

Messages from food 01



**Be forgotten in fridges
or
Save it from being stale.**

An abandoned tomato

“I was alone and been forgotten in the fridge.”



An abandoned tomato

“Oh! what did you experience?”



I was put in the fridge with my siblings, with plastic bags wrapped around us.

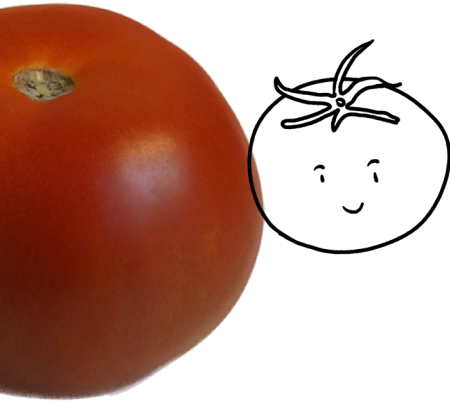
Somehow, I became the last one.

Then I was slowly forgotten in the fridge until my mouldy friends visited me.



“How can I keep you last longer?”

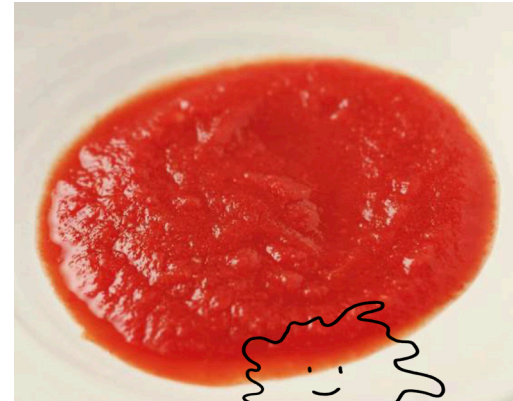
When I am the only one left, or you can't eat me all, you can try to change my state.



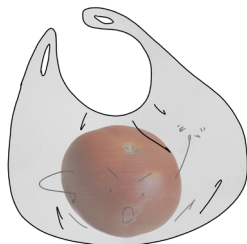
Turn me into diced tomatoes, freeze me and use me straight away the next time you make scrambled eggs with tomatoes. It's very convenient!



If you want to try a different flavor, you can turn me into a tomato puree.



“How did we treat tomatoes?”



wrapped with Plastic bags

“This causes me to be easily forgotten.”



In the fridge

“Low temperature caused my sweetness to decrease.”

“Where do you prefer to stay?”



“I like to stay in the shade at room temperature, except for the hot summer days, of course.”

**Things you may
not know about
tomatoes:**

**Tell us what you
know about tomatoes**



01.

你知道番茄其实被发现了两次吗？

Do you know that tomatoes have actually been discovered twice?

第一次发现番茄的是中美洲的印第安土著居民，他们发现番茄以后，就把它带到墨西哥地区进行种植和培育。今天英语里的「Tomato」就是来自墨西哥土著的纳瓦特尔语「tomatl」。

番茄第二次被发现，就是 16 世纪早期西班牙的殖民了。所以在欧洲，最先吃番茄的民族就是西班牙和意大利。

02.

你知道番茄刚开始只是观赏性果实吗？

Do you know that tomatoes was ornamental fruits in the begining?

番茄最早是南美洲的野生浆果，人们认为其颜色鲜艳具有剧毒，视它为“狐狸的果实”，只用来观赏，最初传入中国时也是作为观赏植物，到 19 世纪中后期，中国人才开始吃番茄，并在上海等大城市开始大面积种植。

03.

番茄现在年产量最高的地方在哪里呢？

Where is the highest annual production of tomatoes now?

番茄算是对环境要求不太高，相对「好种」的农作物。所以在世界各地都有广泛种植。目前番茄年产量最高的地方是中国。在全世界的西红柿产量中，大部分都是直接当做蔬菜供应的，只有约四分之一的会进行后续的加工，做成番茄酱，番茄汁，番茄泥以及番茄罐头等加工食物。目前世界最大的番茄加工基地在美国加州，那里每年要处理 1106.5 万吨的番茄。

04.

你知道番茄是世界上第一种转基因食品吗？

Do you know that tomatoes was the first transgenic food in the world?

请注意！小番茄是大番茄的爸爸，不是转基因产品。

1994 年被注入了晚熟基因的番茄在美国上市，但 3 年后便退出了市场。给番茄加入晚熟基因是为了应对漫长的储运过程，但由于研发成本高昂以及这种番茄的收获率不好，所以在市场上只存在了三年。

05.

