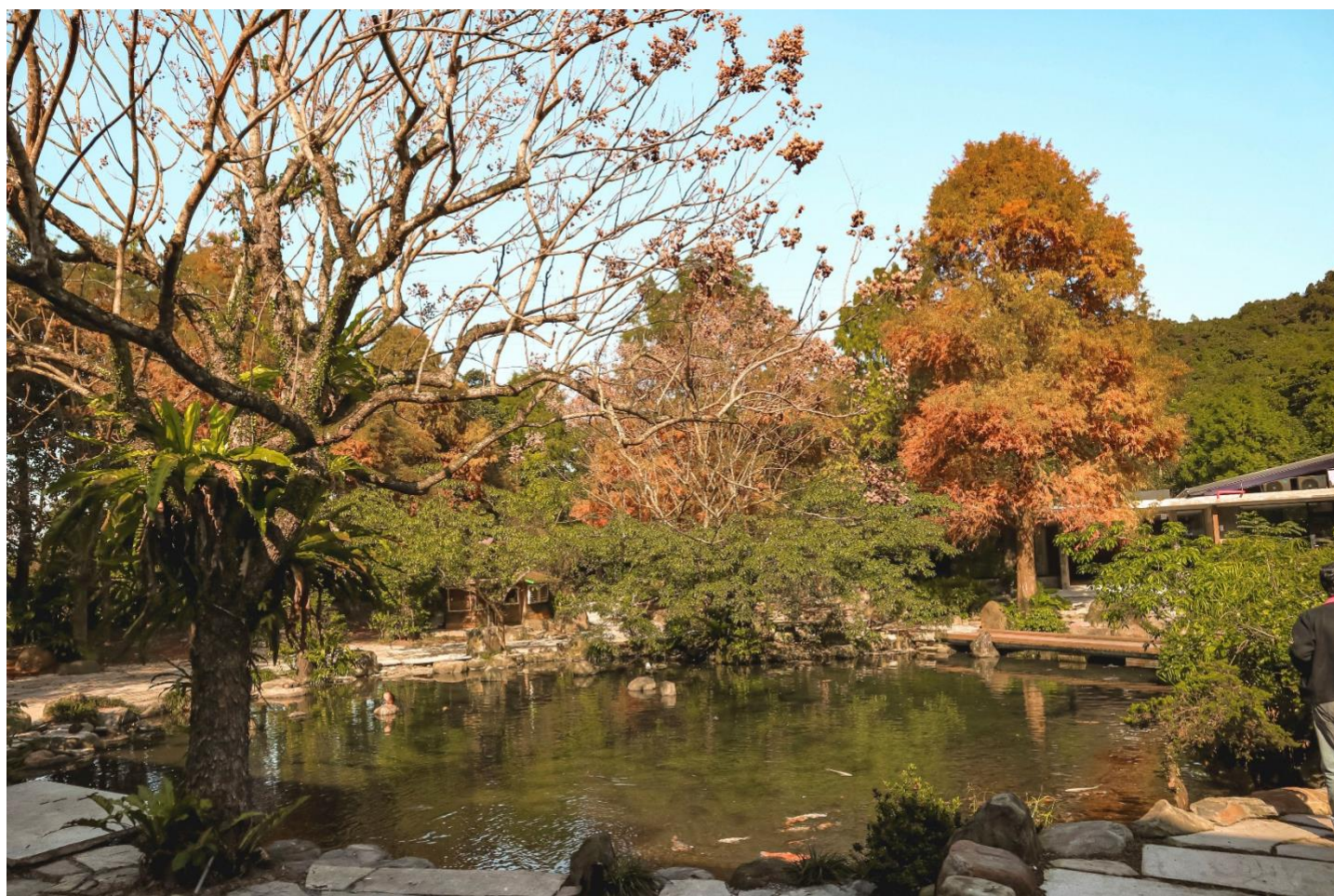
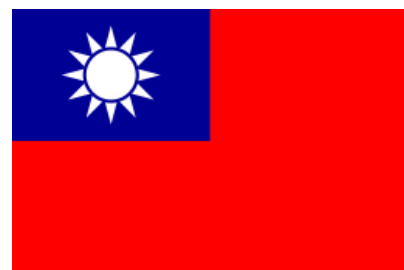


คู่มือการท่องเที่ยวเชิงเกษตร แบบนันทนาการได้ทุกวัน



จัดทำโดย สำนักงานเศรษฐกิจและวัฒนธรรมไทเป ประจำประเทศไทย

เดือนเมษายน พ.ศ. ๒๕๖๓

สารบัญ

๑. บทนำ.....	๕
๒. จุดเด่นและศักยภาพของการท่องเที่ยวได้หวัน	๖
๓. ช่องทางการติดต่อและให้บริการข้อมูลสำหรับนักท่องเที่ยว: @VISITTAIWAN	๑๐
๔. โบชัวร์การท่องเที่ยวเชิงการเกษตรแบบนันทนาการได้หวัน	๑๐
๔.๑. FARM KITCHEN	๑๑
■ เมืองอิหลาน	
๔.๑.๑. Feng Chun Villa	๑๔
๔.๑.๒. Music Rice Agri-Marketing Studio	๑๖
๔.๑.๓. Toucheng Leisure Farm.....	๑๘
๔.๑.๔. Meihua Lake Leisure Farm	๒๐
■ เมืองไทเป	
๔.๑.๕. White Rock Organic Farm	๒๒
๔.๑.๖. M&G Family Leisure Farm.....	๒๔
■ เมืองนิวไทเป	
๔.๑.๗. Chienhu Chuanchi Ecological Farm Farm.....	๒๖
■ เมืองเถาหยวน	
๔.๑.๘. Luckytime Leisure Farm.....	๒๘
■ เมืองซินจู๋	
๔.๑.๙. Shuiyue Leisure Blue Whale Fish Farm.....	๓๐
■ เมืองเหมียวลี่	
๔.๑.๑๐. Flying Cow Ranch.....	๓๒
๔.๑.๑๑. Zhuo Ye Cottage	๓๔
■ เมืองไถจง	
๔.๑.๑๒. Villa Kurasu	๓๖
■ เมืองเจียวอี้	
๔.๑.๑๓. Long Yun Farm.....	๓๘
■ เมืองไถหนาน	
๔.๑.๑๔. Fairy Lake Leisure Farm	๔๐

๔.๒.	FARM CUISINE.....	๔๔
๔.๒.๑.	อาหารเลิศรส.....	๔๘
๔.๒.๒.	อาหารทะเล.....	๕๖
๔.๒.๓.	อาหารคลาสสิก.....	๖๖
๔.๒.๔.	หม้อไฟ.....	๗๓
๔.๒.๕.	ขนมหวาน.....	๗๗
๔.๒.๖.	ที่ตั้งของฟาร์มในไต้หวัน.....	๘๖
๔.๒.๗.	ข้อมูลของฟาร์มในไต้หวัน.....	๘๗
๔.๓.	FARM STAY	๙๐
■	ภาคเหนือ	
๔.๓.๑.	Sheipa Leisure Farm.....	๙๕
๔.๓.๒.	San Ban Qiao Leisure Farm.....	๙๖
๔.๓.๓.	Zhuo Ye Cottage.....	๙๗
๔.๓.๔.	Flower Home Leisure Farm.....	๙๘
๔.๓.๕.	Flying Cow Ranch Farm.....	๙๙
๔.๓.๖.	San Sui Ji Leisure Farm.....	๑๐๐
๔.๓.๗.	Ju Yuan Leisure Farm.....	๑๐๑
๔.๓.๘.	Hoka Farm.....	๑๐๒
■	ภาคกลาง	
๔.๓.๙.	Taiyi Ecological Lesisure Farm.....	๑๐๓
๔.๓.๑๐.	San Maq Wu Host.....	๑๐๔
๔.๓.๑๑.	Bear Meets Moose B&B.....	๑๐๕
■	ภาคใต้	
๔.๓.๑๒.	Long Yun Fam.....	๑๐๖
๔.๓.๑๓.	Fairy Lake Leisure Farm.....	๑๐๗
๔.๓.๑๔.	Tsou Ma Lai Farm.....	๑๐๘
๔.๓.๑๕.	Dakeng Leisure Farm.....	๑๐๙
๔.๓.๑๖.	Fuwan Leisure Farm.....	๑๑๐

■ ภาคตะวันออก

๔.๓.๑๗. Ba Jia Knight Manor B&B.....	๑๑๑
๔.๓.๑๘. Sanfu Leisure Farm.....	๑๑๒
๔.๓.๑๙. River Forest Leisure Farm	๑๑๓
๔.๓.๒๐. Oriental Farm.....	๑๑๔
๔.๓.๒๑. Shangrila Leisure Farm	๑๑๕
๔.๓.๒๒. Toucheng Leisure Farm.....	๑๑๖
๔.๓.๒๓. Yupeng-Villa	๑๑๗
๔.๓.๒๔. Avignon B&B.....	๑๑๘
๔.๓.๒๕. Shin-Liu Farm.....	๑๑๙
๔.๓.๒๖. Shin Kong Chao Feng Ranch	๑๒๐

สามารถสอบถามข้อมูลเพิ่มเติมเกี่ยวกับการท่องเที่ยวได้ทุกวันผ่านทาง LINE @VisitTaiwan

มีบริการให้ข้อมูลภาษาไทย ภาษาอังกฤษ และภาษาจีน



คู่มือการท่องเที่ยวเชิงการเกษตรแบบนันทนาการ

๑. บทนำ

อุตสาหกรรมได้หวั่นในระยะแรกนั้นยึดการผลิตขั้นแรกอย่างการเกษตรและการประมงเป็นหลัก ในระยะต่อมามีการพัฒนาเป็นการผลิตขั้นที่สองและสามตามการพัฒนาของเศรษฐกิจและเทคโนโลยี เพื่อเป็นการสนับสนุนรูปแบบที่เปลี่ยนไปของอุตสาหกรรม ได้หวั่นจึงมีการผลักดันโครงการที่เกี่ยวข้องอย่างการเกษตรเชิงนันทนาการตั้งแต่ปี ค.ศ. ๑๙๖๕ จนกระทั่งในปี ค.ศ. ๒๐๑๖ คณะกรรมการการเกษตรภายใต้สภารบริหารได้ประกาศ “บทบัญญัติการพัฒนาทางเกษตรกรรม” และมีมติเห็นชอบให้ปฏิบัติ ซึ่งในบทบัญญัตินั้นมีการกำหนดความหมายของการเกษตรแบบนันทนาการไว้ดังนี้ “หมายถึงการใช้พื้นที่ฟาร์มด้วยวัตถุประสงค์เพื่อมอบความผ่อนคลายและความบันเทิงให้กับผู้มาเยือน ผ่านทางทิวทัศน์ฟาร์ม นิเวศน์ทางธรรมชาติและทรัพยากรสิ่งแวดล้อม ผนวกกับการเกษตร การประมง กิจกรรมทางการเกษตร วัฒนธรรมทางการเกษตร และวิถีชีวิตทางการเกษตร ”

จากการสนับสนุน อบรมและผลักดันของรัฐบาล การเกษตรเชิงนันทนาการมีการเปลี่ยนรูปแบบจากการเกษตรแบบดั้งเดิมเป็นการเกษตรที่มีความหลากหลายมากขึ้น ทั้งการพักผ่อน การศึกษา วัฒนธรรม การอนุรักษ์สิ่งแวดล้อม และเศรษฐกิจ ยิ่งไปกว่านี้มียกระดับการเกษตรเชิงนันทนาการให้เป็นระดับสากลมากขึ้นผ่านการอบรมและขยายตลาดของ “สมาคมพัฒนาการเกษตรเชิงนันทนาการได้หวั่น” ในปัจจุบันการเกษตรเชิงนันทนาการนั้นได้กลายเป็นตัวเลือกหนึ่งสำหรับการท่องเที่ยวพักผ่อนของนักท่องเที่ยวทั้งในและนอกประเทศแล้ว

การเกษตรเชิงนันทนาการของได้หวั่นนอกจากจะมีวัตถุประสงค์เพื่อมอบความผ่อนคลายเป็นหลักแล้วในขณะเดียวกันมีการผสมผสานกับเอกลักษณ์ของแต่ละฟาร์ม พัฒนาเป็นกิจกรรมเชิงการศึกษาและวัฒนธรรมทางสังคมที่มีลักษณะเด่น อาทิ การเก็บใบชา การเก็บผลไม้ การไถนา การจัดดอกไม้ DIY การทำพายสับประรด การทำเส้นหมี่ และการปลูกกล้วยไม้เป็นต้น นอกจากนี้ เนื่องด้วยความประสงค์ที่แตกต่างกันในแต่ละตลาดสมาคมพัฒนาการเกษตรเชิงนันทนาการของได้หวั่นจึงได้ร่วมมือกับผู้ประกอบการธุรกิจนำเที่ยวและผู้ประกอบการเกษตรเชิงนันทนาการกว่า ๑๐๐ ราย อีกทั้งยังได้ร่วมมือกับผลิตภัณฑ์ของแต่ละท้องถิ่น ไม่ว่าจะเป็นข้าวสาร ชา ดอกไม้ ผลไม้ พืชผัก ประมง ปศุสัตว์ กาแฟ สมุนไพรและป่าไม้ พัฒนาและส่งเสริมโปรแกรมการท่องเที่ยวแบบคณะที่มีความหลากหลาย

ได้หวั่นตั้งอยู่ระหว่างจุดตัดของแผ่นธรณีสมุททวีปอินโดจีนและแผ่นเปลือกโลกยูเรเชีย ทำให้ได้หวั่นมีลักษณะพื้นที่หลากหลายและมีทิวทัศน์ที่สวยงาม อีกทั้งยังตั้งอยู่ในเขตภูมิอากาศร้อนชื้นแถบมรสุม ทำให้ได้หวั่นมีสภาพอากาศที่ค่อนข้างหลากหลาย ด้วยหลากหลายเหตุผลประกอบกันทำให้ได้หวั่นประกอบไปด้วยทรัพยากรทางการเกษตร และการประมงที่อุดมสมบูรณ์ ในขณะเดียวกันยังกลายเป็นพื้นฐานสำคัญของการ

พัฒนาการท่องเที่ยวเชิงการเกษตรแบบนันทนาการอีกด้วย ได้หวันมีทรัพยากรทางธรรมชาติและรูปแบบการท่องเที่ยวที่หลากหลาย ดังนั้นจึงได้รวบรวมคู่มือที่จัดทำโดยสมาคมพัฒนาการเกษตรเชิงนันทนาการของได้หวันผนวกกับข้อมูลการท่องเที่ยวได้หวัน จัดทำเป็นคู่มือการท่องเที่ยวเชิงการเกษตรแบบนันทนาการขึ้นมา โดยมีจุดประสงค์หลักเพื่อผลักดันการท่องเที่ยวเชิงการเกษตรแบบนันทนาการให้เป็นที่รู้จักในหมู่ประชาชนชาวไทย แนะนำให้ประชาชนชาวไทยได้รู้จักกับความหลากหลายทางทรัพยากรการท่องเที่ยวของได้หวัน และหวังเป็นอย่างยิ่งว่าการท่องเที่ยวเชิงการเกษตรแบบนันทนาการจะกลายเป็นอีกตัวเลือกหนึ่งสำหรับประชาชนชาวไทยในการท่องเที่ยวได้หวัน

๒. จุดเด่นและศักยภาพของการท่องเที่ยวได้หวัน

ฟอร์โมซา (เกาะที่สวยงาม) เป็นคำชมที่ชาวโปรตุเกสเอ่ยออกมาเมื่อเห็นเกาะได้หวันเมื่อศตวรรษที่ ๑๖ ความอุดมสมบูรณ์ของธรรมชาติในได้หวันทำให้ผู้ที่มาถึงรู้สึกราวกับว่าอยู่ในดินแดนแห่งความฝัน นอกจากนี้ได้หวันตั้งอยู่ระหว่างญี่ปุ่นและฟิลิปปินส์ อีกทั้งอยู่ใจกลางของหมู่เกาะรูปโค้งเอเชียตะวันออกเฉียงใต้ด้วยเหตุนี้จึงทำให้ได้หวันเป็นเส้นทางการคมนาคมที่สำคัญทั้งทางทะเล และทางอากาศในภูมิภาคเอเชียแปซิฟิก

ได้หวันมีพื้นที่ราว ๑๖,๐๐๐ ตารางกิโลเมตร ลักษณะของเป็นเกาะทอดยาวตั้งแต่เหนือจรดใต้ แต่มีลักษณะแคบจากตะวันออกไปตะวันตก สองในสามของพื้นที่เกาะถูกปกคลุมด้วยป่าไม้ ส่วนที่เหลือจะเป็นภูเขาที่ราบสูง ที่ราบชายฝั่งและบริเวณลุ่มน้ำ เนื่องด้วยความแตกต่างกันของธรณีวิทยา ก่อเกิดเป็นทิวทัศน์ที่มีความมหัศจรรย์ของได้หวัน

๑) จุดเด่นของการท่องเที่ยวได้หวัน

สภาพภูมิอากาศ

หากท่านมาจากประเทศเมืองหนาว ท่านสามารถสลัดทิ้งเสื้อคลุมที่หนาตะและสัมผัสกับแสงแดดอ่อนอบอุ่นได้อย่างเต็มที่ ณ ได้หวัน เนื่องจากได้หวันถูกล้อมรอบด้วยทะเลและได้รับอิทธิพลจากลมทะเล ทำให้ได้หวันมีสภาพอากาศที่ค่อนข้างชุ่มชื้น ซึ่งจะทำให้ท่านลิ้มความรู้สึกแห่งและเย็นในประเทศของท่านไปเลย แต่หากท่านมาจากประเทศเมืองร้อน ท่านก็ยังคงสามารถดื่มด่ำกับแสงแดดอ่อนอบอุ่นที่ได้หวันได้ เนื่องจากได้หวันมีอากาศที่ค่อนข้างเย็นสบาย ซึ่งสามารถตอบสนองความต้องการของท่านได้อย่างแน่นอน

โดยรวมแล้ว ได้หวันมีสภาพอากาศที่อบอุ่นตลอดทั้งปี ซึ่งจะสามารถเห็นการเปลี่ยนแปลงของฤดูได้อย่างชัดเจนในช่วงฤดูใบไม้ผลิและฤดูหนาว ส่วนฤดูร้อนและฤดูใบไม้ร่วงจะเห็นการเปลี่ยนแปลงได้ค่อนข้างน้อย สภาพอากาศของได้หวันถือว่าเหมาะสมสำหรับการท่องเที่ยวเป็นอย่างยิ่ง อุณหภูมิเฉลี่ยทั้งปีราว ๒๒ องศาเซลเซียส และอุณหภูมิเฉลี่ยต่ำสุดราว ๑๒-๑๗ องศาเซลเซียส ดังนั้นจึงไม่สามารถมองเห็นหิมะตกช่วงฤดูหนาวของได้หวัน เว้นแต่บนพื้นที่ภูเขาสูงเพียงไม่กี่แห่งเท่านั้นที่

อาจจะสามารถเห็นเกล็ดหิมะได้ นอกจากนี้จะมีฝนตกปรอยๆ ในช่วงเปลี่ยนผ่านของฤดูใบไม้ผลิและฤดูร้อน (เดือนมีนาคม - พฤษภาคม) หากมาเที่ยวได้วันในเวลานี้ อย่าลืมพกร่มมาด้วย อาจมีพายุไต้ฝุ่นพัดผ่านเป็นครั้งคราวในช่วงฤดูร้อน (เดือนมิถุนายน - สิงหาคม) แต่พอถึงฤดูใบไม้ร่วง (เดือนกันยายน - พฤศจิกายน) จะสามารถดื่มด่ำกับสภาพอากาศที่เย็นสบายได้ และเมื่อเข้าสู่ฤดูหนาว (เดือนธันวาคม - กุมภาพันธ์) ถึงแม้จะเป็นระยะเวลาที่สั้นแต่กลับแสนอบอุ่น ซึ่งถือเป็นฤดูที่เหมาะสมสำหรับการเปลี่ยนสีของต้นไม้เปิด และเหมาะกับการแช่น้ำพุร้อนเป็นอย่างยิ่ง

อย่างไรก็ตาม ได้วันถือว่าเป็นจุดหมายปลายทางที่คู่ควรกับการมาท่องเที่ยวอย่างเป็นทางการเป็นที่สุด

วัฒนธรรมอาหารการกิน

ไต้หวันมีสภาพภูมิอากาศที่ดีและที่ตั้งทางภูมิศาสตร์ที่ขอดีเยี่ยม นอกจากผักและผลไม้ที่มีผลผลิตตลอดทั้งปีแล้ว ไต้หวันยังมีทรัพยากรทางทะเลอีกจำนวนมาก อีกทั้งประวัติศาสตร์ที่ยาวนานพร้อมการพัฒนาทางเศรษฐกิจ นอกจากอาหารจีนหลากหลายรูปแบบแล้ว ในขณะเดียวกันไต้หวันก็มีการคิดค้นพัฒนาอาหารท้องถิ่นและอาหารทานเล่นที่มีเอกลักษณ์เฉพาะตัวขึ้นมา นอกจากนี้ เนื่องจากมีการแลกเปลี่ยนวัฒนธรรมกับหลากหลายประเทศเพิ่มมากขึ้น ทำให้สามารถลิ้มลองอาหารที่มีรสชาติหลากหลายจากนานาชาติได้ที่ไต้หวัน

วัฒนธรรมอาหารการกินของไต้หวันมีความอุดมสมบูรณ์และหลากหลายมาก โดยเฉพาะอย่างยิ่งสำหรับอาหารทานเล่นนั้น จัดว่าเป็นวัฒนธรรมอาหารการกินที่แสดงให้เห็นถึงเอกลักษณ์ของวัฒนธรรมดังกล่าวได้เป็นอย่างดี อาทิ ชานมไข่มุก หอยทอด โจ๊กท้องปลานวลจันทร์ หมี่สั่วหอยนางรม ข้าวหมูพะโล้ตุ๋น เต้าหู้เหม็น ปอเปี๊ยะสด ขาหมูล้วน ซุปปลาหมึกเป็นต้น อาหารเหล่านี้ล้วนเป็นอาหารทานเล่นสไตล์ไต้หวัน นักท่องเที่ยวสามารถเรียนรู้ถึงวัฒนธรรม และประวัติศาสตร์ของท้องถิ่นได้มากยิ่งขึ้น โดยผ่านการลิ้มลองอาหารตามตลาดกลางคืนหรือร้านอาหารในท้องถิ่น ซึ่งจะสามารถช่วยเพิ่มสีสันมากขึ้นให้กับการเดินทางท่องเที่ยว

การคมนาคม

ไต้หวันมีการคมนาคมที่ครอบคลุมและปลอดภัยทั้งทางบก ทางอากาศและทาง ไม่ว่าจะเป็นรถไฟฟ้าใต้ดินไทเป (Taipei MRT) รถไฟฟ้าใต้ดินเกาสง (Kaohsiung MRT) รถไฟฟ้าสนามบินเถาหยวน (Taoyuan Airport MRT) รถไฟความเร็วสูงไต้หวัน (Taiwan High Speed Rail) เส้นทางรถไฟรอบเกาะไต้หวัน Taiwan Tourist Shuttle Bus Taiwan Tour Bus รถประจำทาง แท็กซี่ รถจักรยานสาธารณะเป็นต้น นอกจากนี้ยังมีบริการเที่ยวบินและเที่ยวเรือระหว่างไต้หวันและหมู่เกาะไต้หวันอีกด้วย ซึ่งทำให้นักท่องเที่ยวสามารถเพลิดเพลินการเที่ยวชมไต้หวันและค้นพบเสน่ห์ที่ไม่มีสิ้นสุดของไต้หวันได้ง่ายยิ่งขึ้น

