遊程時間 6 hr

90min 拔蘿蔔、採蔬菜、田間導覽
Search for radishes, pick veggies, tour of the fields.

120min 蘿蔔料理+深談蘿蔔時間
Radish cuisine + Radish Introduction Time.

90min 午餐時間
Lunchtime.

60min 下午茶
Afternoon Tea.

90min 南瓜隧道採集食材、田間導覽
Collect ingredients in the pumpkin tunnel, tour of the fields.

120min 料理時間
Cooking time.

90min 午餐時間
Lunchtime.

60min 下午茶
Afternoon Tea.

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，將其密封於甕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。

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 comfortably with some bread, mochi and toast.

生鮮蔬果 Freshest Vegetation

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。

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



料理 課程

COOKING CLASS

一月 January

01 # 蘿蔔扣肉 Braised Meat with Radish

將剛拔好的蘿蔔去皮去葉、切成塊狀再與豬肉、蒜頭拌炒、再加入醬油小火悶煮1小時。Peel and remove the leaves of the freshly pulled radish, cut into chunks and stir fry with pork and garlic, then add soy sauce and simmer for 1 hour on low heat.

02 # 雪裡紅 Xue Li Hong

將新鮮的蘿蔔葉取代一般會使用的芥菜，加入少許的鹽，經過搓揉出水後備用。準備絞肉、蒜頭放下鍋炒香，再加入切丁的蘿蔔葉、佐料收汁即完成。

Replace the customary mustard greens with fresh radish leaves, add a little salt, knead out the water and set aside for later use. Prepare minced meat and garlic, put them in the pan and sauté until fragrant, then add in diced radish leaves and condiments to bring out the juices and it's done.

四月~五月 April~May

03 # 梅干扣肉

Braised Pork with Pickled 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 one of the most representative Hakka dishes, the Hakka braised pork with pickled vegetables puts strong emphasis on the flavor and fragrance brought by the pickled vegetables that are cooked for a long time to soften the meat, making the fat in the pork belly fatty yet not greasy, brimming with sweetness of the fat and aroma of veggies when it enters the mouth. It is a great accompaniment allowing one to consume several bowls of rice.

04 # 桂竹筍湯 Osmanthus Bamboo Shoot Soup

此時正是桂竹筍最最鮮美的時候，桂竹筍採收後去殼、切段、殺青備用，湯鍋放入桂竹筍、排骨、福菜，滾約15分鐘，再加入梅乾菜調味即完成。

Now is the time that osmanthus bamboo shoots are the most delicious. After the osmanthus bamboo shoots are harvested, the bamboo has its skin removed, then cut into sections for later use. Put the osmanthus bamboo shoots, pork ribs, and pickled vegetables into the soup pot, boil for around 15 minutes, then add in the pickled mustard as seasoning and its done.

八月~九月 August~September

05 # 百香南瓜 Passion Pumpkin

百香果取出果肉備用，將南瓜去皮、籽，切成片狀，加鹽抓醃出水，再放入百香果果肉、糖，醃約20分鐘即可食用。

Remove the pulp from the passionfruit and leave it aside, remove the skin, seed, cut into chunks, marinate in salt, then add in the passion-fruit pulp and sugar to marinate for about 20 minutes before serving.

06 # 南瓜麵 Pumpkin Noodles

南瓜去皮蒸熟加入麵粉、鹽，揉成團、捍皮切條；煮燙麵水、燙麵；絞肉拌炒加入紅蔥頭、鹽、再加入燙好的麵即可起鍋。

Peel the pumpkin, steam it, add flour and salt, knead it into a ball, cut the skin into strips; boil and blanch the noodles; stir-fry the minced meat, add shallots and salt, then add in the boiled noodles and start the pot.



玩

特定開團

人多好玩

週一~週日

最低3人就成行

每團最高參加人數15人

specific date

Play Fun

Monday~Sunday

The Number of People is
3-15 Per Group.