什么时候的番茄最好吃？

When are tomatoes the best?

番茄对生长环境要求不高，环境适宜可一年四季连续结果。番茄是夏季的时令蔬菜，露天栽培通常是在夏季采收上市，此时的最为新鲜，吃起来口感也会很好。

06.

为什么现在那么多石头番茄了呢？

Why we have so many hard tomatoes now?

西红柿根据果实硬度可以分为软果型和硬果型。软果型西红柿比如毛粉、佳粉系列品种，皮薄肉软、味道浓郁，但不耐存储，运输导致损耗较高；而硬果型西红柿比如金鹏、欧盾、粉百利等品种，硬度高，更耐储存，经济效益更高。

因此出于经济效益和运输成本考虑，市面上的“石头番茄”也就越来越多了。从皮薄汁足的软果西红柿到味道寡淡的“石头西红柿”，这背后经历的恰恰是所谓的“品种驯化和改良”，是人们有意选择的结果。

07.

你知道番茄在菜肴里的烹饪作用是什么吗？

Do you know the role of tomatoes in cooking?

番茄是一个天然味精，把它加到各种菜肴里，就会给菜肴赋予鲜味，增加菜肴口味的平衡。不管是做炖菜，还是做汤，只要加一点番茄，整体的味道都能快速地提起来。

08.

你知道番茄蒂和籽也是调味料吗？

Did you know that tomato tips and seeds are also seasoning?

番茄的蒂和籽也有用武之地。番茄蒂是香味最烈的部位，用番茄做炖菜、番茄泥或酱汁的时候，可以在加热阶段加入蒂，提升风味。番茄的籽富含酸味与鲜味，加水煮开，就成了绝味的调味料。

09.

好吃的番茄怎么挑？

How to pick a good tomato?

番茄“屁股”上有很多清晰的放射状筋络，筋络多，说明番茄的细胞分裂活跃，里面装满了籽。不过现在很多西红柿还没结籽就上市了，怪不得没有番茄的味道。

10.

你知道西红柿对心脏好吗？

Did you know that tomatoes are good for our heart?

番茄在欧洲素有“医不理”之称。西红柿产品可以保护心脏的原因之一，就是抱着西红柿籽的黄色液体具有一种化合物，能够抑制血小板的活性（血小板会触发导致心脏病发作和中风的血栓）。当然，你吃的蔬果种类越多越好，才能满足身体功能的所有基本需求。

Reference

- 《关于番茄，你可能不知道的 5 个冷知识》-- 技术型吃货
- 《自信点，你手里的西红柿就是越来越难吃了》-- Vista 看天下
- 《蔬菜教室》（日）内田悟
- 《救命！逆转和预防致命疾病的科学饮食》（美）迈克尔·格雷格



Messages from food 02

**It seems not fresh
=
Throw it way?**

A wrinkled apple

"As time passed, I lost my lustre and my skin became dull and wrinkled. People thought it was time to throw me away."



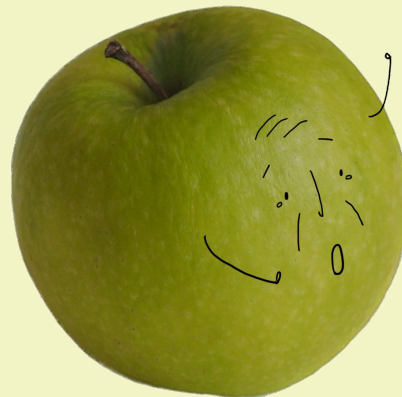
A wrinkled apple

When I was brought home, I was a green apple with bright skin and a sturdy body. I was placed in the fruit bowl on the table, and I quite liked it there. The temperature was just right, and the eaters could see me easily, so they would remember to eat me.



However, I might not have been their favourite fruit, and I was soon forgotten. Days passed, and my skin became dull and wrinkled, and I started to shrink. Eventually, I was mercilessly thrown into the garbage bin.

“No! Wait! I still edible.”



"However, do the wrinkles and dullness necessarily indicate that you are no longer fresh and edible?"

My wrinkles are just a result of losing too much moisture. I may not be as juicy and delicious anymore, but I am still edible and my texture has become denser.

If you really don't want to eat a soft apple, you can turn me into baked apples.