เทือกเขา

ไต้หวันมียอดเขาสูงกว่า 3,000 เมตรกว่า 200 ยอด เนื่องจากมีพื้นที่ที่เป็นภูเขาค่อนข้างมาก จึงทำให้กิจกรรมปีนเขาหลากหลายรูปแบบเป็นที่นิยมมากในไต้หวัน และมีการแบ่งระดับการปีนเขาตั้งแต่ระดับพื้นฐาน ระดับกลางและระดับสูง ซึ่งจะสามารถสัมผัสกับประสบการณ์และทิวทัศน์ที่แตกต่างกันในแต่ละระดับ นอกจากนี้ ไต้หวันยังมีอุทยานแห่งชาติหลายแห่ง อาทิ อุทยานแห่งชาติทาโรโกะ อุทยานแห่งชาติหยางหมิงซาน อุทยานแห่งชาติเจินตง และอุทยานแห่งชาติจินเหมิน

ทะเล

ไต้หวันตั้งอยู่บนชายฝั่งตะวันออกของมหาสมุทรแปซิฟิก มีระบบนิเวศน์ทางทะเลที่อุดมสมบูรณ์ สามารถมองเห็นกลุ่มปลาโลมาหลากหลายสายพันธุ์กระโดดไปมาอยู่ในทะเล ทั้งโลมาปากขวด โลมากระโดด โลมาริสโซ โลมาฟราเซอร์ โลมาลายจุดเป็นต้น นอกจากนี้ยังมีเขตปะการังที่สวยงามบริเวณเมืองเจินตง เกาะลวี่เต่า และเผิงหูอีกด้วย

อุทยานนิเวศวิทยา

ไต้หวันมีสภาพภูมิอากาศที่อบอุ่นและฝนตกชุก อีกทั้งความหลากหลายของภูมิประเทศ ทำให้ไต้หวันเป็นแหล่งที่อุดมไปด้วยทรัพยากรสัตว์และพันธุ์พืช รวมทั้งยังสามารถผลิตสิ่งมีชีวิตได้หลากหลายชนิด ด้วยเหตุนี้จึงกำเนิดขึ้นเป็นอุทยานนิเวศวิทยา นอกจากนี้ป่าชายเลนในไต้หวันยังเป็นแหล่งดึงดูดนกอพยพจากหลากหลายประเทศ จนกลายเป็นที่พักพิงสำหรับฝูงนกที่อพยพมาตามฤดูกาลทั้งหลาย อาทิ นกปากช้อนหน้าดำที่เหลือเพียงไม่มากในโลกนี้ ซึ่งนกป่าช้อนหน้าดำที่มักจะอพยพหนีหนาวมายังไต้หวัน รวมทั้ง เขี้ยวหน้าเทาที่จะบินมาในเดือนตุลาคมของทุกปี ราวกับมาร่วมฉลองวันชาติของไต้หวันโดยเฉพาะ และยังมีนกสายพันธุ์อื่นๆ อีกมากมาย ที่ร่วมสรรค์สร้างระบบนิเวศของไต้หวันมีความอุดมสมบูรณ์มากขึ้น

ผลผลิต

เนื่องด้วยลักษณะที่ตั้งที่มีความพิเศษของไต้หวัน อีกทั้งยังมีความหลากหลายทางธรณีวิทยา และปริมาณฝนที่เพียงพอ ทำให้ไต้หวันมีความอุดมสมบูรณ์ทางการผลิตด้านการเกษตร และการประมง เทือกเขาที่สูงต่ำต่างกันอันเกิดจากการชนกันของแผ่นเปลือกโลก ทำให้ไต้หวันมีสภาพแวดล้อมที่เหมาะสมกับการเพาะปลูกชาเป็นอย่างมาก ส่งผลให้ทั่วเกาะไต้หวันปลูกชาไปด้วยไร้ชา ซึ่งในแต่ละท้องถิ่นจะมีการปลูกชาตามสภาพอากาศและสภาพของดินในท้องถิ่นนั้นๆ จึงทำให้ไต้หวันเพาะปลูกชาออกมาได้หลากหลายสายพันธุ์ จากการเพาะปลูกชาที่คุณภาพเยี่ยมทำให้ไต้หวันยังได้รับขนานนามว่า “อาณาจักรแห่งใบชา” ไต้หวันถูกล้อมรอบด้วยทะเล กระแสน้ำของมหาสมุทรทำให้ไต้หวันมีทรัพยากรทางทะเลที่อุดมสมบูรณ์ อีกทั้งไต้หวันยังมีการพัฒนาด้านเทคนิคการเพาะเลี้ยง

พันธุ์ปลาและเทคนิคการประมงที่พิเศษ ทำให้ได้หวั่นมีผลผลิตทางทะเลที่อุดมสมบูรณ์ในทุกฤดูกาล นอกจากนี้ เนื่องด้วยลักษณะทางธรณีและสภาพอากาศที่มีความหลากหลาย ผนวกกับเทคนิคการเกษตรระดับแนวหน้าของโลก ทำให้ได้หวั่นสามารถเพาะปลูกพืชผลและดอกไม้หลากหลายสายพันธุ์ ในขณะที่เดียวกันยังได้นำเข้าพืชผลลัดดอกไม้จากนานาประเทศเข้ามาปลูก ทำให้ได้หวั่นมีพืชผลและดอกไม้ นานาสายพันธุ์ตลอดปี

การช้อปปิ้ง

ได้หวั่น ไม่เพียงแต่มีสินค้าแฟชั่นและแบรนด์ดีไซเนอร์จากต่างประเทศให้นักท่องเที่ยว เลือกสรรเท่านั้น แต่ยังมีสินค้าที่ออกแบบโดยนักออกแบบชาวได้หวั่นเอง โดยมักจะมีการผสมผสาน ความเป็นได้หวั่นลงไปด้วย ซึ่งเชื่อว่าจะสามารถตอบสนองความต้องการของนักช้อปทุกคน

อีกทั้ง ได้หวั่นยังมีศิลปินและนักออกแบบที่ผลิตสิ่งของที่มีแนวคิดสร้างสรรค์ โดยเป็นการรวม เอกลักษณะของได้หวั่นและแนวคิดสร้างสรรค์ในชีวิตประจำวันเข้าด้วยกัน ซึ่งจะสามารถหาซื้อสินค้า เหล่านี้ได้ที่ตึกแดงซีเหมินติง ศูนย์ความคิดสร้างสรรค์ ฮว่าซาน 1914 สวนความคิดสร้างสรรค์ชงซาน และ ศูนย์ศิลปะเพียร์ 2 เมืองเกาสง

นอกจากนี้ยังสามารถพบเห็นเสื้อผ้าและผลิตภัณฑ์ที่ใช้ในชีวิตประจำวันคุณภาพดี แต่ราคาถูก ได้ที่บริเวณซีเหมินติง อู่เฟินผู่และแหล่งจำหน่ายสินค้าขายส่งอื่นๆ อีกทั้งยังสามารถสัมผัสถึง วัฒนธรรมทางด้านแฟชั่นของวัยรุ่นได้หวั่นได้อีกด้วย

สุดท้าย สำหรับผู้ที่ชื่นชอบสินค้า 3C สามารถไปแถวศูนย์การค้ากวางฮวาเมืองไทเป ถนน เครื่องใช้ไฟฟ้าเมืองไถจง และศูนย์จัดจำหน่ายสินค้า 3C ในเมืองเกาสงได้ ซึ่งจะสามารถพบกับสินค้า 3C ที่คุณภาพดี แต่ราคาถูกได้

๒) แนวโน้มการเติบโตของนักท่องเที่ยวชาวไทย

จำนวนนักท่องเที่ยวไทยที่เดินทางไปท่องเที่ยวได้หวั่นเติบโตอย่างต่อเนื่อง ตามข้อมูลสถิติจาก สำนักการท่องเที่ยว กระทรวงคมนาคม ในเดือนพฤศจิกายน พ.ศ. ๒๕๖๒ มีนักท่องเที่ยวชาวไทยที่ เดินทางไปได้หวั่นมากถึง ๓๕,๕๓๑ ราย คิดเป็นอัตราเพิ่มขึ้นถึงร้อยละ ๓๗.๐๕ เมื่อเทียบกับช่วงเวลา เดียวกันของปีที่แล้ว และในเดือนธันวาคมพ.ศ. ๒๕๖๒ มีนักท่องเที่ยวชาวไทยที่เดินทางไปได้หวั่นมี จำนวน ๕๒,๕๐๕ ราย คิดเป็นอัตราเพิ่มขึ้นถึงร้อยละ ๑๗.๔๑ จำนวนนักท่องเที่ยวไทยที่เดินทางไป ท่องเที่ยวได้หวั่นตั้งแต่เดือนมกราคม – ธันวาคมในปี พ.ศ. ๒๕๖๒ รวมเป็นจำนวนทั้งสิ้น ๔๑๓,๕๒๖ ราย เมื่อเทียบกับปีพ.ศ. ๒๕๖๑ (รวม ๓๒๘,๐๐๐ ราย) คิดเป็นอัตราเพิ่มขึ้นร้อยละ ๒๕.๓๕ ในขณะนี้ ตลาดนักท่องเที่ยวไทยถือเป็นหนึ่งในตลาดขนาดใหญ่ของนักท่องเที่ยวเข้าสำหรับได้หวั่น และมีการ

เติบโตเป็นอันดับที่ ๑ ในกาครั้งนี้ สามารถเห็นได้ว่าการแลกเปลี่ยนระหว่างกันทั้งสองประเทศ และมีโอกาสในการพัฒนาตลาดด้านอื่นๆ ต่อไป

๓. ช่องทางการติดต่อและให้บริการข้อมูลสำหรับนักท่องเที่ยว: @VisitTaiwan

บัญชีไลน์ @VisitTaiwan เป็นช่องทางที่มีไว้เพื่อบริการและเผยแพร่ข้อมูลเกี่ยวกับการท่องเที่ยวไต้หวัน สำหรับนักท่องเที่ยวชาวไทย หากมีความประสงค์ที่จะสอบถามข้อมูลเกี่ยวกับการท่องเที่ยวไต้หวัน สามารถติดต่อสอบถามผ่านทาง @VisitTaiwan



๔. โบชัวร์การท่องเที่ยวเชิงการเกษตรแบบนันทนาการไต้หวัน

Farm kitchen Farm Cuisine และ Farm Stay ด้านล่างนี้เป็นคู่มือที่จัดทำโดยสมาคมพัฒนาการเกษตรเชิงนันทนาการของไต้หวันที่พร้อมจะมอบความสวยงามของการเกษตรเชิงนันทนาการไต้หวันมาให้ท่านได้ชม



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。

在地食材擦撞出的

臺灣味

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

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

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

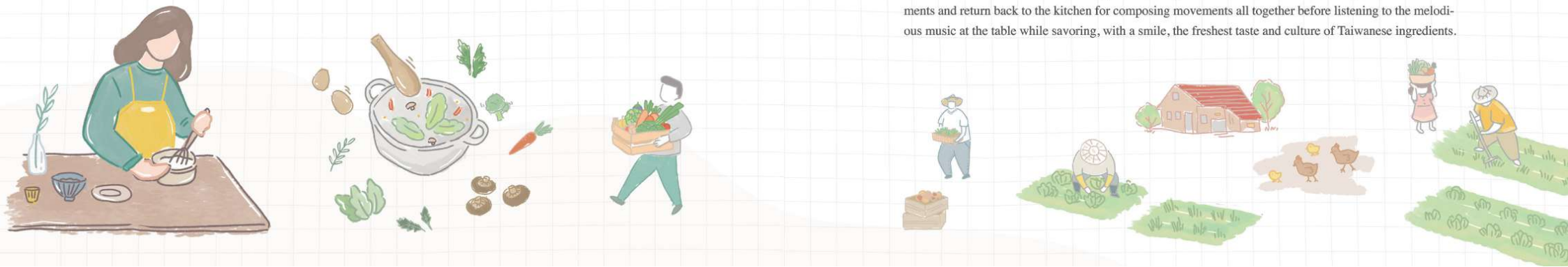
簡單來說，泰國廚藝教室強調的是廚藝教學，但臺灣農村廚房不只是廚藝教學，而是充滿食材生產過程的壯闊美景與眾多故事。它是帶領學員親自下田採蔥、拔蘿蔔、挖竹筍、擠牛奶、焙桂圓，讓你真實踏上臺灣的農地去感受農人的用心與汗水，然後把這些剛採下的食材當音符，鍋鏟當樂器，大家一起回到廚房裡譜寫樂章，最後來到餐桌上聽著美好樂曲，帶著微笑品嚐最新鮮的臺灣食材滋味與文化。

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

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

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

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





農村廚房 —— 五大核心理念

FIVE PRINCIPAL CORE VALUES

1



農事體驗

Farming Experience

原味農場新貌

Brand new appearance of traditional farms.

2



食材採集或購買

Purchasing or Picking the Ingredients

新鮮食材，農家人情味

Fresh ingredients, with farmers' hospitality.

3



廚藝學習

Cooking Experience

田間美味學堂，健康料理

Rural cooking courses, for the delicate and healthy cuisine.

4



料理品嚐

Taste the Cuisine

美食文化，農村鮮味上菜

Delicacy culture, the freshness from the village is ready to serve.

5



農產消費

Consuming Farm's Product

農旅伴手在地味

Farm tour, traveling with the local souvenirs.

Content



P.25 新北 千戶傳奇生態農場

New Taipei City Chienhu Chuanchi Ecological Farm

P.17 台北 白石森活休閒農場

Taipei White Rock Organic Farm

P.29 桃園 好時節休閒農場

Taoyuan Luckytime Leisure Farm

P.21 台北 梅居休閒農場

Taipei M&G Family Leisure Farm

P.33 新竹 水月休閒藍鯨魚寮

Hsinchu Shuiyue Leisure Blue Whale Fish Farm

P.37 苗栗 飛牛牧場

Miaoli Flying Cow Ranch

P.41 苗栗 卓也小屋

Miaoli Zhuo Ye Cottage

P.45 台中 私房雨露休閒農場

Taichung Villa Kurasu

P.1 宜蘭 逢春園渡假別墅

I-lan Feng Chun Villa

P.5 宜蘭 音樂米創意產銷企業社

I-lan Music Rice Agri-Marketing Studio

P.9 宜蘭 頭城休閒農場

I-lan Toucheng Leisure Farm

P.13 宜蘭 梅花湖休閒農場

I-lan Meihua Lake Leisure Farm

P.49 嘉義 龍雲農場

Chiayi Long Yun Farm

P.53 台南 仙湖休閒農場

Tainan Fairy Lake Leisure Farm



料理 體驗 山居歲月



逢春園特色：寧靜、空間、美景、美食。

吃喝玩樂中，體驗生活無限創意。高屋可食地景，美茶席、食農宴、手作料理、自然景，好食住與好人文交織成趣，退休族讚嘆，年輕人更喜歡！

Particulars of Feng Chun Villa Healthiness, delicacy, art, culture

Enjoy yourself with feasting and other kinds of entertainment while experience infinite creativity of life. Sun House Edible Landscape where beautiful tea site, handmade dishes, food and agriculture banquet, natural landscapes interlace and form impressive lodging, meal, humanities and culture is highly praised and particularly fancied by both retirees and youngsters.

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逢春園

渡假別墅

農村 廚房

FARM KITCHEN

本遊程帶領大家親自下田採摘翠綠肥美的三星蔥，解說三星蔥品種、種植環境與氣候特性等美味秘密，接著一起體驗製作料理，最後在大同鄉的山光水色間品嚐自己做出的料理，以一種緩慢的步調，讓人感受蘭陽平原的經典滋味與大自然的美麗及能量。

This course brings everybody to the fields to collect the bluish Sanshing scallion while explaining the variety, the secrets of deliciousness such as growing environment and climate feature of Sanshing scallion. Then it is time for cooking! The participants will be able to experience the classic taste, the beauty of nature and energy of Lanyang Plain while relishing the homemade dishes amidst the delicate and graceful scenery filled with green mountains and beautiful water at the end.



這樣 好玩

JUST FUN

2~8 人成行 / PEOPLE

- 08 : 50 蔥仔寮體驗農場集合
 宜蘭縣三星鄉天福村東興路13號之2
 Gather at Cong Zai Liao Farm
 (No. 13-2, Dongxing Rd., Tianfu Vil., Sanshing Township, Yilan County, Taiwan (R.O.C.))
- 09 : 00 認識三星四寶「蔥」，採蔥體驗
 Get acquainted with "scallion", the four treasures of Sanshing - scallion picking experience
- 09 : 30 前往台灣觀光局評鑑十大幸福旅宿逢春園
 Visit Feng Chun Villa, the award-winning "Top 10 Happy Hotel" appraised by Tourism Bureau
- 09 : 40 園區環境及設備介紹
 Park environment and facility introduction
- 10 : 00 逢春園經典料理教學
 Classic culinary teaching of Feng Chun Villa
- 12 : 00 料理品嚐及紅外線烘足體驗、能量空間
 Dishes sampling and infrared foot sauna experience, energy space



特殊 食材

FOOD INGREDIENT



三星蔥 Sanshing scallion

宜蘭三星地區以蔥蒜聞名，三星地區因為位居「蘭陽溪」上游，水質清澈，加上有來自雪山山脈的西風，全年溼度高，特別適合蔥蒜生長。三星青蔥為日蔥，蔥白長，質地細緻、蔥味芳香，深受大眾喜愛。

The region of Sanshing, Yilan is known for its scallion. Located in the upstream area of "Lanyang River", Sanshing district has clear and transparent water quality, and together with the west wind that blows from Xuehsan Range, the environment of high humidity throughout the year is particularly suitable for the growth of scallions. Sanshing scallion belongs to a type of spring onion, and the white part of the scallion is relatively long and delicate in texture. The fragrant scallion is very popular among the public.



大同段木香菇 Datong woodlog shiitake (mushrooms)

宜蘭大同友善小農所栽種的段木香菇，朵朵飽滿厚實，乾燥後更是香氣濃郁，富含8種人體必需胺基酸、豐富的多醣體以及維生素D。

The woodlog shiitake (mushrooms) grown by eco-friendly peasants from Datong, Yilan are full and thick. The fragrance of the mushrooms gets even stronger and richer after drying. The mushrooms contain 8 kinds of necessary amino acid needed by human body, together with abundant polysaccharide and vitamin D.

在地 伴手

PRESENT

馬告小魚乾 Makuay (mountain pepper) anchovies

配角其實都是準主角，穿上球形偶裝的馬告、披著紅風衣的辣椒及演活自己的小魚干，拌攪成一齣越嚼越有味的新三國演義，放在哪道菜上面，都能立足味覺江湖。

規格售價 / NTD200元 (190公克/瓶-常溫保存)

All supporting roles are actually the expectant leading roles. The mixture of the mountain pepper that puts on spherical costume, the chili that wears red wind coat and the anchovies that emboss their own characters eventually becomes a mouthwatering dish that presents the new version of the Romance of Three Kingdoms. Makuay anchovies can be served with all types of dish and meal which will certainly keep a foothold at all corners of the food world.

Standard and Price: glass bottle 190g, NTD 200. Store at room temperature.



來自原住民部落
的超級食物
Super food from indigenous!

料理 課程

COOKING CLASS

01 # 黑糖蔥油餅

Brown sugar scallion pancake

比蔥香油韻更縈繞的，是甜滋滋的反差萌香氣，鹹鹹又蜜蜜，宛若情人拌嘴後的大和解，此刻眼前的彼此更加秀色可餐，誘惑如糖，甜甜上心頭。

What lingers on for a moment longer than the aftertaste of scallion oil is the sweet and contrast aroma which is salty and honey. Just like the grand reconciliation between lovers after a quarrel, the two become more beautiful and attractive in each other's eyes at this moment, as enticing as sugar, the sweetness creeps into your mind.



02 # 綠豆糕

Mung bean cake

壓碎綠豆仁後，接著倒入鍋具裡集中，然後取出適量揉捏成球狀；每顆最完美的重量是22克！加入酸酸甜甜的李鹹，吃起來口感更有滋有味！原來一團不起眼的綠豆仁爛泥，歷經各種溫柔考驗後，也能變成一顆顆讓人驚艷不已的精緻綠豆糕！

Mung beans are crushed, poured into the cookware for gathering up before being drawn out and kneaded into the shape of a ball based on an adequate amount; the perfect weight for each piece is 22 grams! Integrated with sweet-and-sour salted plums, the mung bean tastes even more flavorful! Who could have thought that a lump of unattractive mung bean paste can one by one turn into a stunningly exquisite mung bean cake after undergoing all kinds of gentle tests?



03 # 野菇炊飯

Steamed rice with wild mushrooms

泡米、調味、切菇、倒入蓋鍋，開火悶煮20分鐘；然後，你可以繼續滑手機或翻翻雜誌。20分鐘後，只要打開鍋蓋，一鍋野菇炊飯香氣撲鼻而來！

Soak the rice in water, add seasonings, cut the mushrooms, pour in, cover up and cook over medium heat for 20 minutes. After that, you are allowed to continue phubbing your phone or flicking through a magazine until you lift the lid and be overwhelmed by the aromatic scent of steamed mushroom rice that assails the nostrils 20 minutes later.

*另設有鴨賞飯糰、螺肉蒜湯等料理課程，內容均可客製化。

The class also sets up the courses of smoked duck rice ball and escargot garlic soup, which can all be customized.



這裡不是驛站，
這裡沒有顧客，
因為我們是朋友。
這裡不是驛站，
是您心裡的憩所；



CHEF
授課主廚
林 嵩 浩

Howard

Instead of a post house,
it is where your mind can
rest; no one shall be
regarded as a guest here
as we are all friends.

跟少年阿公逛菜市場

音樂米

創意產銷企業社



「音樂米，唱歌種田在一起！」宜蘭礁溪返鄉青農融合音樂和農業，遵循古法「倒掛日曬米」搭配節氣手作好物，讓吃飯更好玩。獨創「音樂米魯肉飯糰」，將全世界最美味的媽媽好味道，握入一年僅一收穫的精品級倒掛日曬米，咬下一口音樂米魯肉飯糰，讓人忍不住想在媽媽身旁唱歌跳舞。

"Music rice, let's sing and farm together!" The young farmers who return to their homeland in Yilan Jiaosi integrate music with agriculture and try to make eating more interesting by following the ancient method of "hanging sun-dried rice" while incorporating handmade foods associated with solar terms. "Music rice braised pork rice roll" is developed to share the traditional flavor made by all mothers, the most palatable taste of the world. The rice rolls are made with specialty inverted sun-dried rice that can only be harvested once per year. Take a bite of this music rice braised pork rice roll and you will be unable to refrain from thinking of singing and dancing together with your beloved mom.

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農村廚房

FARM KITCHEN

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

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



這樣好玩

JUST FUN

4~18人成行 / PEOPLE

- 10 : 15 宜蘭火車站(前站廣場)報到
Sign in at Yilan Station (front station square)
- 10 : 30 跟著市場達人逛菜市場：拜訪市場職人品嘗私房好味道，選購食材返回農村手作料理。
Visit the wet market upon following the market expert; visit market craftsmen and savor the private home-style flavors. Select and purchase ingredients and return to the rural village for preparing handmade dishes.
- 11 : 30 接駁車前往農村廚房
Travel to rural kitchen by shuttle bus
- 12 : 00 創意料理廚藝教學
Creative cuisine culinary teaching
- 13 : 00 料理品嚐，就像來到在地人家吃飯一樣，近百年古厝FB和IG拍照熱門景點。
Dish savoring, just like you are invited to dine at a local's house, the historical house which is nearly one hundred years old is a popular attraction where people take photographs and check-in on FB or IG.
- 14 : 00 宜蘭菜園農務體驗－農業好好玩！農夫一日生活體驗。
Yilan farm work experience at vegetable garden - have fun with agriculture! farmer-for-a-day experience.
- 14 : 30 農村生活走讀
Visit the experience the life in a rural village

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個月的自然生長成熟期，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 Xuehsan Range on the three sides, the pure and transparent water of the spring flows ceaselessly all year round. Challenged by the climate of typhoon in summer and northeast monsoon in winter, the music rice can only be harvested once per year with limited yield. But on the bright side, the paddies are bestowed an ageing period of natural growth for nearly 6 months. The rice is al dente in texture with a sweet aftertaste, which is also why the mouth of Yilan citizens is particularly picky and difficult to be satisfied.