每週四公休

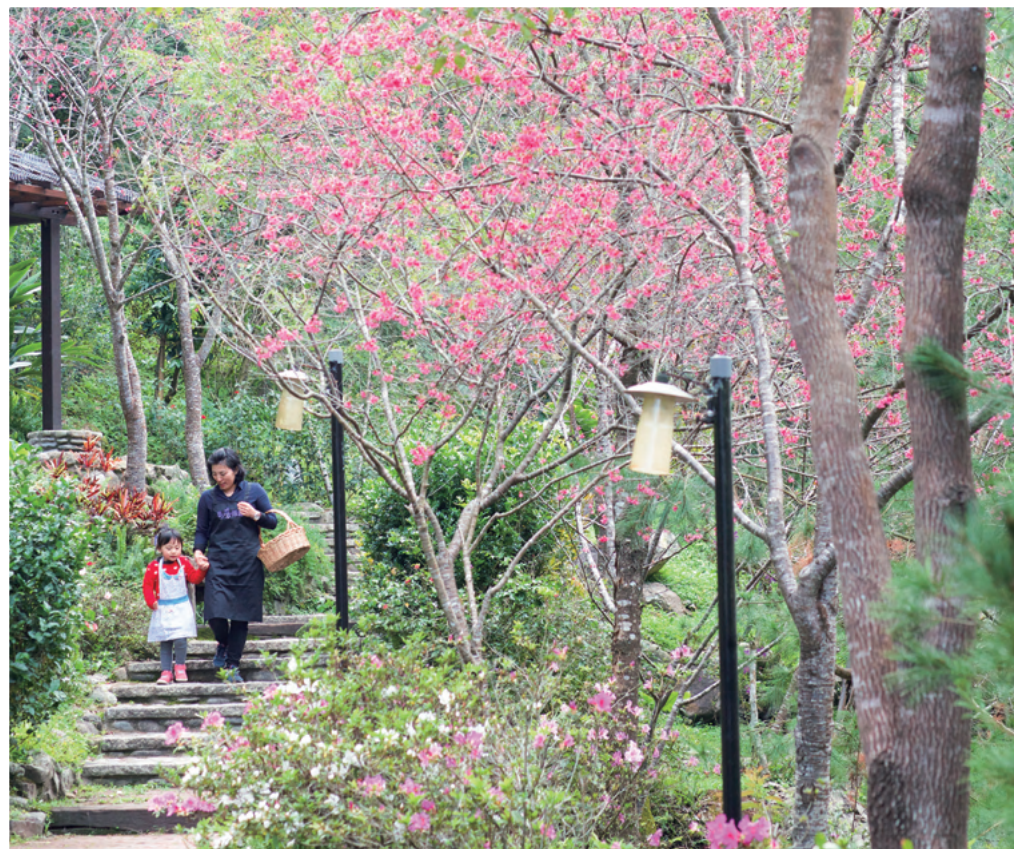
Closed every Thursday

...



以上行程需預約後使用

The above itinerary needs to be
used after reservation



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.

INFORMATION

☎ +886-4-25942179

✉ service@kurasu.com.tw

🌐 www.kurasu.com.tw

📍 台中市和平區東關路一段松鶴三巷58-11號

No. 58-11, Songhe 3rd Ln., Sec. 1, Dongguan Rd., Heping Dist.. Taichung City



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 | 遊程時間 5 hr

30min 漫步八仙山林道及認識台灣原生種植物
Stroll through the Basianshan mountain trail and get to know Taiwan's primordial plants.

30min 原民部落巡禮採買、香草採集
Visit and purchase herbs at the aboriginal tribe.

90min 廚藝學習：台灣山海滋味-當八仙山的香遇見太平洋的鮮
Culinary course: Taiwan's mountains, taste of the sea - When the fragrance of the Basianshan meets the freshness of the Pacific Ocean.

90min 品嚐手作的成果
Savor the creation of your own handmade labour.

60min 森活午茶時光
Afternoon tea in the Jungle.

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。

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.

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。

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

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.

玩

固定開團

馬上玩

每週四

無最低人數限制

每團最高參加人數12人

fixed date

Play now

Thursday

No minimum number of people
The maximum number of
participants per group is 12 people

...

特定開團

人多好玩

週二～週五

最低4人就成行

每團最高參加人數12人

specific date

Play Fun

Tuesday~Friday

The Number of People is
4-12 Per Group.

...



以上行程需預約後使用
The above itinerary needs to be
used after reservation

海盜的食藝旅行



向禾

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.