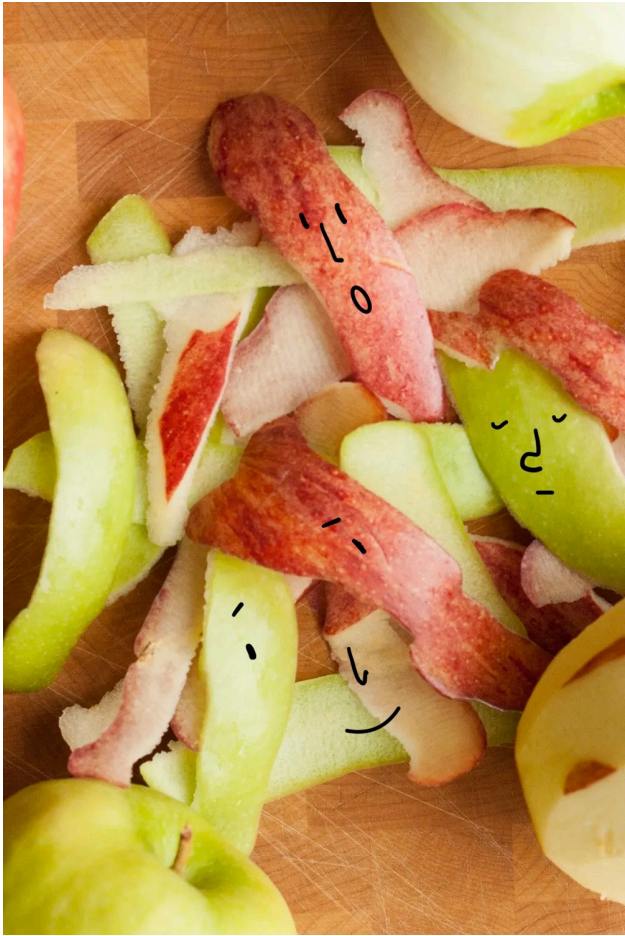


Peel and chop me into pieces.



Put me in the oven at 200 degrees for 15 minutes, and I'll turn into sweet and tangy apple cubes! I actually have more flavor than you might imagine!





Also, my peels are edible. To create apple powder, you can whiz oven-dried apple peels in a clean spice grinder.

Or you can steep my peels in hot water and enjoy a comforting caffeine-free sip.



Things you may not know about apples:

There are more "Use-Up"
recipes in our Food Hub,
please check our website
and join the action:
"Cook for friends' fridges"
to learn more about food
with your friends.

*"Don't waste anything in the kitchen.
There's always a way to turn something bad
into something good."*

---- A wrinkled apple



01.

你知道哪里的苹果产量最高吗？

Do you know where the apple production is the highest?

中国是世界上苹果产量最高的国家，其次是美国。在我们国家有很多苹果产地，以富士苹果为例：新疆阿克苏、山东烟台栖霞、陕西洛川富士、河南灵宝、山西运城万荣、甘肃静宁、甘肃天水花牛苹果等地的苹果是非常好吃的。

02.

好吃的苹果怎么挑？

Do you know how to choose juicy apples?

红富士：

- 1、看苹果柄是否有同心圆，由于日照充分，比较甜。
- 2、看苹果身上是否有条纹，越多的越好。

秦冠：用手按下苹果，按的动的就是甜的，按不动的就是酸的。

黄元帅：挑颜色发黄的，麻点越多越好。用手掂量，轻的比较绵，重的比较脆。

03.

苹果与肠胃的两面性

Are apples good or bad for our stomach?

苹果生吃治便秘，熟吃治腹泻：苹果中含有丰富的鞣酸、果胶、膳食纤维等特殊物质，鞣酸是肠道收敛剂，它能减少肠道分泌而使大便内水分减少，从而止泻。而果胶则是个“两面派”，未经加热的生果胶有软化大便缓解便秘的作用，煮过的果胶却摇身一变，具有收敛、止泻的功效。膳食纤维又起到通便作用。

04.

其实你可以吃掉整个苹果

Actually you can eat the apple, including the core.

我们剩下的苹果核周围的果肉占苹果的体积分约 30% 我们常吃苹果的方式，以圆周运动向中心咀嚼，留下一个充满种子的柱子，我们的认知是苹果的中心是不可食用的。虽然苹果种子确实含有苦杏仁苷，当苹果种子被压碎或咀嚼时，苦杏仁苷会转化为氰化物，但含量极低。这意味着你必须吃掉大量的苹果种子才会受到其中氰化物的影响。

05.

关于超级贵的蛇果

About the expensive red delicious apples.

蛇果，其实与蛇一点关系也没有。它的英文名为 Red delicious apple，被音译为“地厘蛇果”，后来就衍化出“蛇果”之名。在美国，苹果在很长的时间里都是用来喝的，被酿成苹果酒或被榨成苹果汁

06.