在地 伴手

PRESENT

音樂紫米果 Music black glutinous rice cracker

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

規格售價 / NTD100元 (一包-常溫保存)

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

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

台灣農夫衫(經典白/新潮藍/農田綠)

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

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

規格售價 / NTD350元 (尺寸：M/L/XL/2XL)

Every Taiwanese grandfather has a piece of Taiwanese farmer's shirt. As the shirt is moisture-wicking, sweat-siphoning and quick-drying, these elders wear it all the time when going to the wet market, participating in temple fair and working in the field. While the shirt is served as underwear in early periods, it becomes a trendy garment nowadays. Standard and Price: M/L/XL/2XL, NTD 350/piece.



料理 課程

COOKING CLASS

鄉土風格創意手作料理 (前菜、湯品與主餐，再加上香草茶飲)

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



01 # 前菜 - 一串心

Appetizer - Yilan barbecue

宜蘭最具特色美食「一串心」，市場達人最愛，一種美食竟然有數種品嚐方式。

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

02 # 主菜 - 手握音樂米飯糰

Main course -
Hand grip music rice roll

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

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



03 # 湯品 - 仙女闊腰帶

Soup - Angel's belt

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

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

農業超好玩，快來跟我們一起玩！



CHEF
授課主廚

少年阿公
方子維

Young Grandpa
Leo

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

綠色廚房 德國人也可以來的



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

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

INFORMATION

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頭城

休閒農場

農村廚房

FARM KITCHEN

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

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



這樣好玩

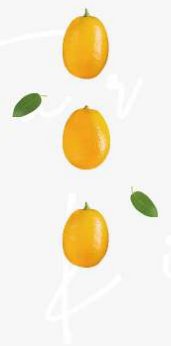
JUST FUN

20~40人成行 / PEOPLE

- 09 : 30 報到：當日行程介紹
Check-in, trip itinerary of the day
- 10 : 30 有機菜園解說導覽、農事體驗、快樂雞地巡禮
Guided tour of the organic vegetable garden, farming experience, visit to happy chicken lan.
- 11 : 10 跟著專業的瑞士主廚學習廚藝
Learn culinary arts from the professional Swiss chef
- 12 : 10 在大自然的美景、半戶外的場地中，享受愉悅的一餐
Enjoy a delighted meal in a semi-outdoor venue surrounded by the beauty of nature.
- 13 : 30 利用海洋廢棄物玻璃來創作各式各樣的藝術品
Create all kinds of artworks by making use of marine debris and waste glass.

特殊 食材

FOOD INGREDIENT



金棗 Oval Kumquat

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

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

放牧雞雞蛋 Free-range Chicken Eggs

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

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



在地 伴手

PRESENT

新鮮手製青醬 Fresh handmade pesto

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

規格售價 / NTD120元 (80ml/罐-冷藏保存)

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

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



料理 課程

COOKING CLASS

01 # 彩虹刈包

Rainbow Gua Bao (Chinese steamed bun)

刈包，是台灣傳統的美食，因形狀像一個飽滿的錢包，所以吃刈包，象徵會發財，錢包滿滿用不完。農場將刈包外皮用蔬菜、火龍果、薑黃等等健康食材染顏色，蒸煮後加上傳統餡料，風味獨特。

Gua bao is one of the traditional Taiwanese delicacies. The act of eating gua bao signifies the luck of getting rich and prosperity as the shape of the steamed bun resembles a wallet filled with coins and endless money. The farm colors the skin of the steamed bun by utilizing health ingredients such as veggies, dragon fruit and turmeric before adding conventional stuffing. The snack is indeed unique in flavor.



02 # 芭蕉葉蒸魚鮮

Steamed fish with banana leaf

農場週邊有大溪、梗枋、烏石三個漁港，每個季節都盛產非常新鮮的魚貨。此道料理將在地新鮮時魚，用香料及椰奶醃製後，再放入農場自產的芭蕉葉中蒸煮，味道鮮美。

Daxi, Gengfang and Wushi are the three fishing ports that abound in fresh catch and seafood during every season in the vicinity of the farm. Made from local fresh fish, the dish is steamed with homegrown banana leaves after being marinated in coconut milk and spices. Come and discover the taste of freshness.



03 # 金棗魚丸湯

Oval kumquat fish ball soup

將醃製過後的農場自產金棗揉入魚漿中製成魚丸，在加入剛在菜園裡採摘的各種健康蔬菜，一起加入湯中，是產地到餐桌的完美呈現。

The pickled homegrown oval kumquats are mixed with minced fish meat and make into fish balls before being put into the soup together with all kinds of healthy vegetables that are freshly picked from the vegetable garden. It is the perfect presentation of "from farm to table".



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



CHEF
授課主廚
吳小龍
David

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

黑白切，切什麼？

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.

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農村 廚房

FARM KITCHEN

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

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



這樣 好玩

JUST FUN

4~20 人成行 / PEOPLE

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

特殊 食材

FOOD INGREDIENT

冬山良食米 Dongshan Liangsi Rice

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

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

宜陽快樂豬 Iyang Happy Pig

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

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

在地 伴手

PRESENT

香草快樂豬 Vanilla Happy Pig

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

規格售價 / NTD380元 (350-450公克/包-需冷凍保存)

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

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



料理 課程

COOKING CLASS

01 # 繽紛米苔目

Colorful Thick Rice Noodles

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

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



02 # 金棗糕

Oval Kumquat Cake

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

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



03 # 風味黑白切

Flavorful Heibai slices

當神農氏遇到快樂豬，健康美味無法擋。

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



歡迎大家來梅花湖休閒農場體驗農村廚房！



CHEF
授課主廚

楊秋麗

Yang Ciou Li

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

森林深處的老灶腳



白石森活

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、落雨松林等天然生態園區景觀。

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

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休閒農場

農村 廚房

FARM KITCHEN

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

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



這樣 好玩

JUST FUN

4~20人成行 / PEOPLE

- 10 : 00 報到：行程說明
Check-in: introduction to itinerary
- 10 : 10 從一粒種子到蔬菜採收，認識香草成長習性
From a seed to vegetable harvesting, learn the growth habit of vanilla herbs.
- 10 : 40 現場採摘蔬果(沙拉)、香草(茶)、食材
On-site fruit and vegetable picking (salad), sweet grass (herbal tea), ingredients.
- 11 : 00 料理烹調
Preparing dishes
- 12 : 10 以全食物概念品嚐由產地到餐桌的自然美味
Relish the most natural dainties from farm to table based on whole-food concept.
- 13 : 10 友善農耕講座、園區導覽
Eco-friendly farming lecture, park guided tour.



特殊 食材

FOOD INGREDIENT



野薑花 Ginger Lily

野薑花的正式名稱叫做穗花山奈，喜歡生長在日照充足的潮濕環境，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 grow in moist environments with sufficient sunshine. Its stem and flower can be utilized to develop various dishes. The flower can be made into essential oil. It is a material used for flower arrangement as well.



無花果 Fig

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

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



在地 伴手

PRESENT

草莓果醬、柚香醋醬、香椿醬

Strawberry Jam, Pomelo-flavored Jam, Toon Sauce

用自園區的有機草莓與柚子果肉、香椿加工而成。

規格售價 / NTD320元 (180ml/罐-常溫保存)

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

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

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

用新鮮草莓、柚子果肉加有機糙米醋底浸泡兩年以上時間而成。

規格售價 / NTD600元 (320ml/罐-常溫保存)

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

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



料理 課程

COOKING CLASS



01 # 無花果沙拉

Fig Salad

以園區生產的草莓醋、蜂蜜、檸檬為沙拉醬底，佐以園區生產之無花果及其他當季蔬果，就是一道美味又無負擔的健康料理。

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

02 # 塔香三杯雞

Basil Sanbeiji (Three-Cup Chicken)

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

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



03 # 野薑花烘蛋

Baked Eggs with Ginger Lily

使用園區採摘的野薑花，以其花及莖絲加蛋料理烹煮，味道清香，口味清爽。

The flower and stem of ginger lilies picked from the farm are utilized before mixed and cooked with eggs. The aromatic and fresh dish tastes light and refreshing.



*另設有醬瓜魚、鼠麴糕等料理課程，內容均可客製化。

The class also sets up the courses of Fish with Pickled Cucumber, Gnaphalium Affine Cake, which can all be customized.

品嚐由自然農法、由產地到餐桌的健康美食。



CHEF
授課主廚
黃明瑩

Ming Yin

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



陽明山新祕境-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

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農村廚房

FARM KITCHEN

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

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



這樣好玩

JUST FUN

5~9 人成行 / PEOPLE

- 09:00 報到：活動流程說明
Check-in: Explanation of Event Agenda.
- 09:10 園區導覽及食材採摘
Park guided tour and collect ingredients.
- 11:00 動手學習料理課程
Learn how to make DIY dishes.
- 12:30 和自己的成果拍照，享用美食和美景
Take pictures with your handmade dishes; enjoy the delicacies and beautiful scenery.
- 13:30 自由活動，大合照，和梅居說掰掰
Free recreation, group photo, bid farewell to M & G Family Leisure Farm.

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，將其切成筍片，切斷纖維能變得脆而有口感。

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

金針花 Orange Daylily

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

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

在地 伴手

PRESENT

蘿蔔乾 Dried Radish

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

規格售價 / NTD300元 (600公克/包-需冷藏保存)

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

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



料理 課程

COOKING CLASS

01 # 蔬食魯肉飯

Braised Pork over Rice in Vegetarian Flavor

使用大豆、小麥、薑、香菇、金針碰撞出一道香味濃郁的素燥，比起一般魯肉飯，更多了一份清香氣味。

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



02 # 鳳梨苦瓜

Bitter Gourd and Pineapple

由鳳梨、苦瓜、桂圓、花椒、八角、豆鼓組合譜成一道美味料理。

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

03 # 香橙滑蛋

Scrambled Eggs in Orange Sauce

使用柳橙、蕃茄、洋蔥和豆腐蛋汁交織出的酸甜美好滋味。

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



來農場體驗一下慢慢的生活。



CHEF
授課主廚

楊人杰

Yang Jen Chieh

Come and experience the downshifting life at the farm.



千戶傳奇生態農場依山傍水，以清澈冷冽的山泉水養殖珍稀的鴨嘴鱔、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鱔。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、溪邊戲水並可體驗DIY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

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農村 廚房

FARM KITCHEN

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

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



這樣 好玩

JUST FUN

4~20人成行 / PEOPLE

- 10 : 40 千戶傳奇生態農場集合
Gather at Chienhu Chuanchi Ecological Farm.
- 11 : 00 解說漁人的一天，認識鱘龍魚特性，廚藝教室烹煮食材
The interpretation of a life in the day of a fisherman, learn about the characteristics of sturgeon, cook ingredients in culinary practice kitchen.
- 13 : 00 鱘龍魚料理品嚐
Savor delicious sturgeon dishes.
- 14 : 00 園區漁場導覽，認識台灣養殖漁業發展史
Fish farm guided tour inside the park, gain an understanding of the history and development of Taiwanese aquaculture.
- 15 : 00 著青蛙裝，下池體驗抱大魚
Put on frog suit and get into the pool to experience big fish hugging.
- 15 : 30 大合照，一讚二耶三OK四小愛心，揮揮小手說拜拜
Group photo, four pictures with thumbs up, V sign, OK and heart gestures, wave hands and bid farewell.



特殊 食材 FOOD INGREDIENT

鱈龍魚 Sturgeon

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

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



在地 伴手 PRESENT

鱈龍膠原蛋白凍飲 Sturgeon collagen jelly drink

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

規格售價 / NTD150元 (玻璃瓶裝70公克/瓶-需冷凍保存)

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

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



鱈龍魚肝油 Sturgeon cod liver oil

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

規格售價 / NTD100元 (玻璃瓶裝50公克/瓶-常溫保存)

Extracted from fresh sturgeon body at low temperature after processing, the product is rich in ω -3 fatty acids and other ingredients including DHA, EPA, Vitamin A and Vitamin D beneficial to human body. Every drop of this cod liver oil is precious. Standard and Price: glass bottle 50g, NTD 100. Store at room temperature.



料理 課程 COOKING CLASS

01 # 鱈龍魚滷肉飯

Braised pork and sturgeon on rice

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

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



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

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

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



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

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

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

*另設有精粹鱈龍花湯、水果大阪燒、鱈龍魚粉粿等料理課程，內容均可客製化。

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



山中傳奇傳千戶
鱈龍魚化石
歡迎蒞臨鱈龍魚の家



CHEF
授課主廚
葉福花(花妹)

Fish

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

大溪人的午餐



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

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休閒農場

農村 廚房

FARM KITCHEN

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

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



這樣 好玩

JUST FUN

8~15人成行 / PEOPLE

- 09:30 好時節休閒農場集合
Gather at Luckytime Leisure Farm.
- 09:45 採買大溪豆干及肉品等食材
Purchase Daxi dried bean curd and meat products.
- 10:30 介紹活動環境與流程
Introduce the agenda and environment of the event.
- 10:40 採集蔬果與裝飾花草、撿雞蛋
Collect fruits and vegetables, decorate flowers and plants, and pick eggs.
- 11:00 動手清洗食材及製作料理
Wash ingredients by hands, make dishes.
- 12:30 品嚐美味料理與分享
Sample enjoyable dishes and sharing.
- 13:30 解放腳丫接地氣、感受農村之紓壓氛圍等放鬆心靈
Liberate your feet to experience the power of down to earth and the stress-relieving atmosphere of the countryside, relax your mind and soul.
- 14:30 品嚐農村養生下午茶(飲料與甜點)
Savor rural health-preserving afternoon tea (drink and dessert).



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蛇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！

規格售價 / NTD120元 (10片/包-常溫保存)

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



米釀豆腐乳 Rice-fermented Tofu

「大房豆腐干」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。

規格售價 / NTD180元 (840公克/罐-常溫保存)

"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.

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



料理 課程

COOKING CLASS

01 # 月桃竹筒飯

Yuetao Rice in Bamboo Tubes

使用桂竹、月桃、螢綠米與在地當季食材所製作，品嚐到多層次風味的米飯香。

Made with Makino bamboo, Yuetao, firefly rice and native, in-season ingredients, this aromatic rice dish is with a multi-level flavor.



02 # 古早味菜脯蛋

Traditional Fried Eggs with Preserved Radish

使用大溪鄉下阿嬤古法醃製菜脯與好時節產出的雞蛋，滿口古早味。

Radishes pickled by following the ancient, conventional method of Daxi and eggs produced by Luckytime Leisure Farm are utilized to develop the dainty that fills your mouth with antique flavor.



03 # 豆腐乳炒嫩雞

Stir-fired Chicken in Fermented Tofu Flavor

食材是大溪豆製品老字號的米釀豆腐乳與優質雞肉，健康營養又對味。

The ingredients of Daxi's time-honored rice-fermented tofu and high-quality chicken are utilized to make this healthy, nutritious and tasteful dish.

農村廚房開啟食物溫柔的力量！



CHEF
授課主廚
陳莉婷

Jenny

The gentle power of food is initiated by farm kitchen!

藍鯨魚寮裡不吃鯨魚

水月休閒

藍鯨魚寮



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

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

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農村 廚房

FARM KITCHEN

水月休閒藍鯨魚寮結合竹北在地小農所推出之遊程，從食漁教育、農事體驗，再到料理教學，講究的特色伴手禮，一舉網羅竹北最飽滿的漁業風華；獨家發想的海洋牧場更是精彩，身長七、八十公分的龍虎石斑魚群就在腳邊流竄，創新的無鉤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 farmers of Zhubei includes food and fish education, farming experience, culinary teaching and exquisite specialty souvenir, gathering the unique charm and appearance of Zhubei's fishery to the fullest. The exclusive originality of fish farming is even more splendid: the 70 to 80 cm long shoal of orange spotted groupers swim beside your feet, the innovative non-toothed fishing allows the visitors to experience the excitement of fighting and struggling with big fish, to enjoy the fun of battle against the fish at the fish farm and experience the traditional lifestyle of Hsinchu's fish house by the sea.



這樣 好玩

JUST FUN

10~20人成行 / PEOPLE

- 09 : 50 水月休閒藍鯨魚寮報到
Sign in at ShuiYue Leisure Blue Whale Fish farm.
- 10 : 00 簡報介紹今日行程
Tour Itinerary Introduction.
- 10 : 10 友善魚塢養殖(烏魚及石斑)與生態棲地食魚常識解說。
Friendly fish farm breeding (groupers and mullets) and guiding interpretation of ecological habitat and general knowledge of fish eating.
- 10 : 30 乘風巡田水、買米粉、東海萊姆園採鮮果
Ride the wind and visit the farm, purchase thin noodles, pick fresh fruits at Lime Organic Garden.
- 11 : 30 料理教室輕鬆學烹魚
Learn how to cook fish at culinary practice kitchen at ease.
- 13 : 00 細心品嚐手作成果
Relish attentively handmade dishes.
- 13 : 40 一日漁夫體驗：餵魚、搏魚
One-day fisherman experience: fish feeding and fighting.

特殊 食材

FOOD INGREDIENT



龍虎石斑魚 Orange Spotted Grouper

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

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



萊姆 Lime

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

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

在地 伴手

PRESENT

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

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

規格售價 / NTD499元 (1500公克/份-需冷藏保存)

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

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



美人凍 Beauty Jelly

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

規格售價 / NTD50元 (90公克/瓶-需冷藏保存)

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

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



料理 課程

COOKING CLASS

01 # 旬魚米粉湯

Rice Noodle Soup with In-season Fish

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

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

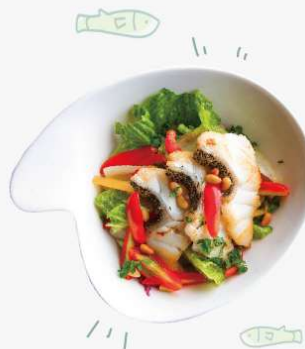


02 # 果香鮮蝦

Fresh Shrimp in Fruity Flavor

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

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



03 # 和風沙拉佐龍虎石斑魚排

Japanese-style Salad Served with Orange Spotted Grouper Fillet

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

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

好的地方、好的食材，用心做出好料理。



CHEF 授課主廚

阿仁師

A Ren Shih

Awesome place, excellent ingredients, wonderful dishes are made with the most attentive heart.

跟牛媽媽一起學做菜



園區內六大主題生態區、四大主題餐飲、兩大住宿風格，提供全家大小歡樂的天堂、教育、休閒會議、歡樂DIY體驗園區及“動物農莊”，為讓旅客更深層體驗，現場提供旅客免費的定時定點親子互動樂趣活動，有幫牛媽媽擠牛奶、鴨BB大遊行及餵小牛喝ㄋㄋㄋ等。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!

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飛牛

牧場

農村廚房

FARM KITCHEN

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

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



這樣好玩

JUST FUN

4~12 人成行 / PEOPLE

- 08 : 30 牧場服務中心集合
Gather at the ranch's service center
- 09 : 00 苗栗苑裡火車站集合
Gather at Miaoli Yuanli Station
- 09 : 10 傳統菜市場巡禮
Excursion to the traditional wet market
- 10 : 30 牧場擠牛奶體驗
Cow milking experience at the ranch
- 11 : 40 Chef garden 採集入菜食材
Collect ingredients in Chef Garden
- 12 : 20 農村廚房體驗 Rural kitchen experience
- 13 : 30 料理品嚐 Dish savoring

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奶，使用低溫殺菌，保留鮮奶原有的營養價值。

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



牧場莫札瑞拉起士 Ranch Mozzarella Cheese

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

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

在地 伴手 PRESENT

Toma Cheese

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

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

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



牧場優格 Ranch Yogurt

用牧場優格可以去腥味，增加肉質口感，較軟嫩多汁。

規格售價 / NTD40元 (120ml/瓶-需冷藏保存)

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

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



料理 課程 COOKING CLASS

01 # 奶汁三文魚沙拉佐百香果優格醬

Milk salmon salad served with passion fruit yogurt jam

主要食材採摘自牧場農園當季蔬菜，搭配鮮嫩三文魚，口味濃郁清甜；再加入牧場新鮮鮮奶，令人垂涎三尺。

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



02 # 鬱金香香草烤雞翅

Roast chicken wings with tulip herbs

鮮嫩雞翅佐以香草入味，烘烤後雞翅飄香，給予視覺與味覺雙重感受，品嚐到口的是享受和幸福。

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



03 # 瑪格麗特Pizza

Pizza Margarita

手拍餅皮，鋪上新鮮食材，再加入牧場自製莫札瑞拉起司，讓您享受到單純的完美與幸福。

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

超越每次料理的感動！



CHEF
授課主廚
黃國成

Sam

The heart touching sentiment that gets beyond each dish.

卓也的好色廚房



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路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 restaurant's. The in-house vegetable farm is really healthful and nourishing. Those who desire for healthful and LOHAS life must spend one night with us in Zhuo Ye Cottage.

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卓也

小屋

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



這樣 好玩

JUST FUN

20~60 人行 / PEOPLE

- 10:00 報到：活動流程說明。
Check-in: tour itinerary introduction.
- 10:10 悠遊天然染料植物園區，採集及解說食材染料過程。
Visit to natural dye plant garden, collect and explain the process of food dyes and colors.
- 11:00 染料植物調製乾燥色素萃取及磨粉。
Dye plant modulation and drying, food coloring extraction and powdering
- 11:30 動手烹煮天然又美味的染料植物料理。
Prepare natural and savory dye plant dishes by yourself.
- 13:00 品嚐自製色色餐及主廚料理。
Sample homemade coloring dishes and chef's menu.
- 14:30 方巾植物染色體驗
(方巾作品尺寸：60cm*60cm)
Handkerchief blue-dye experience program.
(size: 60cm*60cm)



特殊 食材

FOOD INGREDIENT

青黛 Natural Indigo

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

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



在地 伴手

PRESENT

天然染色飾品、服飾、紀念品

Natural dyeing accessories, apparel, souvenirs

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

規格售價 / NTD200~18000元 (一件)

Within the area of Zhuo Ye Cottage, from planting, collecting, processing, making to blue-dyeing and cloth dyeing works, the most complete presentation is given. Standard and Price: NTD 200-18000/piece.



料理 課程

COOKING CLASS

01 # 薑黃/青黛/甜菜根養生麵線湯

Curcuma/Natural Indigo/beetroot
healthy Vermicelli Soup

運用自製天然染色三色麵線，指導遊客自製養生菇湯，配上川燙麵線及在地綠色時蔬，吃的到健康與營養。

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



02 # 珍珠蔬菜捲

Loosestrife Vegetable Roll

將蛋液內加入珍珠菜等綠色纖維量高的蔬菜，利用平底鍋製成如可麗餅的綠色餅皮，再包入農場自製酸菜、豆薯、芝麻、菇鬆等，捲成蔬菜蛋捲，是一道好玩又好色的天然餐點。

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



03 # 繽紛彩湯圓

Colorful Sweet Dumpling

運用天然植物染色讓簡單的湯圓變得不簡單，加入冰品及其他佐料製作成一碗色彩繽紛的冰品。

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



產地到餐桌，找回料理最初的感動。



CHEF
授課主廚

廖本寒

Liao Pen Han

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

台灣山海の滋味 當八仙山遇見太平洋



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

INFORMATION

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私房雨露

休閒農場

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種以上的香草、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

8~12人成 / PEOPLE

- 08 : 50 私房雨露休閒農場報到
Check-in at Kurasu Leisure Farm
- 09 : 00 慢步松鶴部落・時光倒流之旅
Wander through Tbulan Tribe, a trip back in time
- 09 : 40 園區食材採摘與認識
Pick and learn about the ingredients within the park
- 10 : 30 台灣山海の滋味料理課程
Savor of Taiwanese mountains and seas cooking class
- 12 : 00 品嚐手作的成果
Relish handmade delicacies.
- 13 : 30 森活午茶時光
Afternoon tea time in the forest.



特殊 食材

FOOD INGREDIENT



刺 蔥 Tana (Ailanthus prickly ash)

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

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



香蘭葉 Pandan Leaf

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

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

在地 伴手

PRESENT

炭燒豬腳 Charcoal Roasted Pork Knuckle

膠質滿滿、皮Q肉嫩的豬腳，每爐都用木炭燉煮6小時而成。

規格售價 / NTD780元 (1000公克+500公克醬料-需冷凍保存)

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

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



松子香椿醬 Pine Nut and Chinese Toon sauce

特選優質香椿葉片及松子製出風味獨特之香椿拌醬，風味香氣濃郁。

規格售價 / NTD300元 (208公克/罐-需冷藏保存)

Chinese Toon blades and pine nuts are specially selected to make this unique Chinese Toon sauce.