INFORMATION

☎ +886-5-3600168

✉ yolo@yolofun.com.tw

🌐 www.aogu.com.tw

📍 嘉義縣東石鄉四股67-6號

No. 67-6, Sihgu, Dongshi Township, Chiayi County



休閒漁場

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「鮮蚵蓋飯」，小小一碗炒飯裡鋪著滿滿數十顆肥蚵，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 | 遊程時間 5 hr

- 30min 海盜學校集合相見歡、著海盜裝划船出航
Gather to meet at the pirate academy, put on the pirate outfit and set sail for the seas.
- 60min 划船撈海藻、洗曬海藻、摸文蛤、採集香草
Harvest seaweed on the boat, wash and sun the seaweed, collect clams, harvest herbs.
- 90min 料理體驗：藻一碗在地麵食、藻纖食、焗烤東石鮮蚵
Culinary experience: local noodles with seaweed, high fiber seaweed snack, Dongshi baked oyster.
- 60min 手作料理品嘗佐微鹹海風
Savor handmade cuisine in a slight sea breeze.
- 60min 餵魚體驗、捕魚體驗、海藻飲品嘗
Fish feeding experience, fishing experience, seaweed drink tasting.

特殊 食材

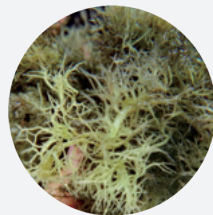
FOOD INGREDIENT



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

海底龍鬚菜 Underwater Asparagus

引進天然海水養殖而成的海菜，早期為飼養九孔的主要原料，經新竹食品研究所成分分析，富含礦物質、鐵、碘、鈣、膠質等成分，絕佳養生食材，料理方式簡單。

Underwater Asparagus: Seaweed grown in natural seawater. In the early days, these were the main resource for breeding abalone. According to analysis by Hsinchu Food Research Institute, it is rich in minerals, iron, iodine, calcium, colloid and other ingredients. It is an excellent healthcare food, with a simple cooking method. Specification Price: dependent on on-site weight, stored at room temperature.

手工藝紀念品 Handicraft Souvenirs

以在地漁業廢棄物，例如蚵殼、文蛤殼、貝類或浮球，加工製作成畫作一般的藝術品，遊客可自行DIY後攜回，也可購買漁場主人的創作。

Using waste from local fisheries, such as oyster shells, clam shells, shellfish or bouys, to process into painting-level artwork. Tourists can DIY them and bring their creations back, or they can buy them from the fishery owner. Specification Price: varies depending on size and complexity.



料理 課程

COOKING CLASS

01 # 藻一碗在地麵食

Local Noodles with Seaweed

這一碗食在地的海藻麵是在地特殊風味，海藻結合麵食是在地的特殊飲食，將海藻的Q彈與營養鎖在麵條裡，結合當地白蝦、鯛魚、環文蛤貝等，那個[鮮]猶如海鮮在海水裡跳耀著的驚艷，每一口都有著海人的故事。

This bowl of seaweed noodles is a local product with a special flavor. Seaweed combined with pasta is a special diet. The crunchy and nutrition of seaweed are locked in the noodles, combined with local white shrimp, sea bream, and Huanwen clams, etc. The freshness is so amazing as though direct from the sea, and every bite has a story of a seaman.



02 # 藻纖食

High Fiber Seaweed Snack

涼拌海藻猶如是舌尖與海藻合跳的漫波舞，海藻纖細Q彈的好身材，搭配拌料點綴的服飾，咀嚼海藻時那個清脆聲猶如海浪伴奏的聲音，那個美味與掌聲一定要來品嚐。

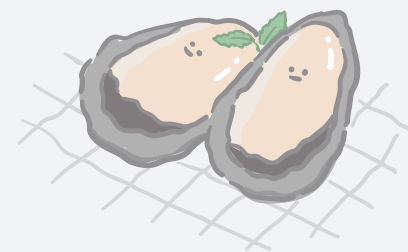
The cold seaweed is like a wave dance between the tip of the tongue. The seaweed is crunchy slim and fully decorated. The crisp sound when chewing the seaweed is like the sound of the waves. You must come to taste the deliciousness.

03 # 焗烤東石鮮蚵

Dongshi Baked Oyster

東石牛奶蚵帶著鹹帶著鮮，打開蚵殼起司當棉被，花姿招展香料陪，送進烤箱高溫焙，蚵甜起香聞三遍，那個味道記三天。

Dongshi oysters are both salty and fresh. Baked oyster coated with cheese look like a quilt, accompanied by spices, put it in the oven to bake at high temperature, smell the oysters sweetness repeatedly, and remember the smell for a long time.



玩

固定開團

馬上玩

每週三

無最低人數限制

每團最高參加人數24人

fixed date

Play now

Wednesday

No minimum number of people
The maximum number of
participants per group is 24 people

...

特定開團

人多好玩

週四～週二

最低6人就成行

每團最高參加人數24人

specific date

Play Fun

Thursday~Tuesday

The Number of People is
6-24 Per Group.