苹果的季节性

The season of apples

苹果的收获时间从 8 月持续到 11 月，此时水果的风味和质地达到顶峰。由于这种水果冷藏保存得很好，当地种植的苹果通常在春季都可以买到。

Reference

<https://www.meishichina.com/YuanLiao/PingGuo/useful/>

Messages from food 03



**Half used,
how to deal with it?**

A cracked lemon

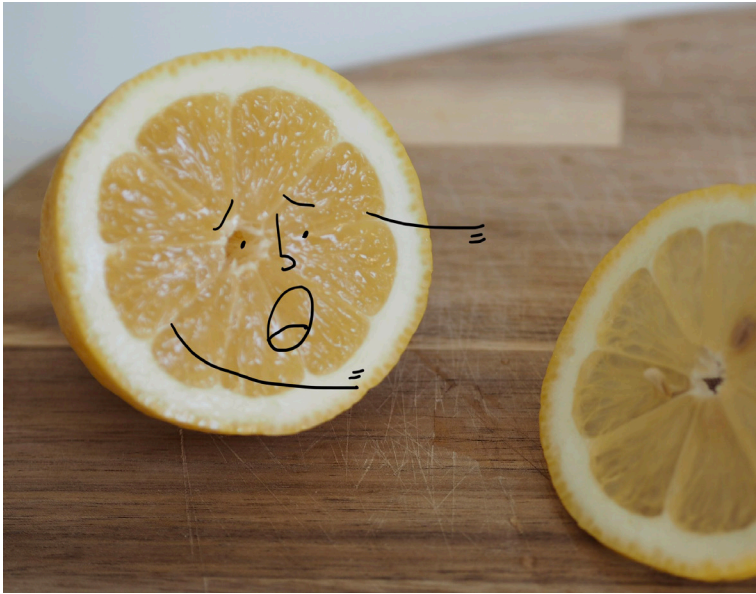
"Please cover something for me.
My face is cracking because of
exposure to the air."



A cracked lemon

As a lemon, I have always been proud of myself. I have a distinct colour and a tart taste, and people always like to use a slice of me when they mix drinks or cook food.





"What can we do for you? How to deal with the rest of you?"

Cover something for me. Try to put me upside down in a glass with water and don't touch the water. Then cover me with plastic wrap. But finish me in a week.

However, every time people cut me in half, I become very uncomfortable. My other half is always exposed to the air, exposed to the cold environment of the refrigerator, and easily oxidized, causing me to wilt and dry out. My face starts to feel uncomfortable, I no longer look as fresh, and I also begin to deteriorate inside.

Although I know this is a common way people use lemons, I began to feel that my existence was meaningless.





Or, cut my whole body can turn into pieces at the same time. Slice me into lemon pieces at once and then freeze them. When you need a lemon slice, just take one out. The frozen me is no different from the fresh me.



**Things you may not
know about lemons:**

**Tell us what you
know about lemons**

*"Half used are still waiting to be used, not
waiting to be thrown."*

---- A half used lemon



01.

你知道如何挑选清爽多汁的柠檬吗？

Do you know how to pick a refreshing and juicy lemon?

有的柠檬由于采摘晚了，或是存储时间久了，会失水严重。有的柠檬是丑后外表能看出来，有的则看不出金玉其外败絮其中。柠檬一旦失水严重，苦涩味就会加剧，因此，在选购柠檬的时候，可以用手稍稍捏一下柠檬，看看果体的弹性是否足，弹性不足的可能会存在失水的情况。

02.

你知道为什么吃海鲜时都要挤上一些柠檬吗？

Do you know why you always squeeze lemons into your seafood?

柠檬含有烟酸和丰富的有机酸，其味极酸。柠檬酸汁有很强的杀菌作用，对食品卫生很有好处。实验显示，酸度极强的柠檬汁在 15 分钟内可把海生贝壳内所有的细菌杀死。柠檬富有香气，能解除肉类、水产的腥膻之气，并能使肉质更加细嫩。

03.

你知道如何避免选到苦涩的柠檬吗？

Do you know how to avoid bitter lemons?

柠檬分有核和无核两种。柠檬的果核有一股涩味，因此，泡果茶和制作干柠檬片，尽量选择无核品种。柠檬根据皮的厚薄，也分厚皮和薄皮两大类。柠檬皮有一股涩味，柠檬的清香味也在皮里，皮里有效养生保健成分也不少。如果难以忍受涩味，则要选择皮薄的品种

04.

柠檬奇怪的“亲戚”关系

Lemons' relatives.

柠檬是柑橘属的一种。柠檬起源自枸橼和苦橙的杂交体种化。而青柠是枸橼和橘子的杂交产物。

05.