The taste is strong with an aromatic flavor.

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



料理 課程

COOKING CLASS

01 # 野菇味炊飯

Steamed Rice with Wild Mushrooms

這一碗農村傳統炊飯裡，食材依序炒製把香氣匯聚在鍋內，才把米加入拌炒，讓食材的香氣、鮮味覆蓋並融入米粒，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，用最精品嚐到魚肉鮮甜的熱烤方式料理，最後用台灣原住民的馬告山胡椒提味，完成一道山海交會的美味。

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



03 # 香蘭蔬果拌海味

Pandan Fruits and Vegetables Served with Seafood

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

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



私房雨露是個有愛有溫度的農場，用最新鮮的食材講求原味，為您款款相待。



CHEF
授課主廚

江孟柔

Tina

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

山居廚房 茶香雲霧飄渺



龍雲

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

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

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農場

農村 廚房

FARM KITCHEN

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

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



這樣 好玩

JUST FUN

8~20人成行 / PEOPLE

09:00

集合後換上農夫裝，到農場菜園收割去。

Put on farmers' clothing and head to the vegetable garden for harvesting after gathering together at the farm.

10:00

回到廚房，製作山村料理。

Return to the kitchen and make mountain village dishes.

12:00

擺盤，品嚐自製料理。

Plating, savor homemade dishes.



特殊 食材

FOOD INGREDIENT

阿里山烏龍茶 Alishan Oolong Tea

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

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

愛玉 Aiyu Jelly

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

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

在地 伴手

PRESENT

苦茶油 Camellia Oil

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

規格售價 / NTD500元 (250ml/瓶-常溫保存)

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

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



料理 課程

COOKING CLASS

01 # 茶香雞麵線

Chicken Thin Noodles in Tea Flavor

以苦茶油將雞肉煸出香氣，拌入現煮麵線，搭配現採青菜，香氣迷人。

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



02 # 烏龍茶香糰

Oolong tea-flavored Rice Pudding

將阿里山烏龍茶結合在地古早味小吃，越嚼越香。

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



03 # 水果愛玉凍

Fruit Aiyu Jelly

玫瑰造型的愛玉凍，搭配黑糖珍珠，是大小朋友都愛的一道甜點。

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



在地食材，簡單烹調，享用自然。



CHEF
授課主廚
鄧雅元

Jaden

Native ingredients, simple cooking, enjoy the nature.

與土匪雞 台南的放伴龍眼乾



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

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

仙湖 在農作生活中體驗幸福

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

We practice farming and co-exist here, Litchi, Longan, Ponkan, Orange, Coffee seasonal farming keeps passing down and evolving under the insistence. In Lake of Heaven, we experience happiness in the farm life.

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仙湖

休閒農場

農村 廚房

FARM KITCHEN

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

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

這是人與山的共存之道。

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

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



這樣 好玩

JUST FUN

4~24 人成行 / PEOPLE

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



特殊 食材 FOOD INGREDIENT

桂圓 Longan

百年傳統技藝柴培，經歷入焙、生火、清米、翻焙、起焙，每灶耗時一週而成。

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



在地 伴手 PRESENT

桂圓果醬 Longan Jam

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

規格售價 / NTD180元 (200公克/瓶-常溫保存)

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

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



朵朵-龍眼花茶包 Longan-flavored Scented Tea

花季盛開蜜源正濃時，將樹梢的花搖下，經反覆挑選，焙為茶。

規格售價 / NTD300元 (10小包/袋-常溫保存)

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

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



料理 課程 COOKING CLASS

01 # 伴雲-桂圓麻薑溫泉蛋拌米粉

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

解構山村最珍貴的食補料理。

Deconstruct the most precious healing dish of mountain village.



02 # 放伴跑山雞

Teamwork Free-range Chicken

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

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



03 # 桂圓雲朵餅乾

Longan Marshmallow Biscuit

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

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



來唷，我們來互相放伴做料理！



CHEF
授課主廚
丁敬純

Haru Ding

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



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廣告



FARM KITCHEN

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

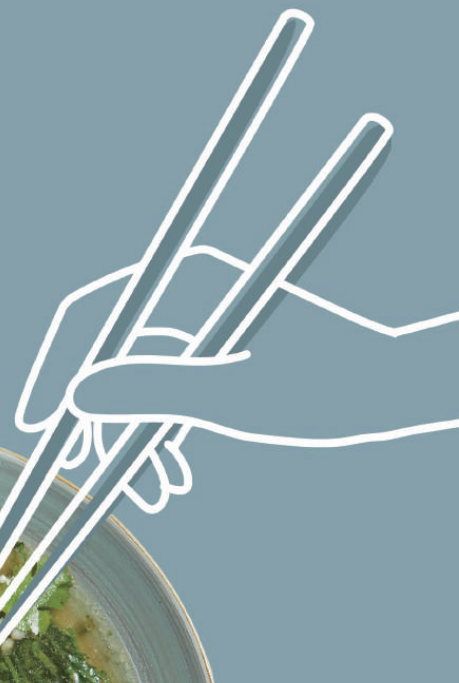
The so-called farm kitchen is the culinary practice kitchen at the production area in the countryside. Culinary teaching is naturally available, but passing on the knowledge of the ingredients is far more important. The content of the course is closely combined with the ingredients of this land, allowing 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.





品農

FARM CUISINE



品農

嚐一口「農農」台灣味

FARM CUISINE



品農 | FARM CUISINE

/ 食在台灣，食在農村 /

Food in Taiwan, Food in the Countryside

A large, light gray silhouette of a fork and a knife is centered in the background. The fork is on the left and the knife is on the right, both pointing upwards. The text is overlaid on this background.

品 農

FARM CUISINE

最短的「食物里程Food mile」(食物到餐桌的距離)

保留食材最鮮美的原味、最完整的營養·

高纖維、低油、低鹽、低糖、低醬汁

簡單的烹調過程·原汁原味·鮮香美味

優良的農業技術·高品質的食材·養生飲食的堅持

食在台灣·食在農村

The fewest food miles the distance

between food production and the dining table,

Retaining the freshness, natural taste, and most complete
nutrition of the food High fiber, low fat, low salt, low sugar, and low sauce,

Simple cooking retains the natural flavors Fresh, fragrant,

and delicious Superior agricultural techniques,

high-quality food ingredients, and an insistence on healthy food,

Food in Taiwan, food in the countryside



台灣休閒農業發展協會

Taiwan Leisure Farms Development Association

台灣休閒農業發展協會係依據人民團體法設立之非營利組織。協會成立於西元1998年，以協助農業轉型發展休閒農業產業，建構樂活農村為目標，農場會員數近200家，歷經第一屆理事長飛牛牧場董事長施尚斌先生、第二、三屆理事長香格里拉休閒農場董事長張清來先生，第四、五屆理事長大坑休閒農場董事長蔡澄文先生，第六、七屆理事長龍雲農場董事長鄧雅元先生，第八、九屆理事長千戶傳奇生態農場董事長林典先生，第十屆理事長飛牛牧場總經理吳明哲先生的領導，在行政院農業委員會、學術界與業者的支持下，協會扮演學術界、政府與產業的橋樑，肩負休閒農業發展的使命。

協會秘書處為專業幕僚團隊，以提升服務品質、建構文化品味及塑造品牌價值為任務，推動『品質、品味、品牌』之三品運動，設置四大部門：

/ 行政事務部門 /

負責行政協調、人力管理、財務管理與資訊管理，設立www.taiwanfarm.org.tw，作為休閒農業知識交流與經驗傳承的平台。

/ 人力發展部門 /

負責建立學校與產業的產學合作，推動休閒農場經營管理師認證制度，設立產業學院辦理職能訓練，以培育經營管理人才。

/ 產業發展部門 /

負責法令研修、發展策略研究、創新研發、產業輔導、推動休閒農場服務品質認證，建構穩定且高品質的休閒農業品牌。

/ 市場行銷部門 /

負責多元化休閒農業商品開發，開發國際旅遊市場，以全球在地化的觀點來『建構台灣、行銷全球』。

協會在促進農業經濟發展的同時，也肩負社會教育與環境保護的責任，期使農村社會安定、農村永續發展，創造更大的社會價值。秘書處秉持著「七分做現在、三分做未來」的理念來推動業務，我們期望將台灣農業塑造成為適合旅遊、也適合居住的生活空間，讓我們擁抱這份為台灣農村努力的使命感，分享組織的知識，傳承幸福的力量，讓青年回鄉紮根、讓農民找回尊嚴，讓農村延續文化，讓大家都能夠『回農村享受休閒、來農場體驗幸福』。

The Taiwan Leisure Farms Development Association was founded in 1998 as a non-profit organization under the Civil Organizations Act. It aims to develop leisure agriculture and rural tourism in Taiwan and has nearly 200 member farms. It has also been supported by officers from the Council of Agriculture under the Executive Yuan, scholars, and other business owners. Our mission is to bring the academia, the government, and the industry together for a better future of leisure agriculture and rural tourism.

The TLFDA Secretariat is dedicated to helping our members provide high quality services, cultivate cultural charm, and establish brand images. To promote such "quality, taste and brand image," four divisions are set at the TLFDA:

Administration :

This division is in charge of secretariat management. It is also the division that set up the www.taiwanfarm.org.tw website to promote the exchange and passing-down of insider knowledge.

Human resource development :

The division's missions include setting up the Taiwan Leisure Agriculture Institute, promoting the Leisure Farm Manager Certification, and cultivating managerial talents for the industry.

Industry development :

This division is responsible for studying related laws, promoting the Leisure Farm Service Rating System, and establishing a reliable, high-end industry image.

Farm marketing :

The division is dedicated to the research and development of new products, attracting more international clients, and promoting tourism in Taiwan across the globe from a globalizing point of view.

In addition to boosting agricultural economy, the TLFDA sees itself as the promoter of public environmental education. It aims to bring social stability and sustainable agricultural development to rural areas as a way to give back to society. The TLFDA secretariat believes that "70% of the effort made for sustaining the present, and the other 30% is for creating a better future." By passing down old-time wisdom, sharing insider knowledge, and spreading the power of love, the TLFDA hopes to make agricultural villages in Taiwan wonderful tourist destinations and great living environments. Not only elder farmers can find their worth, youngsters can also come home to make a good living. In continuing the village culture, everyone can "enjoy a leisurely life while immersing in happiness."



CONTENT

01 山珍 Land Delicacy

17 海味 Seafood

37 經典 Classical

77 台灣農場分佈 Distribution

79 台灣農場資訊 Information

59 甜品 Dessert

51 鍋物 Hot Pot

FARM CUISINE

山珍

LAND DELICACY

油雞腿肉

Oil chicken thigh

採用在地的放山雞，經過農場女主人的獨門料理後雞肉Q彈有嚼勁，是客人心目中龍雲的招牌特色，千萬不要錯過哦！

The hostess of the farm prepares local open-range chicken with her special recipe to yield a chewy chicken that has become a signature dish of our farm in the eyes of our guests. Don't miss it.

嘉義 · 龍雲農場 Chiayi / Long Yun Farm



迷迭香香腸

Rosemary sausage

由新鮮迷迭香與迷你豬肉製成香腸，一種新鮮獨特的香氣嘴裡停留。

Sausage made with fresh rosemary and pork of mini pigs give you a refreshing and unique aroma that lingers in your mouth.

台南 · 大坑休閒農場 Tainan / Dakeng Leisure Farm



客家焗肉 Hakka slow-braised pork

精選黑豬五花肉，冰糖、酒、醬油燒製。

Choice streaky pork from black pigs braised with rock sugar, wine, and soy sauce.

台中 · 擁葉生態農場 Taichung / Yungyeh Leisure Farm

客家炒鹹豬肉 Hakka stir fried marinated pork

客家古法醃製鹹豬肉，加蔥蒜爆香。

Pork marinated old-fashioned Hakka way and onion fried till fragrant.

台中 · 擁葉生態農場
Taichung / Yungyeh Leisure Farm





香茅檸檬雞腿排餐

Lemongrass, lemon, chicken thigh meal

以去骨雞腿排搭配自製醬汁，湯品則以在地乾香菇、農場金針做成金針肉絲湯。

Boneless chicken thigh in house sauce. Soup of local dried shiitake, orange daylily, and chicken.

📍 台中・沐心泉休閒農場 Taichung / Spring Mountain Leisure Farm



酥炸金針花

Fried orange daylily crisp

新鮮的金針花酥炸後金黃酥脆，撒上些許椒鹽，細細品嚐還有淡淡的香味。

Fresh orange daylily fried till crispy, sprinkle on a little pepper salt. Eating it slowly for a slight fragrance.

📍 台中・沐心泉休閒農場 Taichung / Spring Mountain Leisure Farm



茄苳燉雞**Bishop wood stewed chicken**

傳統台灣農家美食，茄苳樹的老葉是美妙的香料，茄苳行氣活血葉，和放山土雞燉煮出開胃養生的佳餚。

A traditional dish in a Taiwanese farm family. The leaves of bishop wood are a wonderful spice. Bishop wood helps with the circulation of blood and chi. Bishop wood and open-field chicken are stewed to yield a appetizing and healthy dish.

📍 台南・仙湖農場 Tainan / Fairy Lake Leisure Farm

**香薑雞 Fragrant ginger chicken**

老薑、蒜、辣椒切片爆香，再加入黃金雞肉塊大火快炒，薑味撲鼻十分下飯。

Old ginger, onion, hot pepper slices are fried in oil till fragrant. Add golden chicken pieces and stir fry in high heat. The ginger fragrance make it easily ingested.

📍 苗栗・雲也居一休閒農場 Miaoli / Mile High Leisure Farm

黃金珍珠樹子雞湯**Golden cordia chicken soup**

木炭砂鍋慢燉，琥珀色的湯頭透出烏骨雞湯濃郁及破布子的甘甜。

A silky fowl soup that was slow-stewed in charcoal in a casserole with cordia until amber-color soup gives off rich, fragrant scents and the sweetness of cordia.

📍 台南・大坑休閒農場
Tainan / Dakeng Leisure Farm





啤酒烤雞 Beer roasted chicken

「像山裡男兒般的豪爽」，醃過的獨門全雞站著烘烤，啤酒的香麥汁液滲透全雞，不可思議的美味，向饕客發出戰帖，享用多汁的烤雞。

As forthright as the men in the mountain, the marinated Kinman whole chicken is roasted, the malt juice and beer soaked in all over the chicken, giving an incredible taste that dares the gourmands to have a taste of this juicy roasted chicken.

📍 台南・仙湖農場 Tainan / Fairy Lake Leisure Farm



紐西蘭菲力佐黑蒜老譚醋栗醬

New Zealand filet with black onion
and aged chestnut sauce

黑蒜是營養價值極高的食品，搭配紐西蘭菲力，讓美食愛好者兼具健康與美味。
Black onion, highly nutritious, and New Zealand filet together give food lovers health and taste.

屏東・蕭之園香草休閒農場 Pingtung / Natural Garden Restaurant



炭烤土雞 Taiwanese chicken roasted in charcoal

大坑人氣招牌美食，每撕一塊肉，就可以感覺到雞在山上奔跑的自由感。

A signature gourmet dish of Dakeng, when you tear off a piece, you feel the same way of freedom with which the open field chicken was afforded to run freely.

台南・大坑休閒農場 Tainan / Dakeng Leisure Farm

窯烤豬肋排 Pork ribs cooked in an earth oven

將加拿大進口豬腳醃製調味，再經溫窯慢烤切片製成。搭配黃芥末醬、台式酸白菜，不油不鹹，軟Q順口。

Pork imported from Canada is marinated and slowly roasted in an earth oven and sliced. Accompanied by a mustard sauce and Taiwanese sour cabbage, the dish is neither greasy nor salty. It is chewy and goes down smoothly.

屏東・大茉莉休閒農場
Pingtung / Damor Lee Leisure Farm





香水玫瑰餐

Perfume rose meal

套餐內附含：玫瑰南瓜湯、玫瑰飯球、鮮採玫瑰花茶、玫瑰沙拉、玫瑰珊瑚凍、玫瑰迷迭香肉

The meal includes rose pumpkin soup, rose salmon rice ball, tea of fresh-picked rose, rose salad, carrageenan jelly, rose rosemary chicken

苗栗・花露休閒農場 Miaoli / Flower Home Leisure Farm



水牛城辣雞翅

Buffalo city spicy chicken wings

來自美國東北部的下酒名菜，以整隻雞翅不上麵粉油炸，再佐以特殊辣醬汁。絕佳的CP值，大大的滿足感！

A renowned dish from northeastern United States to go with wine, whole chicken wings are breaded and deep fried. A special sauce helps make the wings exceedingly satisfying.

屏東・天使花園休閒農場 Pingtung / Angel Garden Leisure Farm

麵包雞 Bread chicken

使用金粟酒粕、金粟，以天然酵母發酵的麵皮，包覆著精挑6-8個月大的放山土雞，加入酒莊自釀的穀舞52度五穀酒和中藥材做調味，低溫烘烤8個小時以上，軟嫩鮮甜，麵包可單吃，感受前所未有的風味。

Golden jujube wine dregs, golden jujube, and bread dough of natural yeast wrap around a 6-8 months old open field chicken seasoned with the 52% liquor that the farm distilled from grains and Chinese medicine, then baked in low heat for 8 hours. The chicken is tender and tasty. The bread can be eaten separately to get a feel of unprecedented taste.

宜蘭・藏酒酒莊 Yilan / Cang Jiu Winery





蒜香元蹄

Garlic Yuanti (pork knuckles)

特調滷汁，小火細熬，再將老薑切末後過油拌炒收乾製作成薑酥，使老薑口感鹹香酥脆，卻依然保有淡淡地薑香味，直接與元蹄一起食用，非常美味涮嘴。

In a specially-made sauce, simmered in low heat, add old ginger slices fried till crispy but still retaining its slight fragrance. Eaten with the Yuanti (pork knuckles) for a wonderful taste.

📍 苗栗 · 雲也居一休閒農場 Miaoli / Mile High Leisure Farm



炭烤迷你豬

Mini pig pork roasted in charcoal

大坑超人氣招牌，皮脆肉嫩多湯汁，黃金3個小時旋轉烘烤的美味。

A signature gourmet dish of Dakeng, this dish offers crispy skin and juicy meat—the result of being rotated for three hours as it was roasted.

📍 台南 · 大坑休閒農場 Tainan / Dakeng Leisure Farm

竹葉香炊飄香

Bamboo leave cooked till fragrant

竹葉香包覆肉鮮，佐野菇、板栗飄著濃濃的鄉村口味。

Fresh meat wrapped in bamboo leaves, add wild mushrooms and Chinese chestnuts for a rich hometown flavor.

📍 苗栗 · 花露休閒農場
Miaoli / Flower Home Leisure Farm



牧草麵 Forage noodle

採用台畜二號狼尾草製成健康又營養的牧草麵食，為全台獨一無二的農場佳餚！

Forage noodle made with Taichu number 2 Chinese pennisetum is healthy and nutritious, and it is available nowhere else in Taiwan.

📍 台南・走馬瀾農場 Tainan / Tsou-Ma-Lai Farm



天使漁夫籃

Fisherman's basket from the angel

取名來自英國的海鮮炸物組成的拼盤，內容物有脆薯、洋蔥圈、薯餅、月亮蝦餅、花枝餅、地瓜球。再搭配獨特凱薩醬汁食用，酸酸甜甜的滋味會讓人想一口接著一口。

A combination platter of fried seafood with a British name. It contains crispy potatoes, moon shrimp crisps, squid cakes, and sweet potato balls. The accompanied Caesar dressing makes the food sour, sweet, tart, and sweet all at the same time. People can't help having one bite after another.

📍 屏東・天使花園休閒農場 Pingtung / Angel Garden Leisure Farm

德式窯烤豬腳

German-styled pig feet roasted in an earth oven

挑選優質豬肋排進窯，慢火溫烤而成。淋上檸檬汁香氣十足，口感豐富，上品美味。

Choice pork ribs are slow-roasted in an earth oven and topped with lemon juice. This super delicacy leaves a rich mouthfeel.

📍 屏東・大茱莉休閒農場 Pingtung / Damor Lee Leisure Farm



海味

SEAFOOD

馬蹄蛤養生湯 Matig clams healthy soup

以馬蹄蛤為基底，加入薑絲、蒜頭、枸杞就是一道鮮美的養生湯。

Matig clams, ginger, garlic, Chinese wolfberries make a nice fasting soup.

📍 雲林 · 馬蹄蛤主題館
Yunlin / Geloina Clam Pavilion



甘露煮卵香魚 Nectar with egged ayu

採用抱卵香魚經烘烤後再用特製醬汁醃滷六至七小時才完成，營養價值極高，全魚都可食用。

Ayu fish full of eggs are roasted and marinated in a special sauce for 6 to 7 hours. It is highly nutritious, and the whole fish can be eaten.

📍 宜蘭 · 八甲休閒魚場 Yilan / Ba jia Leisure Fishfarm



宮保鱈魚 Kung Pao sturgeon

取鱈魚腹部魚肉加入宮保醬料爆炒，風味獨特。

Kung Pao sauce is added to the abdominal portions of the sturgeon meat, stir fried in high heat for a unique flavor.

📍 台北 · 千戶傳奇生態農場
Taipei / Chienhu Chuanchi Ecological Farm



高麗菜蝦捲 Cabbage shrimp wrap

嚴選新鮮蝦仁、搭配當季高麗菜卷，蒸、煮、炸、皆美味。

Strictly chosen fresh peeled shrimp and seasonal cabbage can be steamed, cooked, or fried.

📍 雲林 · 好蝦同男社 Yunlin / Orz shrimp club



清蒸大閘蟹 Steamed Hairy crab

美味的大閘蟹，採新鮮現撈現煮，佐以薑片、米酒、鹽巴少許，清蒸大閘蟹不過度調味，更能享用到蟹黃、蟹膏的甘甜滋味。

Fresh out of the water, delicious hairy crabs are steamed with ginger slices, rice wine, a little salt. The steamed hairy crabs are not overly seasoned so that the taste of crab eggs and crab paste can be appreciated and enjoyed.

📍 台中・慶東大閘蟹農場 Taichung / Chingdong Hairy Crab Farm



肥美文蛤 Fat common Orient clam

選用9分上文蛤、新鮮無漂白，顆顆肥美。

Common Orient clams of at least 9 points, fresh without being bleached. Each clam is nice and fat.

📍 雲林・好蝦同男社 Yunlin / Orz shrimp club



鮮蝦炊粉

Fresh shrimp rice noodle

使用生態混養無毒白蝦、特選蝦仁手工製作，透過低溫乾燥融入萬頭蝦湯其蝦仁入喉能回甘，搭配當地海口風，外銷日本等級的炊粉，結合當地小農種植的時蔬。

Hand-made with mix fed, non-toxic white shrimp and peeled shrimp, dried in low heat, mixed in soup from shrimp heads, the peeled shrimp leaves lingering aroma in the mouth. The dish, local food, rice noodle of export-grade for Japan, and locally grown vegetables together make this dish wonderful.

📍 雲林・好蝦同男社 Yunlin / Orz shrimp club





鱸魚一夜干 Dried bass

以自然微生物和益生菌自行發酵飼養，低密度無毒養殖，口感細嫩魚肉厚實飽滿。
Cultivated with the fermentation of natural microbes and probiotics in a low-density, non-toxic environment, the meat is solid and delicate.

📍 台南・長盈海味屋 Tainan / Chang Ying Seafood Restaurant



虱目魚香腸 Milkfish sausage

有別於一般香腸的口感，外酥內Q鹹香風味，讓人忍不住一口接一口。

In a stark contrast to tradition sausage, this sausage is crispy on the outside and chewy, salty, fragrant on the inside that make you want to take one bite after another.

📍 台南・長盈海味屋 Tainan / Chang Ying Seafood Restaurant



鹽烤香魚 Roasted salted ayu

農場位於柯林湧泉區，自產的香魚肉質鮮美無土味，使用慢火鹽烤方式，保留天然的新鮮口感。
The farm is located in the Kelin spring zone. Our ayu offers meat that is fresh and delicious with a taste of soil. Slowly roasted salted in low heat that seals in the naturally fresh mouthfeel.