...



以上行程需預約後使用
The above itinerary needs to be
used after reservation

茶香雲霧飄渺 山居廚房

龍雲

農場



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 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 pythoncidere 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!

INFORMATION

☎ +886-5-2562216

✉ longyunfram@gmail.com

🌐 www.long-yun.com.tw

📍 嘉義縣竹崎鄉中和村石棹1號

No. 1, Shihjhuo, Zhuqi Township, Chiayi County



農村 廚房

FARM KITCHEN

換上雨鞋、戴上斗笠、背上有農村LV之稱的「茄苳袋」，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 grandma 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 | 遊程時間 2.5 hr

- 40min 著農夫裝、戴斗笠、穿雨鞋、提著茄苳袋，到菜園採摘當季食蔬去
Dorn the attire of the farmer, wear the bamboo hat, rainboots, carry a haysack, and head off to the vegetable garden to pick some veggies.
- 70min 由主廚帶領學員製作在地風味料理
The head chef leads the pupils in making local specialties.
- 40min 像坐在雲端上，享用親手完成的美味料理
Taste the fruit of your culinary labour on the edge of the clouds.

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 Seed 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。

Camellia seed 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.



料理 課程

COOKING CLASS

01 # 苦茶油雞

Camellia Seed Oil Chicken

苦茶油雞為阿里山的招牌特色，用苦茶油將薑片煸炒至酥脆後加入雞肉，炒至金黃油亮，香氣撲鼻，令人垂涎三尺。

The camellia seed oil chicken is the signature dish of alishan. Stir-fry the ginger slices with camellia seed oil till crispy, then add in chicken and fry till golden, when the aroma is strong and mouth-watering.

02 # 苦茶油麵線

Camellia Seed Oil Vermicelli

將手工麵線拌入煸炒後的苦茶油，使麵線散發出特有的香氣。

Mix the handmade noodles with the fried camellia seed oil, allowing the noodles to emit their unique aroma.



03 # 川燙時蔬

Blanched Seasonal Vegetables

將現採的青菜經過山泉水的川燙後，拌入特製醬汁，保留鮮甜脆口的口感，簡單即可呈現最新鮮的滋味。

After the freshly harvested vegetables are blanched with spring water, mix with a special sauce to preserve the fresh, sweet and crispy texture, and the freshest of taste can be achieved through the simplest of methods.

玩

固定開團

馬上玩

每週二

無最低人數限制

每團最高參加人數20人

fixed date

Play now

Tuesday

No minimum number of people
The maximum number of
participants per group is 20 people

...

特定開團

人多好玩

週三～週一

最低8人就成行

每團最高參加人數20人

specific date

Play Fun

Wednesday ~ Monday

The Number of People is
8-20 Per Group.

...



以上行程需預約後使用
The above itinerary needs to be
used after reservation

尋寶廚房 四季食材與在地料理的美味碰撞

大坑

休閒農場



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，阿公嬤種的菜，栽的果，養的雞，全部供應給農場餐桌，場內總是看見阿嬤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.

INFORMATION

☎ +886-6-5941555

✉ daken@kimo.com 、 nanaco310@hotmail.com

🌐 www.idakeng.com.tw

📍 台南市新化區大坑里82號

No. 82, Dakeng, Xinhua Dist., Tainan City



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的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 | 遊程時間 4.5 hr

60min 水果套袋農事體驗(依季節)
Fruit-bagging experience (season dependent)

60min 採集野菜、香草、洛神，拈來就是最新鮮的食材
Picking wild veggies, herbs, roselles – all the freshest of ingredients.

60min 料理實作麻油雞、手工丸子、水果茶
Sesame oil chicken, hand-made meatballs, fruit tea.

60min 享用由自己親手料理的完美成果
Enjoy the fruits of your own culinary labour.

30min 漫步園區-拍網美藝術隧道、體驗自然設施
Walk through the farm, take pictures of the art tunnel, experience the natural facilities.



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。

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.

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。

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 sneak for everyone.

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，去皮切塊後醃漬，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。

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.



料理 課程

COOKING CLASS

01 # 麻油土雞鍋

Sesame Oil Chicken Pot

大坑農場是養雞專家，這道料理選用6個月大的放山土雞口感最好，在地特產黑芝麻製成的麻油，野生老薑，炒香雞肉，加入紅標米酒，滾開後香氣四溢，食用時再加進去田裡現摘的野菜，湯頭層次多變。

Dakeng Farm is an expert in raising chickens. This dish uses 6-month-old Fangshan chicken with the best texture, sesame oil made from the local specialty black sesame, wild ginger, fried chicken, and red label rice wine, and the aroma is abundant after boiling. Add in some wild vegetables picked from the field during consumption, giving the soup a multi-layered taste.