你知道柠檬的主要产地吗？

Do you know the main producing areas of lemons?

现今，柠檬的主要产地为印度、墨西哥、阿根廷、中国（其中四川省安岳县占全国产量的 85% 以上。）柠檬经过人工采摘后会销往市场，另外一部分的柠檬会加工成柠檬汁或做成其他食品的制作原料。

06.

柠檬的清洁用途

The cleaning functions of lemons.

柠檬可以去除电冰箱和微波炉中的臭味。
可以用来擦拭案板，擦亮铝锅。

Reference

<https://www.meishichina.com/YuanLiao/NingMeng/useful/>
《食物信息图：看得见味道的食物百科》[英] 劳拉·罗

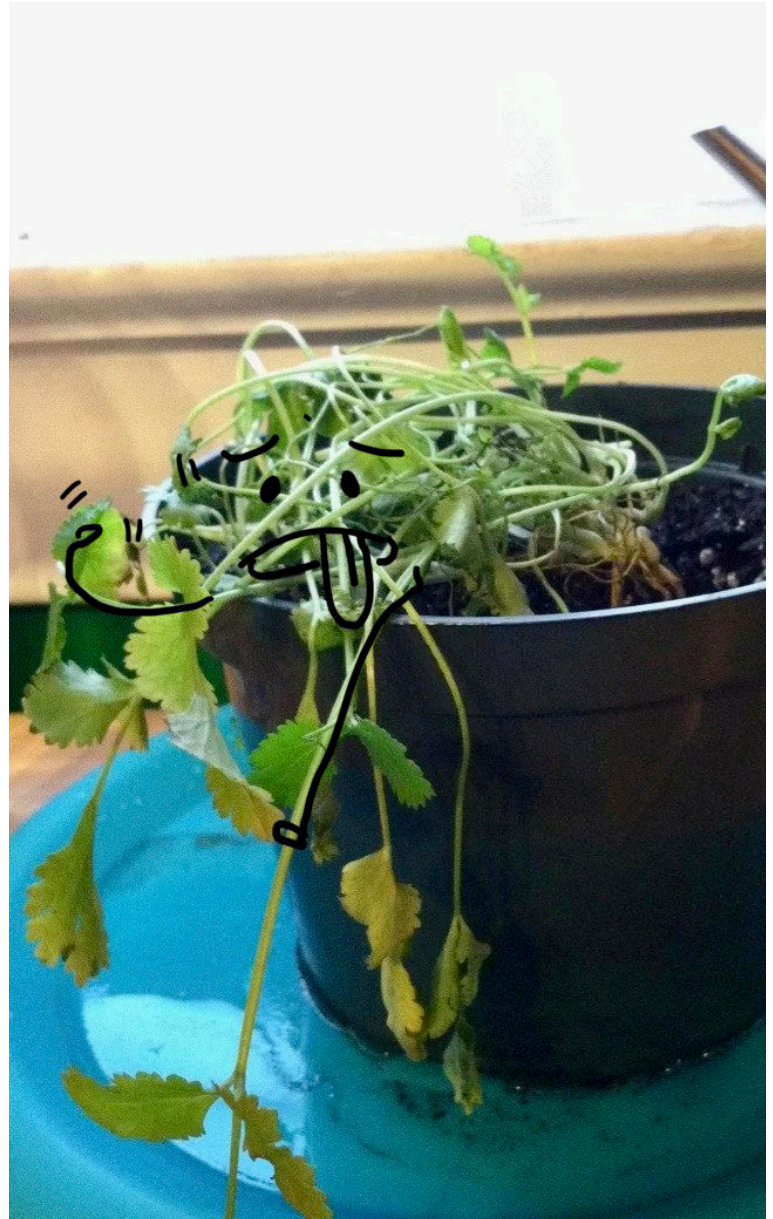
Messages from food 04

**Fragile and perishable,
but also cultivable.**



An enervated coriander

"Water! I need water!"



An wilted coriander

"Ah! The coriander has wilted, forget it."



"Wait! Wait! Give me some water!
Just give me some water."



"What can we keep you longer? And are you cultivable?"

Wrap my roots in damp kitchen paper and let me drink water slowly.

"I'm a vegetable that's very prone to dehydration. If you soak me in water for a while, I'll perk up. The cold water will shock the me back to life."

"As long as I drink enough water, I can stay fresh for a long time."