📍 宜蘭・水岸森林休閒農場 Yilan / River forest Leisure farm



胡椒蝦 Pepper shrimp

台灣特有的蝦料理，特殊胡椒香氣，結合香辣調味，讓人一口接一口停不下來。

This Taiwanese exclusive shrimp dish offers a special spicy pepper aroma that makes the eater taking one bite after another.

📍 宜蘭・蘭揚蟹莊 Yilan / Lan Yang Shrimp Land



香煎魚菲力 Fragrantly fried fish filet

取虱目魚活動力最強的背鰭肉，強調新鮮吃原味，只需乾煎，口味一級棒。

Using the most active back muscles of milkfish to deliver a meat in its original taste. You only need to fry to enjoy this top-grade taste.

📍 台南・長盈海味屋 Tainan / Chang Ying Seafood Restaurant

招牌東港海鮮盤

Signature Donggang seafood platter

採用東港現撈新鮮時令海鮮，以川燙保有最新鮮海鮮風味，也可以搭配紫蘇梅薑醋一起食用，最澎湃奢華一大享受！

Seasonal, fresh caught seafood is boiled to keep its original fresh taste. Optionally, it may be accompanied with sage, plum, ginger vinegar. It is a most luxurious and sumptuous meal.

📍 屏東・福灣養生休閒農場 Pingtung / Fuwan Leisure Farm





海鮮肉臊飯 Seafood, minced pork rice

選用神農獎得主栽種的147號香米，淡淡芋頭香氣，用肥瘦均勻的五花肉滷製而成，加入鮪魚、魷魚乾增添海鮮風味，搭配醋漬高麗菜、鹽漬黃瓜、旗魚鬆與蝦猴，每口吃下滿滿在地風味！

Fragrant rice number 147, a winner of the Shennong award, and a little faro, and streaky pork, as well as tuna, dried squid for a little taste of seafood, marinated cabbage and cucumber, shredded dried maitake, and mud shrimp—all this gives you a local taste in every bite.

📍 屏東 · 福灣養生休閒農場
Pingtung / Fuwan Leisure Farm

松露蒜香蝦 Truffle, the garlic shrimp

又稱貴婦蝦，獨特的松露香氣，搭配濃郁的蒜香，令人食指大動。

Also known as grandeur dame shrimp, the unique truffle scent coupled with a rich garlic aroma makes you really want have a taste.

📍 宜蘭 · 蘭楊蟹莊 Yilan / Lan Yang Shrimp Land



乾煎虱目魚肚 Fry milkfish belly

選用養殖超過2年以上，每隻重達3台斤以上肥美虱目魚。簡單煎煮即可。

Fat milkfish of at least two years in aquaculture, each weighing at least 1.8 kilogram, needs only simple frying to make a delicious dish.

📍 雲林 · 好蝦筒男社 Yunlin / Orz shrimp club

凉拌海菜 Cold seaweed

清新爽口的海菜，搭配檸檬汁及佐料，清脆度破表，是下飯絕佳搭配。

Refreshing seaweeds, lemon juice, and condiments make this a crispy dish that goes well with steamed rice.

📍 嘉義 · 向禾休閒魚場 Chiayi / Xianghe Recreation Fish Farm





生蠔 Raw oyster

生蠔體型碩大、肉質肥美鮮甜，兩側的閉殼肌碩大，如同大干貝一樣好吃。

Fat, big raw oysters have tasty meat. Their adductor muscles on the sides are big and as tasty as scallops.

📍 雲林 · 馬蹄蛤主題館 Yunlin / Geloina Clam Pavilion

鹽烤馬蹄蛤

Salted and roasted matig clams

馬蹄蛤為台灣特有種，生長於天然無汙染的紅樹林底下，體型碩大、肉質鮮美，結合絲瓜、香菇、枸杞一起鹽烤，更顯鮮甜美味。

Matig clams are unique to Taiwan. They grow under unpolluted mangrove trees. The clams are big with fresh, tasty meat. Matig clams, sponge gourds, shiitake, and Chinese wolfberry are salted and roasted to deliver a refreshingly tasty dish.

📍 雲林 · 馬蹄蛤主題館
Yunlin / Geloina Clam Pavilion





生態混養限量霸王蝦

Mix raised, quantity-limited jumbo shrimp

使用魚、蝦、貝類生態養殖超過10個月、育成率不到2成的頂級霸王蝦，每隻長達15公分以上，肉質扎實鮮甜。

Mix fed on fish, shrimp, and scallop for more than 10 months with barely a 20% success rate, each premium jumbo shrimp is at least 15 cm in length that offers fresh, solid meat.

📍 雲林 · 好蝦岡男社 Yunlin / Orz shrimp club

乾煎海鱸魚 Fried sea bass

香嫩台灣鱸魚搭配新鮮生菜、有機玫瑰花瓣及特製凱薩醬汁，格外爽口。

Fragrant and tender Taiwanese bass, fresh salad, organic rose petals, and special Caesar dressing make this dish pleasing to the mouth.

📍 屏東 · 天使花園休閒農場 Pingtung / Angel Garden Leisure Farm



金棗焗烤蝦 Shrimp and golden jujube roasted in an earth oven

結合宜蘭在地食材，吃得到蝦子鮮甜，餘韻會有淡淡的金棗香在嘴裡散開，是孩子們的最愛。

In conjunction with Yilan local ingredients, the shrimp has a sweet taste of shrimp with a light aroma of the golden jujube lingering in the mouth. It is a children's favorite.

📍 宜蘭 · 蘭揚蟹莊 Yilan / Lan Yang Shrimp Land





東港海鮮湯 Donggang seafood soup

飽滿Q彈的米粒，搭配上大量蔬菜和大骨熬製的黃金高湯，再舖滿海鮮肉臊、自製干貝丸與墨魚條、東港鮮蚶、蛤蜊及蝦猴，最後放上溏心蛋，海味十足！

Chewy rice, a generous portion of vegetables, golden broth of big bones, topped with seafood, minced pork, house-made scallop balls, squid strips, Donggang fresh oyster, clams, and mud shrimp, and a parched egg on top of it all. A dish choke-full of a taste of the sea.

屏東 · 福灣養生休閒農場 Pingtung / Fuwan Leisure Farm

清蒸鱈龍魚 Steamed sturgeon

鱈龍肉佐以酸豇豆清蒸，簡單烹調，享受新鮮原味。Sturgeon and sour bean are steamed. This simple method of cooking delivers a fresh, original taste.

台北 · 千戶傳奇生態農場
Taipei / Chienhu Chuanchi Ecological Farm



迷迭香宮保三鮮 Rosemary Kung Pao three delights

迷迭香的迷人香氣與花枝鮮美佐以三色甜椒，色香味俱足，食之口齒留香。

The charming aroma of rosemary, fresh squid, and tri-color sweet pepper make the dish plenty flavorful and leave an aroma in the mouth.

苗栗 · 花露休閒農場 Miaoli / Flower Home Leisure Farm

破布子老蚵 Oyster with cordia

選用當地2年以上老蚵，配合古法醃製破布子，完美結合！配飯好物。

Local oysters of at least two years old and cordia made the old-fashioned way are put together in a perfect combination. It really helps make steamed rice taste perfectly charming.

雲林 · 好蝦筒男社 Yunlin / Orz shrimp club





鹽烤台灣鯛 Salty roasted Taiwanese sea breams

天然湧泉，飼養著活力十足的台灣鯛，簡單的調味，吃一口，拍案叫絕，鮮美又Q彈。
The vigorous Taiwanese sea breams are raised in natural spring water.
A little seasoning makes this a dish that earns awe at first bite. It is fresh and chewy.

◎ 宜蘭 · 廣興休閒農場 Yilan / Guang Shing Leisure Farm

烤鮮蚶 Roast fresh oyster

東石牛奶蚶產自幸福的北緯23.5度，簡單炭烤品即能嘗到大海的鮮甜。

Dongshi milk oysters are raised on or near Tropic of Cancer.
Slightly charcoal roasted and a fresh, sweet delicacy from the sea is ready.

◎ 嘉義 · 向禾休閒魚場 Chiayi / Xianghe Recreation Fish Farm



鹽烤蝦

Salty roasted shrimp

天然工法養殖的無毒蝦不經調味，
以鹽巴包覆全蝦炭烤，即保留泰國蝦最原始的鮮甜滋味。

Natural bred, non-toxic, unseasoned shrimp is covered with salt and charcoal roasted to retain the original freshly sweet flavor of Thailand shrimp.

◎ 宜蘭 · 蘭楊蟹莊 Yilan / Lan Yang Shrimp Land





椒鹽烤香魚 Ayu roasted with peppered salt

活魚經過冰鎮讓魚肉札實，沾上些許的鹽巴串烤至金黃色，即能品嚐香魚的迷人的原始香氣。
Ayu chilled while alive gives meat that is tightly packed. Add a touch of salt to the fish and skew it to roast till golden. Then you may enjoy the original aroma of the ayu fish.

◎ 宜蘭·八甲休閒魚場 Yilan / Ba jia Leisure Fishfarm



香蜂酸辣海鮮麵

Chinese spiranthes, sour, and spicy hot seafood noodle

香蜂草又稱-草薺草，淡淡的檸檬香，融合泰式酸辣口感，美味又開胃。

Chinese spiranthes gives off a slight lemon scent. Adding a Thai seasoning to it makes the dish delicious and appetizing.

◎ 屏東·蕪之園香草休閒農場 Pingtung / Natural Garden Restaurant

咖哩麵包蝦

Curry, bread with shrimp

將鮮蝦炸至金黃酥脆，漢堡烤至外皮香酥內軟，配上特製風味咖哩醬汁淋至鮮蝦及漢堡上形成一道吮指美味料理。

Fresh shrimp are deep fried till golden and crispy. Hamburger is toasted till the crust is crisp but the inside tender. Add our special curry sauce to the shrimp and hamburger to make a dish that is finger-licking good.

◎ 宜蘭·香格里拉休閒農場
Yilan / Shangrila Leisure Farm



經典

CLASSICAL

起飛雲朵 Rising clouds

自製的水晶麵糰，烹煮後Q彈有勁，搭配客家傳統方法製成的私房肉燥，口感層次多元豐富，讓人一口一口想起家常的美好。

Self-made crystal dough becomes chewy after cooking. Minced pork made with a traditional Hakka method adds rich layers of taste to the dish, making people relish the beauty of everyday home cooking.

📍 苗栗 · 雲也居一休閒農場 Miaoli / Mile High Leisure Farm



奶油松露燉飯 Butter truffle Risotto

餐桌黑鑽石之稱的黑松露，其獨特的香氣，搭配濃郁鮮奶油與野菇形成三方雲集，相互交織風味絕佳。

Black truffle is known as black diamond of the dining table. Its unique fragrance, the added rich butter, and wild mushroom combined to deliver a superb dish.

📍 屏東 · 蕙之園香草休閒農場 Pingtung / Natural Garden Restaurant

古早味野菜粥 Traditional wild vegetable congee

大骨熬製湯頭，多種季節野菜菇類與米飯一起熬煮，豐富口感，營養滿分，吃了會有想念家鄉的感覺。

Broth from big bones, multiple wild vegetables, mushrooms, and rice are cooked together to give a rich feel in the mouth. It is nutritious, and it may make you homesick.

📍 台南 · 大坑休閒農場 Tainan / Dakeng Leisure Farm





桑葚手工拉麵
Mulberry handmade ramen

用新鮮桑葚葉烘乾磨粉製成，搭配獨門桑葚醬汁，鹹香滋味令人難以忘懷。
Fresh mulberry leaves are dried and ground into powder. Add our exclusive mulberry jam. Its salty and fragrant taste is hard to forget.

📍 宜蘭 · 童話村生態渡假農場 Yilan / Fairy Story Ecological Farm



珍珠蔬菜捲
Pearl vegetable wrap

珍珠菜跟雞蛋製成蛋捲似的外衣，撒上芝麻與客家酸菜，一口咬下，撲鼻而來的是香菇鬆與豆莖的新鮮香氣，健康養生，吃過就知道。

The wrap is made with decurrent Loosestrife and eggs. Sprinkle on sesame seeds and Hakka fermented sour vegetable. A bite and you get a fragrance of minced shiitake and jicama. Once you have tasted it, you know it is healthy and good for your health.

📍 苗栗 · 卓也小屋 Miaoli / Zhuo Ye Cottage

客家菜脯蛋
Hakka preserved daikon radish fried egg

以客家傳統醃製的菜脯爆香製成。
Stir fry traditional preserved Hakka daikon radish until aromatic and add eggs.

📍 台中 · 擁葉生態農場
Taichung / Yung Yama Ecological Farm



刺蔥炒飯

Ailanthus-like prickly ash fried rice

客家菜的特色在於食材的爆香，刺蔥炒飯使用農場裡的野生刺蔥嫩葉爆香，色香味俱全，是道入口即香的美味佳餚。

It is characteristic of Hakka dishes to stir fry ingredients till fragrant. For ailanthus-like prickly ash fried rice, we stir fry wild ailanthus-like prickly ash until fragrant. It delights the eyes, the palate, and the smell. It is a dish that is fragrant the moment it gets into your mouth.

📍 台中・擁葉生態農場
Taichung / Yung Yama Ecological Farm



氣味相投

Matching tastes

使用花蓮縣鳳林鎮知名的臭豆腐，搭配當季蔬食，色香味俱全卻不油膩。

Renowned stinky tofu from Fenglin Township, Hualien, and seasonal vegetables combined to become this dish that delights the eyes, the palate, and the smell, and yet is not at all greasy.

📍 花蓮・欣綠農園 Hualien / Shin Liu Farm

餛飩湯 Wonton soup

餛飩搭配洋蔥調成的內餡，皮薄肉Q，每顆都是手工現做。

Onion and meat filling is wrapped in a thin wonton wrapper. Each wonton is filled with chewy meat filling and each one is handmade.

📍 宜蘭・頭城休閒農場 Yilan / Toucheng Leisure Farm



櫻花蝦焗烤地瓜

Sakura shrimp and baked sweet potato

鬆軟甜蜜的54號黃肉地瓜，加上櫻花蝦起士焗烤，創意美味顛覆傳統口感。

Soft, sweet number 54 yellow-flesh sweet potato and sakura shrimp are baked to create this innovative taste that is out of the realm of the tradition.

📍 台南・大坑休閒農場 Tainan / Dakeng Leisure Farm



紅棗和風沙拉

Chinese date Japanese salad

由洋蔥、小黃瓜、玉米、美生菜、番茄，隨著季節調整蔬菜的組合，搭配夏日限定的生鮮紅棗，加上10幾種特調的和風醬，讓你吃的美味又沒負擔。

Onion, cucumber, corn, salad, tomato, and seasonal vegetables combined with limited availability fresh Chinese dates and a choice of more than a dozen Japanese sauce give you a tasty treat without a sense of guilt.

📍 苗栗・巧軒餐館 Miaoli / Chiao Syuan Restaurant

窯烤比薩

Earth oven baked pizza

以義大利杜蘭麵粉製作新鮮餅皮，鋪上在地新鮮蔬果、德式香腸、多種起司柴燒烘烤而成。

Fresh vegetables, fruit, German sausage, and multiple cheeses are spread over fresh dough made from Italian durum wheat flour and baked.

📍 屏東・大茉莉休閒農場 Pingtung / Damorlee Leisure Farm



花壽司 Flower sushi

台一手捲的材料是依季節而有不同的食材，將之包成手捲的生機飲食，有清肝、解毒的功效，不僅滿足您的胃口也讓您吃得健康。

Tai Yi flower wrap uses different ingredients according to season to make an organic food. It helps cleanse the liver and detoxicate. It not only satisfies your stomach but also gives you health.

📍 南投 · 台一生態休閒農場 Nantou / Tai Yi Ecological Leisure Farm



辣咖哩麵包餐

Spicy curry bread meal

採用在地無毒鳳梨製成的雜糧麵包，搭配多樣食材與農場自製香草辣醬熬煮，體驗咖哩創新的吃法。

Local non-toxic pineapples are used to make this multi-grain bread. Many ingredients and our farm-made spicy vanilla jam are simmered to make our curry flavor that will give our guests a new experience.

📍 屏東 · 薰之園香草休閒農場 Pingtung / Natural Garden Restaurant

客家小漢堡

Hakka little hamburger

用客家傳統情感包成的的草仔粿，內餡包著陽光曬過的蘿蔔絲。外皮覆蓋上酥皮，吃起來口感酥脆軟嫩；創意的吃法，深受大家喜愛。

Mugwort cake is wrapped with the Hakka traditional emotions. The filling contains sun-dried daikon radish threads covered with a crispy wrap. It is soft and crispy. This creative way of preparation has been well received.

📍 苗栗 · 卓也小屋 Miaoli / Zhuo Ye Cottage



南瓜比薩 Pumpkin pizza

運用當地新鮮食材及自製南瓜作為底醬，有別於一般比薩的口味，不油膩更健康。

Local fresh ingredients and our own pumpkin are used as the base sauce in contrast to the average pizza. Our pizza is not greasy and healthier.

📍 宜蘭 · 旺山休閒農場 Yilan / Wang Shan Leisure Farm



香煎芋粿 Fried taro cake

利用在地優質的檳榔心芋加上現磨的在來米漿和香菇、絞肉、油蔥及蝦米蒸製成的手工點心，切片後經由熱鍋煎過，金黃香脆的酥煎外皮，一口咬下就可以吃到綿密的芋頭香氣與彈牙的口感。

Quality taros, freshly ground rice milk, shiitake, ground pork, deep-fried chopped onion, and dried shrimp are hand made into this snack. Slice it and fry it till golden brown. A bite releases the aroma of taro and shows off the chewy mouthfeel.

📍 苗栗 · 巧軒餐館 Miaoli / Chiao Syuan Restaurant





石頭火鍋 Stone hot pot

台灣原住民阿美族的傳統美食，以檳榔葉鞘或竹筒做成的容器盛滿水，放進鮮魚、野菜等食材，再置入加熱至數百度的石頭，美味石頭鍋即大功告成。

This is a traditional Amis dish. Betel palm leaf sheaths or bamboo block are used as containers. Fill them with water, put in fresh fish and wild vegetables, and stones preheated to several hundred degrees to make a stone hot pot.

📍 花蓮・欣綠農園 Hualien / Shin Liu Farm



蜜汁苦瓜

Honey bitter melon

將苦瓜處理裹粉炸過後，下鍋與蜂蜜結合讓外層形成糖衣，外層脆而不膩內層甘甜苦感，品嚐不一樣的苦瓜創新風味料理。

Bitter melon is cleaned, breaded, and deep fried. Coat it with honey. The outer layer is crispy but not greasy while the inner layer is sweet and bitter. It is a novel approach to handle bitter melon.

📍 宜蘭・香格里拉休閒農場 Yilan / Shangrila Leisure Farm

馬芙蓉拼盤

Mafulong platter

野菜蔬食料理，使用了過貓、山蘇等野菜，以涼拌方式呈現野菜原味，清爽可口。

Wild vegetables like fern and nest fern served cold to present the original taste of the wild vegetable. It is light and delightful.

📍 花蓮・欣綠農園 Hualien / Shin Liu Farm



鍋物

HOT POT



野菜涮涮鍋 Wild vegetable Shabu-shabu

自產野菜配上用橄欖跟土雞熬煮的高湯，輕涮即可品嚐到野菜的鮮甜，野菜燙越多，湯頭越迷人。

Wild vegetables produced in the farm, olive oil, and open-field chicken are boiled together to make broth, or soup base. Slightly dip food into the broth to make the hotpot of fresh, sweet wild vegetables. The more wild vegetables are dipped in the broth, the more charming the soup base.

📍 台南 · 仙湖休閒農場 Miaoli / Fairy Lake Leisure Farm

樂活鮮奶鍋 Lohas fresh milk hotpot

以新鮮、純淨的牛奶加高湯熬煮成的招牌湯頭，加入上等好肉，是拜訪牧場絕不能錯過的美食。

Fresh, pure milk is added to broth and simmered to make the soup base. Adding top grade meat to the soup base makes the soup. The soup is a must-have item for visitors.

📍 苗栗 · 飛牛牧場 Miaoli / Flying Cow Ranch



鱸魚海鮮不老鍋

Bass seafood Bulao hot pot

榮獲不老餐、清真-Hala、有機之星美食餐廳等多項認證，直接從產地到餐桌-現採現料理，鮮之味食！

Certified by Bulaocan, Halal, Organic Star, our food ingredients come straight from the producers, and we cook freshly picked ingredients. Freshness is enhanced.

📍 宜蘭·童話村生態渡假農場 Yilan / Fairy Story Ecological Farm



藥膳火鍋 Herbs Hot Pot

主廚嚴選十幾種藥材熬煮而成的湯底，配上老丈人自製花柳菜乾，口味一絕！
Our chef strictly selected a dozen of so herbal medicine for the soup base. The dried cauliflowers made by the father-in-law goes with the hotpot in a perfect combination.

📍 苗栗·卓也小屋 Miaoli / Zhuo Ye Cottage





南瓜鮮蔬鍋 Pumpkin fresh vegetable hot pot

使用在地農民種植的南瓜熬煮後做成南瓜鍋基底，搭配新社在地菇類及蔬菜為菜盤。

Locally grown pumpkin is simmered into broth to be used in the pot to which mushrooms and vegetables produced in Xinshe are added.

📍 台中・沐心泉休閒農場 Taichung / Spring Mountain Leisure Farm



精緻香草海鮮鍋物 Fine vanilla seafood hot pot

香草單純清香湯底，搭配多樣海鮮，組合成多層次口感，健康、簡單美味首選。

In support of low carbon diets, we offer our farm-raised baked water boiled tilapia meal for two. Enjoy the fish first before digging into the hotpot in a different way to enjoy a nice meal.

📍 屏東・薰之園香草休閒農場 Pingtung / Natural Garden Restaurant

神農活力養生鍋

Baked water boiled fish

神農嚴選在地直送的新鮮食材，讓您吃得安心放心、活力滿滿!

Shennong uses strictly selected fresh local ingredients so you may eat with peace of mind and become vigorous.

📍 彰化・魔菇部落生態休閒農場 Changhua / Magical Mushrooms Tribe



火烤水煮魚 Baked water boiled fish

為響應「低碳飲食」的精神，推出農場養殖的湧泉台灣鯛火烤水煮魚雙人套餐，先吃魚再吃火鍋，體驗不一樣的美食料理。

In support of low carbon diets, we offer our farm-raised baked water boiled tilapia meal for two. Enjoy the fish first before digging into the hotpot in a different way to enjoy a nice meal.

📍 宜蘭・勝洋水草休閒農場 Yilan / Sheng Yang Leisure Farm



甜品

DESSERT

綠豆湯 Mung bean soup

綠豆湯是台灣人相當熟悉的古早味湯品，
夏天消暑、冬天解膩。

Mung bean soup is a familiar dessert soup in Taiwan.
It cools you down in summer and diminishes grease in winter.

宜蘭・頭城休閒農場 Yilan / Toucheng Leisure Farm



桂圓冰淇淋 Longan ice cream

台灣百年桂圓柴焙技藝結合義大利經典冰淇淋工藝，
煙燻、堅果、可可、蜜甜、乳香...依次在口中留香。

Putting longan baked dry with century-old longan wood
and Italian ice cream craftsmanship together, we have
created ice cream in smoke, nuts, cocoa, honey, milk, and
such flavors that linger in your mouth.

台南・仙湖休閒農場 Tainan / Fairy Lake Leisure Farm



薑汁麻糬 Ginger juice mochi

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，
搭配熱騰騰麻糬一起，是客家人
冬天特有的甜點。

Old ginger, from our own farm, is pureed and
stir fried with brown sugar in low heat. The aromas
of ginger and brown sugar permeate the atmosphere.
Add piping hot mochi to the combination, and a special Hakka dessert for winter is born.

苗栗・雲也居一休閒農場 Miaoli / Mile High Leisure Farm



藍莓寡糖果醬 Blueberry oligosaccharide jam

採用農場栽種的小藍莓製作，寡糖甜度低熱量低又吃得到
完整藍莓果粒，自產自銷不添加防腐劑，吃起來安心又健康。

Made with blueberries grown on the farm, the jam offers
oligosaccharide's low calories and whole blueberry fruit.
We make and sell this jam ourselves. With no preservatives,
this jam gives you peace of mind and health.