手工虱目魚丸

Handmade Milkfish Balls

台南為虱目魚故鄉，肉質肥美細嫩，營養豐富有牛奶魚之稱，為來臺南必嘗美食之一。此料理教大家手打自製虱目魚漿，全程天然無添加，滋味鮮美讓人回味無窮。

Tainan is the hometown of the milkfish. With its fat and tender meat, and being rich in nutrition, it is a must-try delicacy when you visit Tainan. Learn how to make all-natural milkfish sauce with no additives, a taste both delicious and memorable.

03 # 手工鮮蝦豬肉餃

Handmade Shrimp and Pork Dumplings

大坑農場自己養的蘭嶼種迷你豬，肥瘦是黃金比例4:6，加入蔥花摔打出漿，再包入整隻鮮蝦，將鮮美滋味全包覆。

Lanyu mini pigs bred on Dakeng Farm have a golden fat-to-lean ratio of 4:6, add in chopped onion and pound into a slurry, then wrap in a whole fresh shrimp to allow the taste of freshness to fully envelop the food.

04 # 紅寶石水果茶

Ruby Fruit Tea

用洛神花當基底，添加新鮮現採的香草及水果，天然的寶石紅色調與水果酸甜香氣自然融合在一起，完全以原食物散發出的滋味，是我們所嚮往。

Using roselle as the base with added freshly picked herbs and fruits, the natural ruby -red tone and the sweet-and-sour aroma of the fruit blend in together naturally. The original taste of the food is allowed to spread uncontaminated, which is exactly what we yearn for.



玩

固定開團

馬上玩

每週四

入場時間：15:00

無最低人數限制

每團最高參加人數12人

fixed date

Play now

Thursday

Admission time: 15:00

No minimum number of people
The maximum number of
participants per group is 12 people

...

特定開團

人多好玩

週一～週日

最低4人就成行

每團最高參加人數12人

specific date

Play Fun

Monday～Sunday

The Number of People is
4-12 Per Group.

...



以上行程需預約後使用
The above itinerary needs to be
used after reservation

台南的放伴龍眼乾

與土匪雞

仙湖

休閒農場



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.

INFORMATION

☎ +886-6-6863635

✉ senwho@gmail.com

🌐 www.senwho.com

📍 台南市東山區南勢里大洋6-6號
No. 6-6, Dayang Dongshan Dist., Tainan City



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 | 遊程時間 5hr

- 10min 仙湖農村廚房概念解說
Explaining the idea of Fairy Lake Leisure farm.
- 30min 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.
- 20min 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.
- 90min 製作菜單料理
Prepare menus and cuisine.
- 120min 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.
- 30min 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。

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.



朵朵-龍眼花茶包 Longan-Favored 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。

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



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.

玩

固定開團

馬上玩

每週三

無最低人數限制

每團最高參加人數24人

fixed date

Play now

Wednesday

No minimum number of people
The maximum number of participants per group is 24 people

...

特定開團

人多好玩

週四~週二

不含週六、日及國定假日

最低4人就成行

每團最高參加人數24人

specific date

Play Fun

Thursday~Tuesday

Excluding Saturdays,
Sundays and national holidays

The Number of People is
4-24 Per Group.

...



以上行程需預約後使用
The above itinerary needs to be used after reservation



農村廚房
FARM KITCHEN



農遊超市 農遊超市
www.taiwanfarm.com.tw



facebook
農遊超市 Farmtour_Market



Instagram
farmtour_market



GoGo-Taiwanfarm



YouTube
台灣休閒農業發展協會



台灣休閒農業發展協會
www.taiwanfarm.org.tw

電話 / TEL : +886-3-9381269

傳真 / FAX : +886-3-9382610

地址 / Add : 宜蘭市陽明二路 2 3 巷 2 號 3 樓

3F.,No.2,Ln.23,Yangming 2nd Rd.,Yilan City,Yilan County 260,Taiwan(R.O.C)

網址 / WEB : www.taiwanfarm.org.tw 、 www.taiwanfarm.com.tw



台灣休閒農業發展協會 廣告
Taiwan Leisure Farms Development Association



行政院農業委員會 補助
COUNCIL OF AGRICULTURE, EXECUTIVE YUAN