*Or you can store me vertically in water,
and I'll stay fresh even longer. I might even
continue to grow taller.*

*And it actually is cultivating me and I can
slowly grow if I still have roots.*



**Things you may
not know about
coriander:**

**Tell us or your friends
what you know about
corianders**

"It's actually fun to watch some food
'grow.' in your kitchen."



01.

你知道香菜还有什么其他名字吗？

Do you know what other names cilantro has?

香菜（学名：Coriandrum sativum），又叫芫荽（yán sui），盐西，胡荽、香菜、盐须、香茜。[1]，广东等地为避衰讳[2]也称芫茜（yán qian）。

02.

你知道香菜起源于哪里呢？

Do you know where cilantro originated from?

香菜起源于地中海。希腊人，埃及人和罗马人十分喜欢香菜。他们喜欢拿香菜保存和腌制肉类。据说香菜是张骞从西域带回来，传入中国的。

03.

你知道香菜的多种用法吗？

Did you know the many uses for cilantro?

香菜除了在烹饪中的调味作用，如腌肉，鱼汤中放入香菜去腥味。还有药用价值，如熬汤去酒味，治疗眼病等。

04.

你知道中国历史上第一个公开反香菜团体是谁吗？

Do you know who is the first public anti-coriander group in Chinese history?

道教。由于香菜的气味，被道教和佛教划入了五荤（香菜；蒜；韭菜；葱；薤）的范畴。觉得香菜的香味会“熏”到神明和教众。

05.

是什么决定了我们对香菜的喜好？

What determines our liking for cilantro?

香菜复杂的气味，让喜欢的人很喜欢，而讨厌的人对它是避而远之。而决定我们对香菜的喜好其实是由我们的 DNA 决定的。香菜厌恶者是因为嗅觉受体基因 OR6A2 发生突变，因此他们对香菜的气味是很敏感且单一，觉得是肥皂味或是臭虫子味。

06.

食品工业和商家对香菜的怪味营销

The food industry and merchants' marketing of the strange taste of coriander.

作为新一届梗王，香菜跨界如今已经成为了几乎所有美食品牌的流量密码，从佩巷咖啡的香菜拿铁、香菜欧蕾（奶茶），到安慕希推出的香菜酸奶、茶救星球的香菜柠檬茶、聚福的香菜千层，来伊份的香菜棒棒糖……香菜已和无数美食结缘。虽然被冠以香菜的名字，但这些食物本身的味道和香菜关系并不大。就连那一抹绿色都是食用色素调制出来的。

Reference

<https://www.theclevercarrot.com/2014/01/how-to-revive-wilted-herbs/>
https://www.bilibili.com/video/BV1qr4y1q7bE/?spm_id_from=333.337.search-card.all.click&vd_source=ba6037a62fd0faafea2bf89e4a03f8ff
<https://zh.wikipedia.org/wiki/%E8%8A%AB%E8%8D%BD>
<http://china.36kr.com/p/1630454193075719?column=%20&navId=8>