新竹・雪霸休閒農場 Hsinchu / Sheipa Leisure Farm



玫瑰花醬鬆餅 Rose jam wafer

自家友善種植的食用玫瑰製成，特有濃郁的玫瑰花香
是來自玫瑰花的甜度及淡淡的蜂蜜口感，搭配鬆餅、
麵包一起食用。

It is made with food-grade roses eco-friendly grown on
our farm. The special rich, fragrant flavor comes from the
sweetness in roses and a little of honey. Enjoy it alone or
with bread.

苗栗・花露休閒農場 Miaoli / Flower Home Leisure Farm





桂奶啡 Longan milk coffee

身為桂圓及咖啡產地的仙湖，一定要讓這兩項食材可以跳出美妙滋味，桂奶啡就是代表作，值得品嚐！
Fairy Lake Leisure Farm is a producer of longan and coffee, so we must create delicacies out of these two items. Longan milk coffee is one such delicacy.

📍 台南・仙湖休閒農場 Tainan / Fairy Lake Leisure Farm



牛奶霜淇淋 Milk soft serve ice cream

嚴選自產新鮮無污染的鮮乳，透過有效專業管理、嚴密控管收乳品質，保留牛乳的原味與高品質營養，口感綿密濃郁。

It is made with pollution-free fresh milk that our farm produces. Our effective, professional management keeps a strict control over the quality of the milk.

📍 苗栗・飛牛牧場 Miaoli / Flying Cow Ranch



古早味黑糖剉冰 Traditional brown sugar shaved ice

經常賣到缺貨的黑糖剉冰！剉冰佐料皆純手工製成，甜而不膩口，淋上純手工炒的黑糖，絕對是夏日經典！

This item is often sold out! All the condiments are hand made. Topping the shaved ice with brown sugar makes this a summer classic.

📍 台南・長益海味屋 Tainan / Chang Ying Seafood Restaurant



桑摩茶 Mulberry tea

將桑椹葉及金銀花烘乾磨成粉製做而成的，用餐前來一杯可阻隔油份吸收。

Mulberry leaves and Japanese honeysuckle flowers are baked dry and ground into a powder to make this tea. A cup of this tea before a meal can stop fats from being absorbed.

📍 宜蘭・童話村生態渡假農場
Yilan / Fairy Story Ecological Farm



起司捲 Cheese wrap

內餡主打牧場自製新鮮Mozzarella再搭配清爽的鳳梨和新鮮的蝦子，每個都是手工捲皮，吃起來外酥內軟，美味極了！

The filling is made with Mozzarella that the farm produces, pleasing pineapple, and fresh shrimp. Every wrapper is hand made, making the wrap crispy on the outside but soft on the inside. It's scrumptious.

📍 苗栗 · 飛牛牧場 Miaoli / Flying Cow Ranch

紅肉李冰沙 Plum shaved ice

使用無農藥紅肉李醃製，經過手工揀果去籽後，與砂糖醃製與冰塊打碎結合，將紅肉李的好滋味冰冰涼涼的牢牢鎖住，一口就蜜得自然原味。

Non-toxic plums are manually pitted first. Marinate the plums with sugar. Top marinated plums with finely crushed ice to tightly lock in the wonderful taste of the plums. Take a bite, and you can taste that original flavor.

📍 苗栗 · 雲也居一休閒農場 Miaoli / Mile High Leisure Farm



蔓越莓水果麵包 Cranberry fruit bread

麵包以老麵糰與農場培養的天然發酵種發酵，配合多種堅果類、煙燻龍眼乾、蔓越莓果乾、少油，少糖，最後以柴燒窯烤完成。

The bread is made with sourdough, naturally occurring yeast, a multitude of nuts, smoked dried longan, dried cranberry, a little oil, and a little sugar. Finally, it is baked in a wood-burning oven.

📍 屏東 · 大茉莉休閒農場 Pingtung / Damorlee Leisure Farm



鮮奶酪 Panna Cotta

飛牛牧場奶酪本著「自然、健康」之原則，採用飛牛牧場高品質原料牛乳製成，純白的天然色澤，自然形成營養健康的風味，口感軟嫩綿密，好吃沒有負擔。

The panna cotta from Flying Cow Ranch, under the guidance of nature and health, was made from high-quality milk from the ranch. Therefore, our panna cotta is naturally white, in its natural taste, and soft and solid a treat to be enjoyed without the guilt.

📍 苗栗・飛牛牧場 Miaoli / Flying Cow Ranch



飛牛手工烤布丁

Flying Cow handmade baked pudding

嚴選飛牛牧場100%純鮮奶，使用高品質的天然香草豆莢顆粒提味與細火慢熬的焦糖，全程以純手工烘培製成，濃郁香醇的紮實及馥郁的口感，絕對值得您的品嚐。

Strictly chosen 100% fresh milk from the Flying Cow Ranch, high-quality natural vanilla fruits, and caramel slow-stewed in low heat are carefully hand made all the way through into a rich, fragrant, solid, and aromatic mouthfeel. It absolutely is worth your while to try it.

📍 苗栗・飛牛牧場 Miaoli / Flying Cow Ranch



薑汁冰沙

Ginger juice shaved ice

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，加入冰塊打成細細的冰沙，入口冰涼入喉微熱的口感只有薑汁冰沙獨有。

Old ginger, from our own farm, is pureed and stir fried with brown sugar in low heat. The aromas of ginger and brown sugar permeate the atmosphere. Add finely crushed ice to the combination, and a unique ginger juice shaved ice is born that is cold as it gets in the mouth but a little hot when it reaches the throat.

📍 苗栗・雲也居一休閒農場
Miaoli / Mile High Leisure Farm

牧草饅頭 Forage steamed bun

採用農場自產當天現榨牧草汁，加上中筋麵粉製成，讓遊客可以體驗手作樂趣！
On the day the forage was harvested, we extra juice from forage grown in our farm .
Add the juice to all-purpose flo to make the buns. Our guests can experience
this first hand.

◎ 台南・走馬瀨農場 Tainan / Tsou Ma Lai Farm



紫森林咖啡 Purple sweet potatoe coffee

咖啡與紫薯薯相遇，融入浪漫色調與自然甘甜，彰顯咖啡香氣及口感，不可不試！
Putting coffee and purple sweet potatoes together gives rise to a romantic hue and natural
sweetness that accentuate the fragrance and mouthfeel of coffee. You must try it.

◎ 宜蘭・三富休閒農場 Yilan / Sanfu Leisure Farm

炸彈南瓜 Pumpkin bomb

將南瓜烘烤，變成一顆像黑糖糖的圓球，烘烤後的南瓜更香更甜，口感綿密，還可搭
配甜甜的梅子粉囉！

Pumpkin is baked into black balls. Baking makes the pumpkin more fragrant and sweeter.
It is creamy. You may also add a little fragrant, sweet plum powder.

◎ 宜蘭・旺山休閒農場 Yilan / Wang Shan Leisure Farm





金牌巧克力下午茶 Gold brand chocolate afternoon tea

採用屏東在地可可製成最具代表性的台灣巧克力，搭配可可飲品或茶品，讓您口味都是驚喜無窮！並榮獲世界各國巧克力大賽的五金二銀一銅牌之殊榮。

The paragon of Taiwanese chocolate, it is made from cocoa grown in Pingtung. The chocolate can be enjoyed with a cocoa drink or tea, giving you unceasing surprise in every sip. Winner of five gold, two silver, and one bronze medals in competitions around the world.

屏東・福灣養生休閒農場 Pingtung / Fuwan Leisure Farm



檸檬磅蛋糕

Lemon pound cake

手工自製無毒檸檬磅蛋糕搭配有機玫瑰花瓣，給你像戀愛一樣酸甜的幸福感。

Hand-made, non-toxic lemon pound cake and organic rose petals together will give you bliss that is sweet and sour like you are in love.

屏東・天使花園休閒農場
Pingtung / Angel Garden Leisure Farm



桂圓釀銀耳

Fermented longan and snow fungus

入口即化的銀耳配上仙湖獨家的桂圓釀，清新爽口，是最佳的飯後甜點，讓人忍不住續碗。

Snow fungus, dissolved the moment it gets in the mouth, and Fairy Lake Leisure Farm's exclusive fermented longan make a refreshing treat that is a perfect dessert after a meal. It's so good that people can't help asking for a second helping.

台南・仙湖休閒農場 Tainan / Fairy Lake Leisure Farm



藍莓Q餅 Blueberry Q wafer

使用農場栽種的小藍莓製作，奶香鬆軟派餅搭配香醇濃郁藍莓麻糬彈嫩有嚼勁，是農場超人氣點心。

Made with blueberries grown on the farm, the milk-flavor wafer and blueberry mochi offer a chewy dessert that is super popular at the farm.

新竹・雪霸休閒農場 Hsinchu / Sheipa Leisure Farm



玫瑰三角圓 Rose triangular dumpling

三角圓乃客家美食，皮和內餡均佐以香水玫瑰花瓣為食材，有甜、鹹兩種口味，是色香味美具有文化的美食。

Triangular dumplings are a Hakka delicacy. Both the wrapper and the stuffing contain rose petals. With sweet or salty varieties to choose from, the dumplings is a delicious, fragrant, and cultural delight.

📍 苗栗 · 花露休閒農場 Miaoli / Flower Home Leisure Farm

薑汁撞奶

Ginger juice with milk

自種老薑加上黑糖與牛奶，細火慢熬散發出濃濃薑香，入口滑順，是午茶點心最佳選擇。

Old ginger, from our own farm, brown sugar, and milk are stewed in low heat. The thick aromas of ginger permeate the atmosphere. The drink is smooth in the mouth. It is the best snack choice for afternoon tea.

📍 苗栗 · 雲也居一休閒農場
Miaoli / Mile High Leisure Farm



花菓沙律

Flower fruit shajin

鮮採農場友善種植的花菓、食用玫瑰、金蓮花、飛龍海棠、蝶豆花及當地四季水果，佐以桂花醬汁，清爽可口養生美容。

It is made with flowers, fruits, food-grade roses, Chinese Globeflower, flying dragon Chinese crab, Asian pigeonwings, and seasonal local fruits that are eco-friendly grown on our farm. Enjoy it with fragrant olive sauce. It is clean, pleasurable, healthy, and beauty promoting.

📍 苗栗 · 花露休閒農場
Miaoli / Flower Home Leisure Farm





南瓜咖啡 Pumpkin coffee

香濃的黑咖啡、濃郁的南瓜泥，散發出南瓜自然的甜味，牛奶綿密滑口。

Thick and fragrant black coffee and mashed pumpkin give off the natural sweetness of the pumpkin. The milk is creamy and goes down smoothly.

📍 宜蘭・旺山休閒農場 Yilan / Wang Shan Leisure Farm



桑葚冰淇淋 Mulberry ice cream

用新鮮桑葚、鮮奶製成；滑順不甜膩的口感，成為老少咸宜的熱門點心。

Made with fresh mulberry and fresh milk, this ice cream is smooth but not greasy. It is a popular dessert for customers of all ages.

📍 宜蘭・童話村生態渡假農場
Yilan / Fairy Story Ecological Farm

玫瑰蝶豆飲 Rose Asian pigeonwings drink

有機玫瑰及自種蝶豆花的組合氣泡飲，搭配無毒檸檬汁，酸甜又帶花香。

We've put organic roses and our own Asian pigeonwings together and created this carbonated drink. Add a little non-toxic lemon juice and you have a drink that is sweet, tart, and fragrant with a flower scent.

📍 屏東・天使花園休閒農場
Pingtung / Angel Garden Leisure Farm





柚花茶 Pomelo flower tea

生於有機柚園，沒有茶葉咖啡因，飲下的每一口都是每年四月花季的健康純淨與甘甜。
From an organic pomelo orchard and without caffeine, every sip of the tea gives you the wholesome health, fragrance, and sweetness of April blossoms.

📍 宜蘭 · 三富休閒農場 Yilan / Sanfu Leisure Farm



鮮奶饅頭 Fresh milk steamed bun

以高級進口麵粉發酵製成，鮮奶的濃郁從入口即化的乳香四溢就能感受其中的純度，甜美回甘的嚼勁一定讓你想要一口再接著一口。

High-grade imported flour is fermented to make these buns. The moment it gets into your mouth, the bun melts away, giving off a rich milk fragrance as evidence of the milk's purity. The sweet, lingering chewiness makes you want to take one bite after another.

📍 苗栗 · 飛牛牧場 Miaoli / Flying Cow Ranch

南瓜脆餅 Pumpkin crisp

使用自家栽種的南瓜作原料，手工烘烤製成的餅乾，香濃南瓜風味健康無負擔，是下午茶最佳選擇。

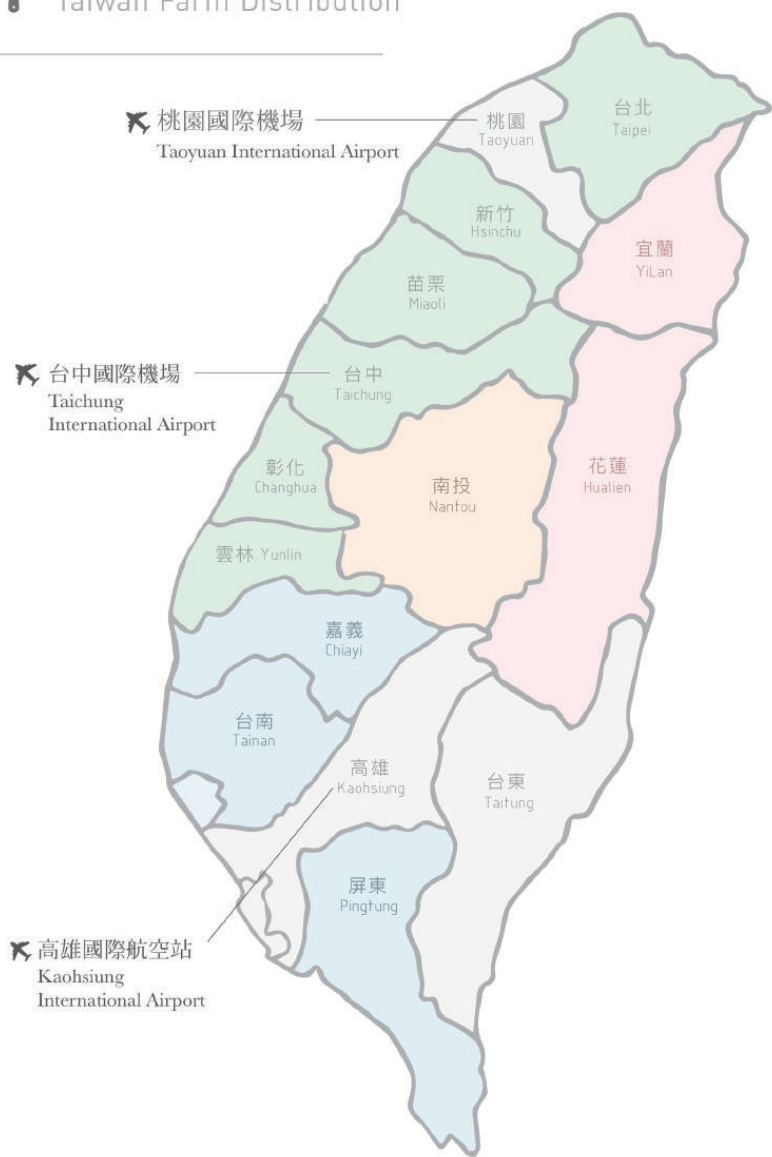
This cracker is hand made with pumpkins grown on the farm. The fragrant, favorable, low calorie, and healthy pumpkin cracker is the best choice to go with your afternoon tea.

📍 宜蘭 · 旺山休閒農場 Yilan / Wang Shan Leisure Farm



台灣農場分佈

Taiwan Farm Distribution



台北 Taipei

千戶傳奇生態農場
Chienhu Chuanchi Ecological Farm

新竹 Taipei

雪霸休閒農場
Sheipa Leisure Farm

苗栗 Miaoli

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魔菇部落生態休閒農場
Magical Mushrooms Tribe

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龍雲農場
Long Yun Farm
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台南 Tainan

仙湖休閒農場
Fairy Lake Leisure Farm
走馬瀨農場
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Damorlee Leisure Farm

宜蘭 Yilan

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Ba jia knight manor b&b
三富休閒農場
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水岸森林休閒農場
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Shangrila Leisure Farm
勝洋水草休閒農場
Sheng Yang Leisure Farm
童話村生態渡假農場
Fairy Story Ecological Farm
廣興休閒農場
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頭城休閒農場
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蘭揚蟹莊
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欣綠農園
Shin-Liu Farm



NORTH

台北 Taipei

千戶傳奇生態農場 Chienhu Chuanchi Ecological Farm

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新竹 Hsinchu

雪霸休閒農場 Shepa Leisure Farm

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📍 新竹縣五峰鄉桃山村民石380-1號 No.380-1, Minshi, Wufeng Township, Hsinchu County



苗栗 Miaoli

卓也小屋 Zhuo Ye Cottage

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花露休閒農場 Flower Home Leisure Farm

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飛牛牧場 Flying Cow Ranch

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巧軒餐館 Chiao Syuan Restaurant

☎ +886-37-226868 🌐 https://reurl.cc/3Lnqj

📍 苗栗縣公館鄉石墘村11鄰223-1號 No.223-1, Shiqiang, Gongguan Township, Miaoli County



CENTRAL

台中 Taichung

沐心泉休閒農場 Spring Mountain Leisure Farm

☎ +886-4-25931201 🌐 0425931201.mmmtravel.com.tw

📍 臺中市新社區中和里中興街60號 No.60, Zhongxingling, Xinshe Dist., Taichung City



慶東大閘蟹農場 Chingdong Hairy Crab Farm

☎ +886-4-26266808 🌐 www.cdcrab.com.tw

📍 台中市清水區中山路563號斜對面(萊爾富斜對面)
diagonal to No.563, Zhongshan Rd., Qingshui Dist., Taichung City



擁葉生態農場 Yung Yama Ecological Farm

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📍 台中市東勢區中崙里東崙路三段688巷168號 No.168, Ln. 688, Sec. 3, Dongqi Rd, Dongshi Dist., Taichung City



彰化 Changhua

魔菇部落生態休閒農場 Magical Mushrooms Tribe

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📍 彰化縣埔心鄉埤腳村柳橋東路829號 No.829, Liuqiao E. Rd., Puxin Township, Changhua County



雲林 Yunlin

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📍 雲林縣口湖鄉梧南村東興路1號 No.1, Dongxing Rd., Kouhu Township, Yunlin County



馬蹄蛤主題館 Geloina Clam Pavilion

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📍 雲林縣口湖鄉港西村養魚路5-3號 No.5-3, Yangyu Rd., Kouhu Township, Yunlin County



南投 Nantou

台一生態休閒農場 Tai Yi Ecological Leisure Farm

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📍 南投縣埔里鎮中山路一段176號 No.176, Sec. 1, Zhongshan Rd., Puli Township, Nantou County





SOUTH

嘉義 Chiayi

龍雲農場 Long Yun Farm

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📍 嘉義縣竹崎鄉中和村石棹1號 No.1, Shizhuo, Zhuqi Township, Chiayi County

向禾休閒魚場 Xianghe Recreation Fish Farm

☎ +886-5-3600959 🌐 www.facebook.com/yolofun

📍 嘉義縣東石鄉鯊鼓村12鄰四股67-6號 No.67-6, Aogu, Dongshi Township, Chiayi County

台南 Tainan

仙湖休閒農場 Fairy Lake Leisure Farm

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走馬瀨農場 Tsou Ma Lai Farm

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大坑休閒農場 Dakeng Leisure Farm

☎ +886-6-5941555 ☎ +886-6-5940266 🌐 www.idakeng.com.tw

📍 台南市新化區大坑里82號 No.82, Dakengwei, Xinhua Dist., Tainan City

長盈海味屋 Chang Ying Seafood Restaurant

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🌐 www.facebook.com/milkfish.dragon/

📍 台南市北門區三寮灣慈安里484號 No.484, Santiaowan, Beimen Dist., Tainan City

屏東 Pingtung

天使花園休閒農場 Angel Garden Leisure Farm

☎ +886-8-7801699 🌐 www.angelgarden.com.tw

📍 屏東縣竹田鄉鳳明村福安路120巷101號 No.101, Ln. 120, Fu'an Rd., Zhutian Township, Pingtung County

福灣養生休閒農場 Fuwan Leisure Farm

☎ +886-8-8320888 ☎ +886-8-8322677 🌐 www.fuwan.com.tw

📍 屏東縣東港鎮大鵬路100號 No.100, Dapeng Rd., Donggang Township, Pingtung County

薰之園香草休閒農場 Natural Garden Restaurant

☎ +886-8-7722077 ☎ +886-8-7751958 🌐 www.ptherb.tw

📍 屏東縣里港鄉過江村126號 No.126, Guojiang Rd., Ligang Township, Pingtung County

大茉莉休閒農場 Damorlee Leisure Farm

☎ +886-925-930989 🌐 https://reurl.cc/N6MM6

📍 屏東縣里港鄉載南路19巷12弄20號 No.20, Aly. 12, Ln. 19, Zainan Rd., Ligang Township, Pingtung County



EAST

宜蘭 YiLan

八甲休閒魚場 Ba jia Leisure Fishfarm

☎ +886-911-225990 ☎ +886-3-9227222 🌐 www.8fish.com.tw

📍 宜蘭縣員山鄉深溝村員山路2段19號 No.19, Sec. 2, Yuanshan Rd., Yuanshan Township, Yilan County

三富休閒農場 Sanfu Leisure Farm

☎ +886-3-9588690 ☎ +886-3-9588753 🌐 www.sanfumfarm.com.tw

📍 宜蘭縣冬山鄉中山村新寮二路161巷82號 No.82, Ln. 161, Xinliao 2nd Rd., Dongshan Township, Yilan County

水岸森林休閒農場 River forest Leisure farm

☎ +886-3-9610277 ☎ +886-3-9610255 🌐 www.river-forest.com.tw

📍 宜蘭縣冬山鄉光華二路36號 No.36, Guanghua 2nd Rd., Dongshan Township, Yilan County

旺山休閒農場 Wang Shan Leisure Farm

☎ +886-932-088992 ☎ +886-3-9382870 🌐 http://wanshunhiweb.tw/

📍 宜蘭縣壯圍鄉新南村新南路107-7號 No.107-7, Xinnan Rd., Zhuangwei Township, Yilan County

香格里拉休閒農場 Shangrila Leisure Farm

☎ +886-3-9511456 ☎ +886-3-9515222 🌐 www.shangrilas.com.tw/shangrila/

📍 宜蘭縣冬山鄉大進村梅山路168號 No.168, Meishan Rd., Dongshan Township, Yilan County

勝洋水草休閒農場 Sheng Yang Leisure Farm

☎ +886-3-9222487 ☎ +886-3-9231814 🌐 www.sy-water.com.tw/

📍 宜蘭縣員山鄉尚德村八甲路15-6號 No.15-6, Bajia Rd., Yuanshan Township, Yilan County

童話村生態渡假農場 Fairy Story Ecological Farm

☎ +886-3-9613385 ☎ +886-9-78082509 ☎ +886-3-9512855 🌐 www.fairy-story.com.tw

📍 宜蘭縣冬山鄉廣興村梅花路300號 No.300, Meihua Rd., Dongshan Township, Yilan County

廣興休閒農場 Guang Shing Leisure Farm

☎ +886-3-9513236 ☎ +886-3-9513946 🌐 www.pigs.com.tw

📍 宜蘭縣冬山鄉柯林村光華三路132巷12號 No.12, Ln. 132, Guanghua 3rd Rd., Dongshan Township, Yilan County

頭城休閒農場 Toucheng Leisure Farm

☎ +886-3-9772222 ☎ +886-3-9778688 🌐 www.tcfarm.com.tw

📍 宜蘭縣頭城鎮更新路125-1號 No.125-1, Gengxin Rd., Toucheng Township, Yilan County

蘭楊蟹莊 Lan Yang Shrimp Land

☎ +886-983-428019 🌐 www.facebook.com/IlanTouChengXueShanCrab/

📍 宜蘭縣頭城鎮頭濱路三段110號 No.110, Sec. 3, Toubin Rd., Toucheng Township, Yilan County

藏酒酒莊 Cang Jiu Winery

☎ +886-3-9778555 ☎ +886-3-9777420 🌐 www.cjwine.com/

📍 宜蘭縣頭城鎮更新路126-50號 No.126-50, Gengxin Rd., Toucheng Township, Yilan County

花蓮 Hualien

欣綠農園 Shin Liu Farm

☎ +886-3-8701861 ☎ +886-3-8705819 🌐 www.shin-liu.com

📍 花蓮縣光復鄉大全村大全村街60號 No.60, Daquan St., Guangfu Township, Hualien County



品 農

FARM CUISINE

指導單位 /  行政院農業委員會

發行單位 /  台灣休閒農業發展協會

發行人 / 游文宏

總編輯 / 邱翔羚

執行編輯 / 林瑞揚

企劃 / 林瑞揚

攝影指導 / 邱翔羚

執行攝影 / 黃致豪、林瑞揚

設計印刷 / 橙米創意設計有限公司

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2018年11月初版

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廣告

農居

FARM STAY

一開窗，清新無塵的空氣迎面而來，大自然形成的四季窗景，時時日日更換。

The sounds of nature insects singing and birds chirping and the starry skies are yours to enjoy.
We cordially welcome visitors and friends from all over the world.