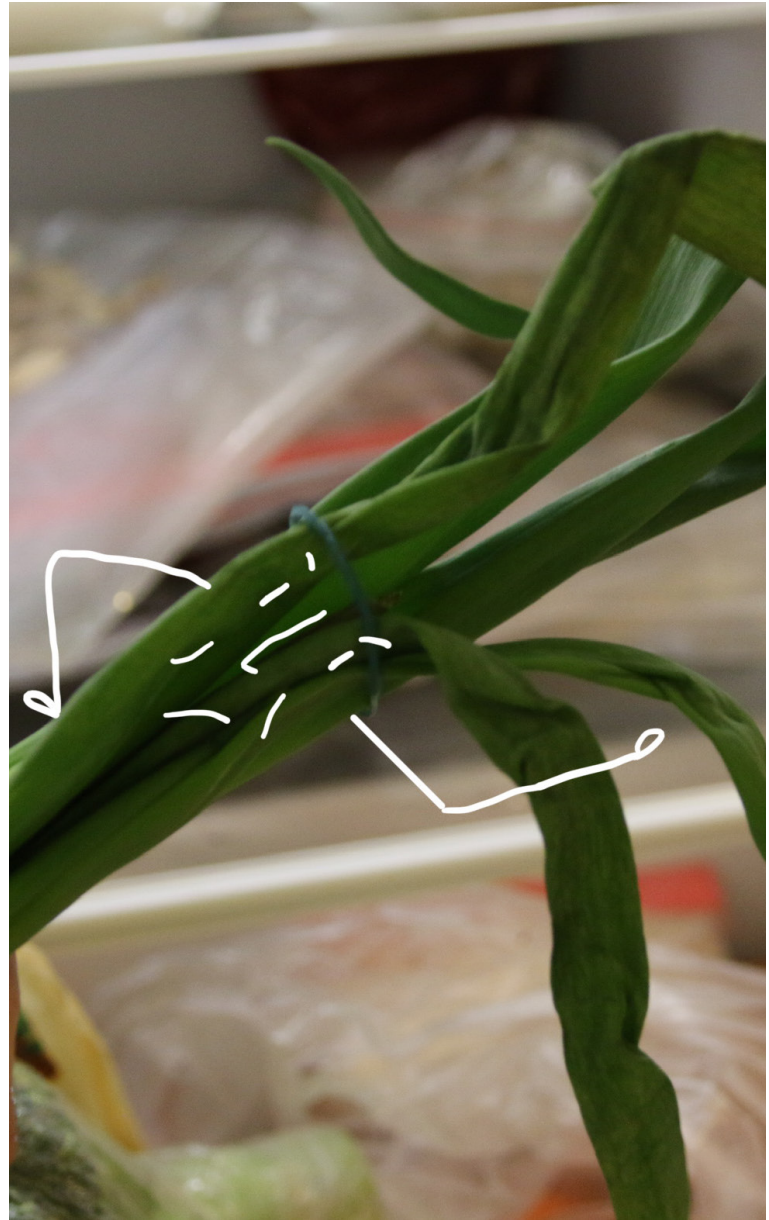
Messages from food 06

A photograph of three fresh ingredients: a green onion with its white bulb and green stalk, a piece of ginger root, and a head of garlic with several cloves. The ingredients are arranged against a light green background. The green onion is positioned vertically on the left side. The ginger is on the right side, and the garlic is at the bottom left.

Use just a pinch of
seasoning at a time.

Green onion, Ginger, Garlic

"If they can only use me a little at a time, then don't always leave me naked in the fridge, making me helpless and wilted."



The wilted spring onion

"I don't want to be the old and stale ginger in the fridge! If I'm always unused, at least give me a moist environment to store in."



The old ginger in the fridge

"I used to be the fragrant soul of this kitchen, but now I've become so withered that I don't even recognize myself."