農居

FARM STAY

體驗休閒·漫步台灣

蟲鳴鳥叫，星空點點，歡迎各國好友，大駕光臨.....

The sounds of nature insects singing and birds chirping and the starry skies are yours to enjoy.

We cordially welcome visitors and friends from all over the world.



農居

FARM STAY

「閒步綠草地，夜宿山林間，窮盡人間色，流年就此過」

台灣休閒農場及坐落於休閒農業區的住宿房間不多，大多在百間以內，設計風格各有不同，皆具濃濃休閒渡假風味，建築物不高，視野遼闊，房間寬敞潔淨，

風格清爽簡樸契合自然，一開窗，清新無塵的空氣便迎面而來，

大自然形成的四季窗景，時時日日更換。

蟲鳴鳥叫，星空點點，歡迎各國好友，大駕光臨.....

“Years pass as one leisurely walk on green grass,
spend the night in the mountains, and view events of all types.”

There are only a limited number of leisure farms
and lodging facilities located in leisure farming districts in Taiwan,
numbering less than a hundred.

Though different in style, they are all rich in an atmosphere for leisure and vacationing.

Their buildings are not tall, but they offer wide-open views.

Rooms are typically spacious, clean, simple, and natural.

Just open the windows and let in clean, fresh air and natural,
seasonal scenery that changes with each passing moment.

The sounds of nature insects singing and birds chirping and the starry skies are yours to enjoy.

We cordially welcome visitors and friends from all over the world.



台灣休閒農業發展協會

Taiwan Leisure Farms Development Association

台灣休閒農業發展協會係依據人民團體法設立之非營利組織。協會成立於西元1998年，以協助農業轉型發展休閒農業產業，建構樂活農村為目標，農場會員數近200家，歷經第一屆理事長飛牛牧場董事長施尚斌先生、第二、三屆理事長香格里拉休閒農場董事長張清來先生，第四、五屆理事長大坑休閒農場董事長蔡澄文先生，第六、七屆理事長龍雲農場董事長鄧雅元先生，第八、九屆理事長千戶傳奇生態農場董事長林典先生，第十屆理事長飛牛牧場總經理吳明哲先生的領導，在行政院農業委員會、學術界與業者之支持下，協會扮演學術界、政府與產業的橋樑，肩負休閒農業發展的使命。

協會秘書處為專業幕僚團隊，以提升服務品質、建構文化品味及塑造品牌價值為任務，推動『品質、品味、品牌』之三品運動，設置四大部門：

／ 行政事務部門 ／

負責行政協調、人力管理、財務管理與資訊管理，設立www.taiwanfarm.org.tw，作為休閒農業知識交流與經驗傳承的平台。

／ 人力發展部門 ／

負責建立學校與產業的產學合作，推動休閒農場經營管理師認證制度，設立產業學院辦理職能訓練，以培育經營管理人才。

／ 產業發展部門 ／

負責法令研修、發展策略研究、創新研發、產業輔導、推動休閒農場服務品質認證，建構穩定且高品質的休閒農業品牌。

／ 市場行銷部門 ／

負責多元化休閒農業商品開發，開發國際旅遊市場，以全球在地化的觀點來『建構台灣、行銷全球』。

協會在促進農業經濟發展的同時，也肩負社會教育與環境保護的責任，期使農村社會安定、農村永續發展，創造更大的社會價值。秘書處秉持著「七分做現在、三分做未來」的理念來推動業務，我們期望將台灣農業塑造成為適合旅遊、也適合居住的生活空間，讓我們擁抱這份為台灣農村努力的使命感，分享組織的知識，傳承幸福的力量，讓青年回鄉紮根、讓農民找回尊嚴，讓農村延續文化，讓大家都能夠『回農村享受休閒、來農場體驗幸福』。

The Taiwan Leisure Farms Development Association was founded in 1998 as a non-profit organization under the Civil Organizations Act. It aims to develop leisure agriculture and rural tourism in Taiwan and has nearly 200 member farms. It has also been supported by officers from the Council of Agriculture under the Executive Yuan, scholars, and other business owners. Our mission is to bring the academia, the government, and the industry together for a better future of leisure agriculture and rural tourism.

The TLFDA Secretariat is dedicated to helping our members provide high quality services, cultivate cultural charm, and establish brand images. To promote such "quality, taste and brand image," four divisions are set at the TLFDA:

Administration :

This division is in charge of secretariat management. It is also the division that set up the www.taiwanfarm.org.tw website to promote the exchange and passing-down of insider knowledge.

Human resource development :

The division's missions include setting up the Taiwan Leisure Agriculture Institute, promoting the Leisure Farm Manager Certification, and cultivating managerial talents for the industry.

Industry development :

This division is responsible for studying related laws, promoting the Leisure Farm Service Rating System, and establishing a reliable, high-end industry image.

Farm marketing :

The division is dedicated to the research and development of new products, attracting more international clients, and promoting tourism in Taiwan across the globe from a globalizing point of view.

In addition to boosting agricultural economy, the TLFDA sees itself as the promoter of public environmental education. It aims to bring social stability and sustainable agricultural development to rural areas as a way to give back to society. The TLFDA secretariat believes that "70% of the effort made for sustaining the present, and the other 30% is for creating a better future." By passing down old-time wisdom, sharing insider knowledge, and spreading the power of love, the TLFDA hopes to make agricultural villages in Taiwan wonderful tourist destinations and great living environments. Not only elder farmers can find their worth, youngsters can also come home to make a good living. In continuing the village culture, everyone can "enjoy a leisurely life while immersing in happiness."



C O N T E

01 台灣農場分布圖

北 NORTH

- 03 雪霸休閒農場 Sheipa Leisure Farm
- 05 卓也小屋 Zhuo Ye Cottage
- 07 山板樵休閒農場 San Ban Qia0 Leisure Farm
- 09 花露休閒農場 Flower Home Leisure Farm
- 11 飛牛牧場 Flying Cow Ranch
- 13 山水居休閒農場 San Sui Ji Leisure Farm
- 15 菊園休閒農場 Ju Yuan Leisure Farm
- 17 好珈農莊 Hoka Farm

中

CENTRAL

- 19 台一生態休閒農場 Tai yi Ecologiact Leisuer Farm
- 21 三茅屋民宿 Sun Maq Wu Host
- 23 熊麋鹿了幸福手作民宿 Bear meets moose B&B

N T 南 SOUTH

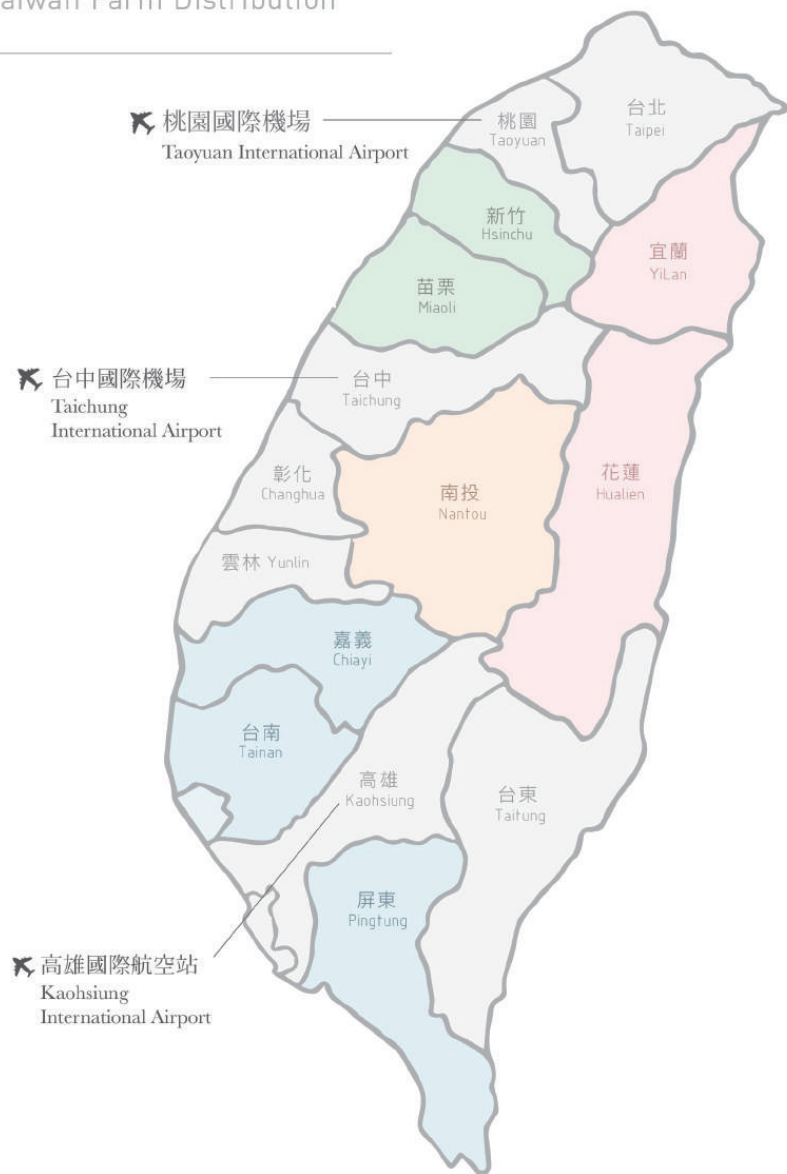
- 25 龍雲農場 Long Yun Farm
- 27 走馬瀨農場 Tsou Ma Lai Farm
- 29 仙湖休閒農場 Fairy Lake Leisure Farm
- 31 大坑休閒農場 Dakeng Leisure Farm
- 33 福灣養生休閒農場 Fuwan Leisure Farm

東 EAST

- 35 八甲爵士莊園別墅 Ba jia knight manor b&b
 - 37 三富休閒農場 Sanfu Leisure Farm
 - 39 水岸森林休閒農場 River forest Leisure farm
 - 41 東風有機休閒農場 Oriental Green
 - 43 香格里拉休閒農場 Shangrila Leisure Farm
 - 45 頭城休閒農場 Toucheng Leisure Farm
 - 47 有朋會館 Yupeng-villa
 - 49 亞維儂民宿 Avignon B&B
 - 51 欣綠農園 Shin-Liu Farm
 - 53 新光兆豐休閒農場 Shin Kong Chao Feng Ranch
-

台灣農場分佈

Taiwan Farm Distribution



新竹 Hsinchu

雪霸休閒農場
Shepa Leisure Farm

苗栗 Miaoli

卓也小屋
Zhuo Ye Cottage
山板樵休閒農場
San Ban Qiao Leisure Farm
花露休閒農場
Flower Home Leisure Farm
飛牛牧場
Flying Cow Ranch
山水居休閒農場
San Sui Ji Leisure Farm
菊園休閒農場
Ju Yuan Leisure Farm
好咖農莊
Hoka Farm

南投 Nantou

台一生態休閒農場
Tai yi Ecological Leisure Farm
三茅屋民宿
Sun Maq Wu Host
熊藥鹿了幸福手作民宿
Bear meets moose B&B

屏東 Pingtung

福灣養生休閒農場
Fuwan Leisure Farm

宜蘭 YiLan

八甲爵士莊園別墅
Ba jia knight manor b&b
三富休閒農場
Sanfu Leisure Farm
水岸森林休閒農場
River forest Leisure farm
東風有機休閒農場
Oriental Green
香格里拉休閒農場
Shangri-la Leisure Farm
頭城休閒農場
Toucheng Leisure Farm
有朋會館
Yupeng-villa
亞維農民宿
Avignon B&B

花蓮 Hualien

欣綠農園
Shin-Liu Farm
新光兆豐休閒農場
Shin Kong Chao Feng Ranch

嘉義 Chiayi

龍雲農場
Long Yun Farm

台南 Tainan

走馬瀨農場
Tsou Ma Lai Farm
仙湖休閒農場
Fairy Lake Leisure Farm
大坑休閒農場
Dakeng Leisure Farm

雪霸休閒農場

SHEIPA LEISURE FARM



感受雲海環繞，遠眺雪霸聖稜線



雪霸休閒農場位於新竹五峰鄉，鄰近觀霧森林遊樂區，海拔1,923公尺，是前往清泉溫泉與雪霸國家公園最舒適、豪華的住宿選擇。在這裡可以遠眺著名的雪霸聖稜線，還可以在雲海環繞的戶外庭園喝咖啡，夜晚遼闊的天空與星光閃爍，讓人心情開朗！

In Wufeng Township, Hsinchu County, Sheipa Leisure Farm, at 1,923 meters above sea level, is located near Watch the Fog Forest Amusement Park. The farm is the most comfortable and luxurious accommodation choice for those who are heading for Qingchuan hot springs and Shei-Pa National Park. From this farm, the renowned Holy ridgeline is in sight in the distance. Our guests can drink coffee in our yard, surrounded by a sea of cloud. The stars shining brightly in the vast skies of the night makes people happy.



TEL / +886-3-5856192 / +886-3-5856193 FAX / +886-3-5857182

ADD / 新竹縣五峰鄉桃山村民石380-1號

No.380-1, Minshi, Wufeng Township, Hsinchu County

Web / www.sheipa.com.tw



山板樵休閒農場

SAN BAN QIAO LEISURE FARM



全國唯一以臉譜為主題的展覽館

山板樵休閒農場位於苗栗三義，為一木雕工作室轉型結合休閒產業的複合式農場，全國唯一以臉譜為主題的展覽館！『臉譜文化館』陳列一千多種不同樣式的臉譜展覽及多種DIY彩繪活動；『愛面子民宿』-森林小木屋，享受芬多精的優質民宿；『楓橋夜泊露營場』-寬敞的露營設備，絕對尊榮享受；『騏雞蛋生』-放牧健康養生優質蛋，食農教育遊程。

"San Ban Qiao Leisure Farm in Sanyo, Miaoli, is a multifaceted farm transformed from combining a sculpture workshop and a design for leisure. This is the only exhibition hall in the nation that features face painting. The Face Paintings Culture Hall has more than 1,000 face paintings on display and many DIY painting activities. Face-Loving B&B—cabins in the forest—offers quality living in the company of phytoncides. Maple Bridge campground is spacious that treats you exceedingly well. Qiji Eggs Laying offers a DIY farming experience on healthy egg raising."



TEL / +886-37-875766 FAX / +886-37-876037

ADD / 苗栗縣三義鄉雙連潭138號

No.138, Shuangliantan, Sanyi Township, Miaoli County

Web / www.sbch.com.tw



卓也小屋

ZHUO YE COTTAGE



山林中與世遺忘的桃花源



因為一隻貓頭鷹，我們在這裡駐足深耕了下來，宛若山林中與世遺忘的桃花源，在這裡映入眼簾的讚嘆，置身其中，更有彷彿重拾農家小境的溫情，桐花村裡桐花巷，遇見台灣最美的記憶；隱身在山林間的小村落，徜徉在綠蔭之間，錯落於小徑旁的屋子，有懷舊的穀倉住宿特色房間、在房間就可以溜滑梯的吉祥小屋，倚靠愜意山景的感恩及知足小屋...就是要你一整天都賴在這邊。

"Because of a night owl, we've stayed and worked here, a forgotten Shangri-la. You have to marvel what you see. You feel as if you were reliving the farm life in tung flower alleys in a tung flower village. You see the best of Taiwan. You are hidden in a small village in the mountain, or you're walking leisurely in a green shade. The cottage by the narrow path features guest rooms that reminisce old grain warehouses. The Good Fortunes cottages offer slides right in the room. The Grateful and Content cottages by the Xieyi mount are designed for you to stay inside all day long.

TEL / +886-37-879198 FAX / +886-37-879647

ADD / 苗栗縣三義鄉雙潭村崩山下1-9號

No.1-9, Bengshanxia, Sanyi Township, Miaoli County

Web / www.joye.com.tw



花露休閒農場

— FLOWER HOME LEISURE FARM —



淡淡精油花香陪您一夜好眠



花露農場係以花為主題著稱，園區除了繽紛花草及蔥鬱翠綠的樹木外，尚有香花草分佈其中，歷經30年不斷創新下，分別設立了以香為主題的產品：精油主題館(精油萃取DIY及精油足療體驗)；精油城堡(身心靈體驗香氛民宿)；香宴饗宴(花香、果香食農餐宴)，房間以天然木頭為建材，淡淡精油花香陪您一夜好眠。

Flower Home Leisure Farm has been known for featuring flowers. In addition to the flourishing flowers and green trees, fragrant flowers and grass show off themselves in their midst. With 30 years of unceasing innovation, we have established fragrance-based products: The essential oil hall (DIY to extract essential oil and essential oil foot massage experience), Essential oil castle (B&B to experience essential oil for the body, mind, and spirit), Essential oil dining (flower and fruit fragrances DIY dining). All guest rooms feature natural wood, where the light fragrance of flower essential oil accompanies you for a good night's sleep.

TEL / +886-4-25891589 / +886-4-25893280 FAX / +886-4-25897048
ADD / 苗栗縣卓蘭鎮西坪里43-3號
No.43-3, Xiping, Zhuolan Township, Miaoli County
Web / www.flowerhome.com.tw



飛牛牧場

FLYING COW RANCH



全家大小歡樂的天堂

佔地120公頃，全園區有六大主題生態區、四大主題餐飲、濃厚的鄉村牧場住宿風格，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”，體驗幫牛媽媽擠牛奶、鴨BB大遊行及餵小牛喝ㄋㄟㄋㄟ...等深層的親子樂趣體驗活動。

On its 120 hectares, the farm features six ecological themes and four theme restaurants. The lodging, rich in country ranch living style, offers your whole family a happy haven that offers activities and experiences in education, leisure meetings, a happy DIY zone, and an “animal farm” where people can milk the cow, feed the calves, and watch ducks parade, and such in-depth experiences for children and parents.



TEL / +886-37-782999 FAX / +886-37-782399

ADD / 苗栗縣通霄鎮南和里166號

No.166, Nanhe, Tongxiao Township, Miaoli County

Web / www.flyingcow.com.tw



山水居休閒農場

SAN SUI JI LEISURE FARM



山水嬉人歲月長，摘星牧雲仙境居



「山水居」位於佛陀山入口處，位處彎路山凹視野遼闊，除登高遠眺群山環繞之外，也擁有天然的山泉聚集成池，山林泉水天然美景盡收眼前；山水居獨特的建築風貌，利用了山壁岩石、木材、紅磚塊，設計搭配出寬敞的空間有著樸實的厚重質感，和周遭山林環境融為一體，給人第一眼的印象極為深刻！真所謂是「山水嬉人歲月長·摘星牧雲仙境居」！

San Sui Ji Leisure Farm is located at the entrance to the Buddha Mountain. At a bend of the winding mountain path, the facility offers a panoramic view of surrounding mountains. The location also collects down-flowing spring water, affording magnificent views of springs and mountains. The unique architectural features of this facility take advantage of mountain boulders, wood, and red bricks to deliver spacious rooms that give the impression of being down to earth, heavy, and solid. It becomes part of the surrounding mountains and forests. This really gives an impressive first impression.



TEL / +886-37-951513 / +886-928-250191
ADD / 苗栗縣大湖鄉栗林村佛陀山5-3號
No. 5-3, Foshan Road, Dahu Township, Miaoli County
Web / www.sansui.idv.tw

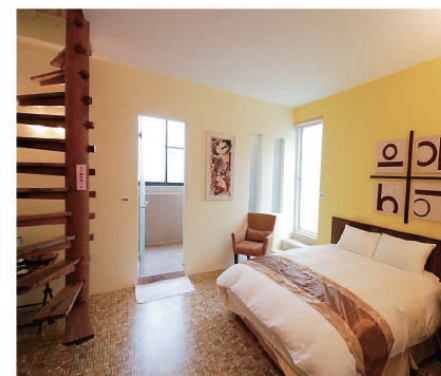


菊園休閒農場

JU YUAN LEISURE FARM



四季美好，通通盡收眼底！



菊園位於苗栗縣大湖鄉，海拔800公尺的山腰上，山景繚繞，四季分明，而我們的位置又剛好是在景觀最美麗的地方，清晨的日出，傍晚的彩霞，雲海、山楓，通通盡收眼底！

Ju Yuan Leisure Farm is located at 800 meters above sea level in a mountain in Dahu Township, Miaoli County. Surrounded by mountains, the farm features distinct seasons. Our location also affords the best view of the scenery, taking in the rising sun, the colorful clouds of at sunset, cloud sea, and mountain maples.

TEL / +886-37-951522 / +886-37-951765
ADD / 苗栗縣大湖鄉栗林村九鄰薑麻園13號
No.13, Jiangmayuan, Dahu Township, Miaoli County
Web / www.130.com.tw

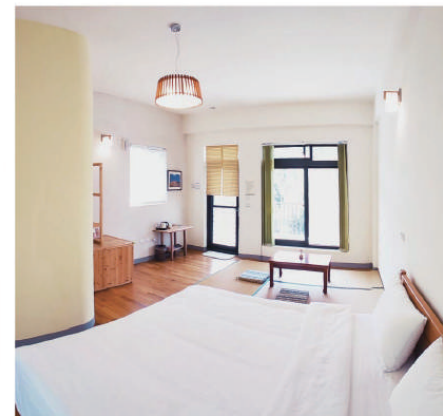


好珈農莊

HOKA FARM



在好珈農莊度過一個難忘的夜晚



"民宿主人為返鄉女青年及其日本夫婿，師承日本農家民宿精神，園區全區無毒無化肥，友善栽種咖啡與蔬果，適合親子農事體驗，落實食農教育與在地食材的理念分享。園區內不僅可以農事體驗、咖啡烘焙DIY、精油手工皂DIY，更可以與主人暢談如何好好生活、慢慢品味的慢活樂趣。

The Hoka in Sanyi is an elegant guesthouse which combines traditional Japanese organic farming methods and Taiwanese hospitality, to bring you the best produce from our kitchen gardens directly to your plate, while making sure that you feel cared for throughout the duration of your stay.

TEL / +886-37-881766 FAX / +886-37-881586

ADD / 苗栗縣三義鄉龍騰村外庄62-6號

No.62-6, Longfeng, Sanyi Township, Miaoli County

Web / www.facebook.com/hokataiwan

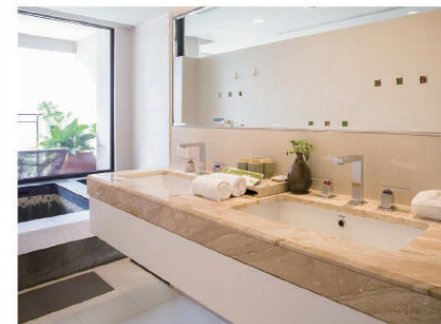
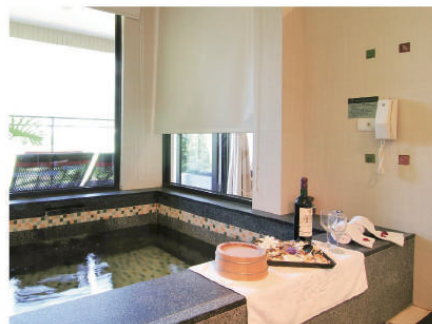


台一生態休閒農場

TAI-YI ECOLOGICAL LEISURE FARM

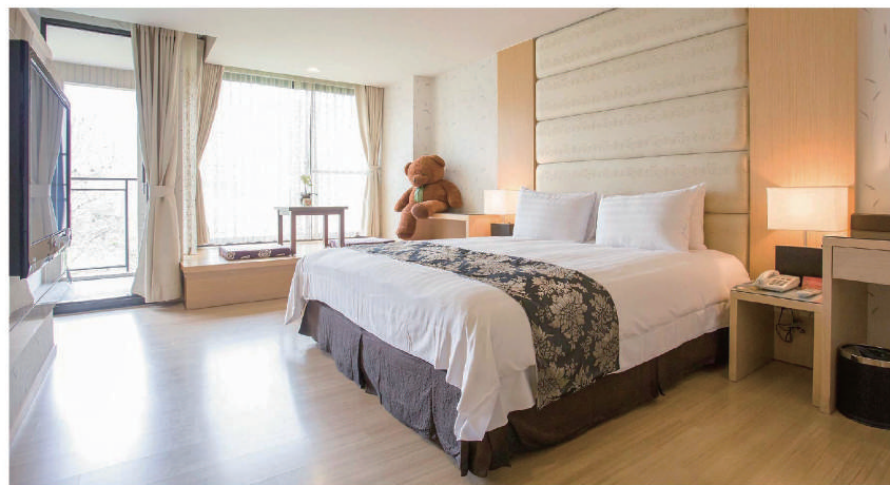


感受四季大地風情與變化萬千的自然風貌



座擁40000坪花園綠地，七大主題農場生態園區，感受四季大地風情與變化萬千的自然風貌，彷彿環抱在山巒浪漫的悠閒生活，時刻享受晨曦與晚景甯謐自在的輕旅行。客房內精緻花泉搭配萬千風景，讓人置身在香榭水岸的花園中，享受四季低調奢華的住宿氛圍！

With a 40000-ping garden and green landscape, the site features seven themes of farm ecology that offers ever-changing natural scenery through the seasons. You live leisurely in the midst of mountains and enjoy the serenity of the dawns and dusks. The flower spring in guest rooms and the ever-changing scenery make you feel as if you were on the Av. des Champs-Elysees living in low-key luxury of the seasons.



TEL / +886-49-2997848 FAX / +886-4-92900037
ADD / 南投縣埔里鎮中山路一段176號
No.176, Sec. 1, Zhongshan Rd., Puli Township, Nantou County
Web / www.faiifarm.com



三茅屋民宿

SUN MAQ WU HOST



親切服務的笑聲，專業豐富的分享

香醇濃郁的早餐咖啡，親切服務的笑聲，專業豐富的分享，就在美麗的庭園中發生，主人為您提供愛心親子房、溫馨家庭房、幸福情侶房三種各具特色，您一定會喜歡這裡……。

Fragrant, rich morning coffee, the warm laughters of the servers, and the sharing of professionalism are all happening in the beautiful morning in the farm. The host offers adjoining parent-child rooms, rooms for families, and rooms for couples. We know that you will like it here.



TEL / +886-49-2912146 / +886-912-650805 FAX / +886-49-2917885

ADD / 南投縣埔里鎮桃米里桃米巷5-6號

No.5-6, Taomi Ln., Puli Township, Nantou County

Web / 3q.emmm.tw

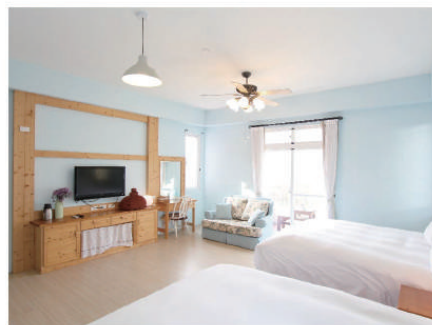


熊麋鹿了幸福手作民宿

— BEAR MEETS MOOSE B&B —



濃濃的日式雜貨風及獨特風格



由兩個男生打造出廣闊的休閒庭園及DIY幸福空間，每一間客房經過主人的巧手佈置有著濃濃的日式雜貨風及獨特的風格與特色；此外，您更不可錯過主人親手製作的早餐以及手工餅乾、甜點、果醬...等，深刻感受民宿主人的無比用心。

This big, leisure garden has been built up by two men. They have deftly decorated each guest room with a rich touch of a Japanese grocery store and unique style. Additionally, you don't want to miss the breakfast that the hosts make personally, handmade biscuits, desserts, and jams to really appreciate how much thought and care the hosts have put into their service.

TEL / +886-49-2919797

ADD / 南投縣埔里鎮桃米巷5-8號

No.5-8, Taomi Ln., Puli Township, Nantou County

Web / bear.okgo.tw



龍雲農場

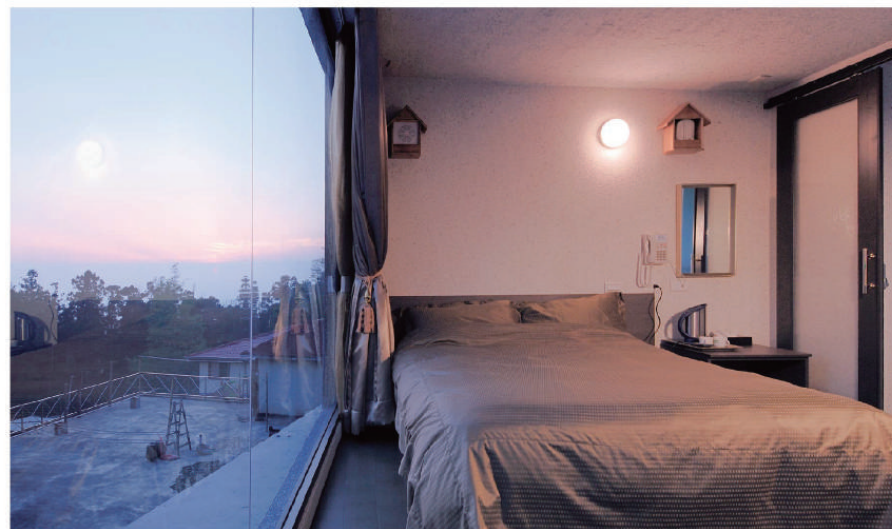
LONG YUN FARM



清晨輕柔的山嵐，滿滿芬多精的療癒

龍雲農場矗立在阿里山壯闊的山麓間，清晨輕柔的山嵐，讓人彷彿置身雲霧仙境中的錯覺，漫步在林間，景緻優美的步道，讓遊客的腳步不自覺的輕盈起來，空氣中滿滿的芬多精更是讓人身心得到最好的療癒！

Long Yun Farm stands tall in the midst of Alishan. The gentle clouds in the morning make people think as if they were in the realm of the gods. Walking on the path in the woods makes the tourists feel that their steps have become lighter. The abundant phytoncides in the air allow people to recover in their bodies and minds.



TEL / +886-5-2562216 FAX / +886-5-2562106
ADD / 嘉義縣竹崎鄉中和村石棹一號
No.1, Shizhuo, Zhuqi Township, Chiayi County
Web / www.long-yun.com.tw



仙湖休閒農場

— FAIRY LAKE LEISURE FARM —



享受山居歲月，感受被山擁抱的寧靜感



仙湖農場四季皆有農作生產，咖啡、荔枝、龍眼、柑橘.....堅信著「孕育我們的這片土地，及人們與之共存的方式，才是一切美好生活的基礎」。山頂座落著吧台、無邊際山泉戲水池及農村料理教室，綠草及果樹如茵，山風與白雲共舞。

Fairy Lake Leisure Farm never rests when it comes to growing crops. There are always plants growing, whatever the season, such as coffee, lychee, dragon eyes, and citrus. We uphold our conviction that a relationship in which man exists alongside the land that nourishes him is the foundation upon which happy living can be built. The bar on the top of the mountain, the play pool taking in a ceaseless inflow of mountain springs, the culinary classroom in the farm, the green grass, and the fruit trees, all this dances with the winds and the clouds.

TEL / +886-6-6863635 FAX / +886-6-6863662

ADD / 台南市東山區南勢里一鄰6-2號

No.6-2, Nanshizhuang, Dongshan Dist., Tainan City

Web / www.senwho.com



走馬瀨農場

— TSOU-MA-LAI FARM —



打開窗戶即能聽到大自然的交響樂



走馬瀨農場以種植牧草起家，廣植40公頃之盤固拉牧草，園區富有豐富生態、完善住宿設施、餐飲服務及遊憩設施。蘭花會館以蘭花為題，凸顯台南在地農業特色並且打造高品質住宿環境，歐式旅館提供舒適、乾淨且方便的住宿環境，打開窗戶即能聽到大自然的交響樂，渡假木屋提供溫馨舒適且整潔之住宿環境，讓您享受農場悠閒步調。

Tsou Ma Lai Farm started out growing grass--40 hectares of pangolin grass. Our farm offers a rich ecology, fine lodging facilities, fine dining, and equipment for fun and leisure. The Orchid Hall focuses mainly on orchids. We accentuate the unique local quality of agriculture in Tainan, and we offer high-quality lodging. Our European style lodging environment brings you a comfortable, clean, and convenient place to stay. Just open the window, and the natural symphony orchestra is yours to savor. The cabins offer a warm, comfortable, and clean place to rest. This is a place for you to take leisurely walks.



TEL / +886-6-5760121 FAX / +886-6-5760282

ADD / 台南市大內區二溪里其子五60號

No.60, Qiziwa, Danei Dist., Tainan City

Web / www.farm.com.tw

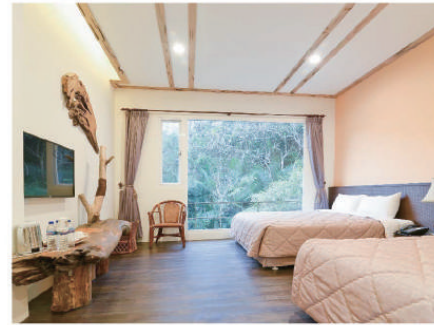


大坑休閒農場

DAKENG LEISURE FARM



透過食材旅行，感受農場質樸滋味



蔡家人三代同堂自給自足的歡樂農場，善於創作在地料理，透過食材旅行，感受農場質樸滋味，森林原木屋—整間原木打造的樹林小屋，宛如童話故事裡的小精靈住的房子；歐式別墅一館—歐式閣樓造型，每間房有獨立的陽台可與大自然最貼近；歐式別墅二館—歐洲小鎮風格，房間的無框落地窗讓您視線享受全屏山景。

The three generations of the Cai family runs a happy, self-sufficient farm. Through local ingredients, we offer you a journey of food ingredients so you may get a taste of farm simplicity. Virgin wood cabins in the forest are like cabins occupied by elves in the woods in fairy tales. European-styled villas I features lofts, each guest room having its own balcony for guests to be closest to nature. European-styled villas II resembles an old European town, each guestroom having a frameless window for guests to enjoy the full view of the mountain.

TEL / +886-6-5941555 FAX / +886-6-5940266

ADD / 台南市新化區大坑里82號

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

Web / www.idakeng.com.tw



福灣養生休閒農場

FUWAN LEISURE FARM



在這裡，遇到任何的事物都是美好豔遇



福灣以迴繞路徑區分各棟建築配置，運用多種原生樹種結合庭園設計，規劃出獨立的專屬庭院空間。每棟villa擁有獨特的空間形式，各具特色的空間趣味，藍天、豔陽、海灣、夕陽、魚塢是最基本款的親切風景，草地日光浴陪伴涼亭午茶，海風星空穹頂身心芳療，更是體驗福灣迷人的記憶。

Fuwan Leisure Farm uses the winding paths to distinguish its buildings. It uses native trees and landscaping to design the space for each villa building. Each villa has its own unique space design and its own characteristics, such as blue skies, a bright sun, a bay, a setting sun, or a fishery. These are the basic sceneries of the farm. Green grass and the sun accompany you as you sip afternoon tea in a booth. The ocean breeze and the starry skies enrich your memories of this place.

TEL / +886-8-8320111 FAX / +886-8-8322677

ADD / 屏東縣東港鎮大鵬路100號

No.100, Dapeng Rd., Donggang Township, Pingtung County

Web / www.fuwan.com.tw



八甲爵士莊園

BAJIA KNIGHT MANOR B&B



到八甲一遊，絕對讓您不虛此行



到八甲魚場主題餐廳品嚐二億年前白堊紀出現的水中帝王鱈龍魚、魚中女皇香魚與各式精緻美食料理，在爵士莊園享受寧靜、清幽的住宿環境，到八甲一遊，絕對讓您不虛此行。

Come to the theme restaurant at Ba jia Leisure Fishfarm to have a taste of sturgeons, the king in the water, and ayus, the queen of fish, that first appeared during the Cretaceous and other fine dishes and enjoy the serene and quiet living environment at Knight Manor . Your visit to Ba jia Leisure Fishfarm will surely be well worth your time.



TEL / +886-911-225990 FAX / +886-3-9227222
ADD / 宜蘭縣員山鄉深溝村員山路2段19號
No.19, Sec. 2, Yuanshan Rd., Yuanshan Township, Yilan County
Web / www.8fish.com.tw



三富休閒農場

SANFU LEISURE FARM



與森林一起呼吸豐沛的自然能量



追求人與自然和諧的綜合型農場，提供休閒旅宿、健康餐飲、咖啡、烘焙、會議研習、自然/冒險/食農體驗等多元休閒服務，簡單雅致的風情，讓人沈浸在蟲鳴鳥語芬多精，與森林一起呼吸豐沛的自然能量。

This is a multifaceted farm seeking a harmonious relationship between man and nature. It offers leisurely lodging, healthy dining, coffee, bakery goods, conference rooms, and experiences in nature, adventure, and DIY farming. The farm offers a simple setting in which our guests can forget themselves in the sounds of nature and phytoncides and breathe in the abundant natural energy of the forest.



TEL / +886-3-9588690 FAX / +886- 3-9588753
ADD / 宜蘭縣冬山鄉中山村新寮二路161巷82號
No.82, Ln. 161, Xintiao 2nd Rd., Dongshan Township, Yilan County
Web / www.sanfufarm.com.tw



水岸森林休閒農場

— RIVER FOREST LEISURE FARM —



幸福如此簡單，休閒隨手可得



位於宜蘭柯林湧泉區，佔地約7公頃，農場運用大地賜予的珍貴資源，清澈冰涼的泉水，孕育豐富的自然生態。將農、漁生產串聯，以養殖、生態體驗為主結合在地食材運用，也是我們對這片土地的熱愛與堅持。

Located in the Kelin spring district in Yilan, the farm sits on seven hectares of land. It uses the precious resources that nature has so abundantly provided and the clear and cold springs to build up a rich, natural ecology. The farm links agricultural and fishing production. It offers experiences in cultivation and ecology. We use local ingredients in our cooking to show our love and insistence for this land.

TEL / +886-3-9610277 FAX / +886-3-9610255

ADD / 宜蘭縣冬山鄉光華二路36號

No.36, Guanghua 2nd Rd., Dongshan Township, Yilan County

Web / www.river-forest.com.tw



東風有機休閒農場

— ORIENTAL GREEN —



一卡皮箱即刻體驗露營的美好



座落於冬山河上游山谷，主要栽植文旦及芳香植物，是一處充滿自然之美的生態體驗農場，在豐富的生態天然環境裡，免搭折帳，讓您一卡皮箱即刻體驗露營的美好！

Located in an upstream valley of Dongshan River, this farm grows mainly pomelos and plants of fragrance. It is an ecological experience farm that's rich in nature beauty. Just come with your luggage and experience the beauty of camping without the bother of pitching or taking down a tent.



TEL / +886-3-9587511 FAX / +886-3-9588564
ADD / 宜蘭縣冬山鄉中山村中山路769號
No.769, Zhongshan Rd., Dongshan Township, Yilan County
Web / www.a222.tw

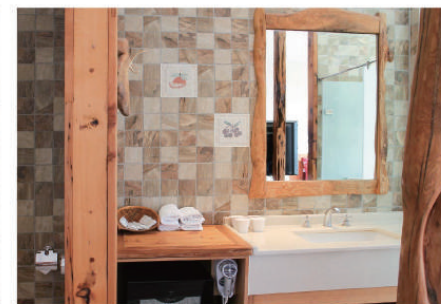


香格里拉休閒農場

— SHANGRILA LEISURE FARM —



回歸農村生活的恬靜簡樸



坐落於海拔二百五十公尺山麓上，年均氣溫約25度，氣候舒適、景色迷人，坐在園區內的盪鞦韆上，俯瞰平原景色、仰望星空銀河，體驗隨著四季變化的植物蔬果，使旅人回歸農村生活的恬靜簡樸，滿足都市人探索大自然的好奇慾望，探索蘊藏鄉野間的盎然趣味；以珍貴台灣檜木打造視野極佳景觀客房，值得您放慢腳步細細品味。

Located at 250 meters above sea level in the mountain with an average temperature of about 25 degrees Celsius for the year, the Farm enjoys a comfortable weather and charming scenic view. Sitting in a swing in the farm, you may look down for a view of the plain below or look up to stare into the galaxies above. Sampling the fruit and vegetables of the season, a traveler can really feel coming home to the simplicity of farm living, satisfy his or her curiosity and desire for natural exploration, and explore the fun hidden in the countryside. Built with Formosan cypress to work spruce, our guest rooms offer excellent views to take all in slowly.

TEL / +886-3-9511456 FAX / +886-3-9515222
ADD / 宜蘭縣冬山鄉大進村梅山路168號
No.168, Meishan Rd., Dongshan Township, Yilan County
Web / www.shangrilas.com.tw/shangrila/



頭城休閒農場

TOUCHENG LEISURE FARM



多樣性自然景觀及豐富的生態資源



多樣性自然景觀及豐富的生態資源，設有舒適客房、會議室、餐廳、戶外教室、有機桂竹林及蔬菜園區、果園區，亦是環境教育設施場所，農場的食農及探索教育課程、無痕山林教育更廣受歡迎。另有藏酒酒莊時尚清新的山林咖啡餐廳，品嚐別出心裁的創意莊園美食。

We are equipped with diverse natural scenery and rich ecological resources, comfortable guest rooms, conference rooms, dining facilities, outdoor classrooms, clusters of organic bamboo plants, and vegetable gardens, which double as environmental education venues. Our courses on DIY farming, exploration, and leave no trace behind in the mountains are widely popular. Our winery and cafe in the mountain are places for you to enjoy our farm cooking.

TEL / +886-3-9772222 FAX / +886-3-9778688
ADD / 宜蘭縣頭城鎮更新路125-1號
No.125-1, Gengxin Rd., Toucheng Township, Yilan County
Web / www.tcfarm.com.tw

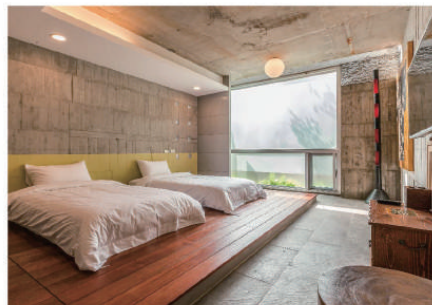


有朋會館

— YUPENG-VILLA —



好的空間是最值得沉靜的饗宴



還原建築材料本質，試著用掌心觸碰著水泥粗糲的肌理，看著建築與光影的交互變化，建築群就如同自然的雕塑在山景田野的輝映下，閃閃發光。好的空間是最值得沉靜的饗宴，以當代清水模建築為基礎，置入藝術、文化與人對居室的期待，回歸自然、質樸的態度，規畫出不同的客房空間，期待與您分享這生活的美好。

Returning to the essence of building and trying to touch the rough texture of concrete, you experience the interaction between buildings and the light. Buildings, like sculptures, glitter in the mountain and the field. Good space is in itself a treat worthy of your settling down to appreciate. On the basis of fair-faced concrete, our buildings incorporate art, culture, man's long for indoor living, desires to return to nature, and a simple attitude. With all this in mind, we've devised various guestrooms to share the beauty of such living with our guests.

TEL / +886-3-9220172 FAX / +886-3-9227581

ADD / 宜蘭縣礁溪鄉二結村二結路36-11號

No.36-11, Er jie Rd., Jiaoxi Township, Yilan County

Web / www.yupeng-villa.com



亞維儂民宿

— AVIGNON B&B —



彷彿來到梵谷所愛的南法山城



位於員山鄉大礁溪，浪漫鄉村風格、濃烈綠色山林、小橋流水，還有可以沉思的發呆亭，當夜晚來臨時，有滿天的星斗陪著你。橘黃色建築的印象色彩，彷彿來到梵谷所愛的南法山城，以花草及畫家來設計的房間，各具特色，別有一番風味。

Located in Dajiaoxi of Yuanshan Township, this facility is rich in rustic romance, thick, green mountains, bridges and streams, and booths in which you may ponder or do nothing. Countless stars accompany you at night. The orange-yellow buildings are rich in impressionist colors, making you feel that you are visiting the mountain cities in southern France that van Gogh loved. Our guest rooms were designed with plants by painters, with uniqueness in each room.

TEL / +886-978-903869

ADD / 宜蘭縣員山鄉枕山村坡城路16-16號

No.16-16, Pocheng Rd., Yuanshan Township, Yilan County

Web / ilanavignon.com



欣綠農園

SHIN-LIU FARM



像寶藏般豐富的濕地生態



欣綠農園位於花東縱谷馬太鞍休閒農業區，除推廣生態小旅行、食農教育外，更結合社區，讓遊客體驗阿美族獨特捕魚方式「拉告」，呈現在地生活智慧，讓遊客能悠遊農村文化、享受美食、探索自然，欣綠石頭屋以數萬顆頁岩砌成，戶外溼地美景映入眼簾，清晨有天籟鳥鳴自然鬧鐘，歡迎來享受自然溫暖的搖籃。

Shin-Liu Farm is located in the MaTaram leisure farming district in Hualien Taitung Vertical Rift. We promote ecological mini trips, DIY farming, and, in conjunction with communities around here, experiences on the unique way of catching fish--Lagan--of the Amis people as a way to show the wisdom of the local tribe. Our farm offers our guests opportunities to experience farm culture, fine dining, and natural exploration. Our stone houses, built with tens of thousands of shale pieces, affords views on the wetland outside. In this place, the sound of nature is the alarm clock that awakens you from the warm bed in the midst of nature.

TEL / +886-3-8701861 FAX / +886-3-8705819

ADD / 花蓮縣光復鄉大全村大全村60號

No.60, Daquan St., Guangfu Township, Hualien County

Web / www.shin-liu.com.tw



新光兆豐休閒農場

— SHIN KONG CHAO FENG RANCH —



放慢腳步，發現大自然無窮樂趣

農場有鳥園、動物園、花卉區以及乳牛區，提供牛奶、冰淇淋等美食，還可以體驗餵小牛等活動；農場內的溫泉有“美容湯”的美譽，可滋養肌膚，促進循環，在這裡可以親近自然，享受簡單的生活。

The farm has a bird house, a zoo, a flower garden, and a cow area that offers milk, ice cream, and other tasty food as well as opportunities to feed the calves. The hot spring in the farm is fondly referred to as “the spring of beauty”, that nourishes the skin and muscles and helps with circulation. You get close to nature and live a simple life here.



TEL / +886-3-8772666 FAX / +886-3-8771556

ADD / 花蓮縣鳳林鎮林榮里永福街20號

No 20, Yongfu St., Fenglin Township, Hualien County

Web / www.skcf.com.tw



農 居

FARM STAY

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發行單位 /  台灣休閒農業發展協會

發行人 / 游文宏

總編輯 / 邱翔羚

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(ลิขสิทธิ์คู่มือ)

ชื่อคู่มือ : คู่มือการท่องเที่ยวเชิงการเกษตรแบบนันทนาการไต้หวัน

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