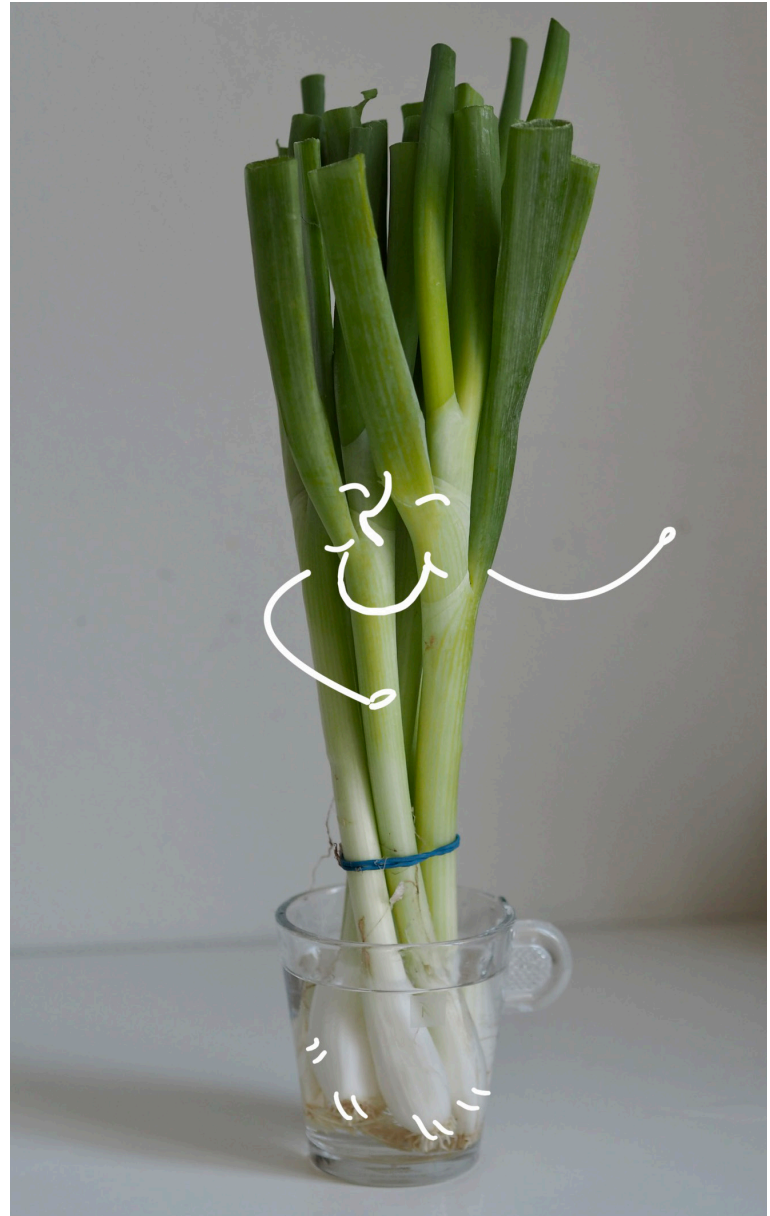


The shriveled garlic

"We don't want to waste you, but as a seasoning, we only need a little at a time, and we can't always use you up. Do you have any suggestions?"

Spring onions

"The fridge is too dry for me. You can put my roots in water! I can continue to drink water and won't wither easily, even continue to grow." "you can also chop me up and store in the fridge, which can preserve me for a longer time."



Ginger:



"Wrap me in newspaper and refrigerate in summer. In other seasons, I can be stored at room temperature."



"You can also chop me up and store in the fridge, which can preserve me for a longer time."



"For the half-used ginger, you can soak me in water and then refrigerate, changing the water every 3-4 days."

Garlic:



Chop into slices

"I'm actually not easy to spoil, and can be stored for several months or longer. But I like dry, cool, and well-ventilated places. If you find it troublesome to peel and chop me every time, you can also chop me all at once and freeze, which is more convenient for later use."



Cut into mashed garlic

"You can also make garlic soy sauce by slicing me and soaking in soy sauce, then storing in a jar in the fridge. This way, my lifespan can be up to a year."



Image by <shucaijiaoshi>

**Things you may not
know about apples:**

**Tell us what you
know about spring
onion, garlic and giner.**

*"Taking care of your food can also help you
cook more conveniently."*



01.

你知道一根葱会有四种味道吗？

Did you know that one onion has four flavors?

越靠近根部的部位越甜，越往上则越辣。大葱绿色的部分是最辣的部分，适合做佐料。切的方法也会影响葱的辣味。顺着纤维竖着切，成品会比较甜。横着切断纤维，辣味就会变得明显。

02.

你知道葱是有药用价值的吗？

Did you know that onions have medicinal properties?

葱有较强的杀菌作用，特别是对痢疾杆菌和皮肤真菌抑制作用比较明显。本品亦能刺激汗腺，有发汗作用，并能促进消化液分泌，有健胃作用。

03.

你知道葱是很适合居家种植的蔬菜吗？

Did you know that scallions are great vegetables to grow at home?

葱一般种植在土壤里，亦可以水耕栽培的方式种植。若要自行生产，可将市场购买的整株葱去除葱叶及部分葱白供食用后，剩余的部分葱白及根部可拿来种植，只要继续施肥及适度浇灌，即可重新长出葱叶。

04.

你知道什么季节是吃姜的季节吗？

Do you know what season is the season to eat ginger?

俗话说“冬吃萝卜夏吃姜”，嫩姜的盛产期在夏季的6-8月份，而老姜一年四季皆可。

05.

好吃的姜要如何挑？

How to choose delicious ginger?

有重量感，饱满紧致。筋络多，且等距分布，说明这个姜很健康。

老姜是越黄越辣；嫩姜要选择表皮光滑的。

06.

生姜的功效：

The effect of ginger:

生姜自古以来就是一味宝贵的中药材。它能杀菌，也能提高人体的免疫力，促进血液循环，是不折不扣的多面手。在冬天，人们常用生姜暖胃。到了夏天，生姜又成了降温祛暑的好食材。

07.

你知道姜的种植会带来生态问题吗？

Did you know that the cultivation of ginger can cause ecological problems?

姜属于会严重消耗土壤养分的作物，农业界甚至有土地种植一年姜后需休耕七年来恢复地力的说法；由于印尼，尼日利亚乃至中国大陆、台湾的姜农常采用破坏森林的掠夺式农业来开辟姜田，姜的种植在主要生产国家都产生了生态问题。

06.

你知道姜有哪些不同的种类吗？

Do you know the different types of ginger?

嫩姜：又名嫩姜，子姜，鲜姜。子姜附有姜芽，柔嫩，水分多、纤维少，颜色偏白、表皮光滑，辛辣味淡薄，可以作菜肴的配菜或酱腌。日本寿司里的腌姜多用嫩姜制作。

老姜：又称姜种、姜母，是立秋之后收获的姜，外皮粗燥，比较厚，肉质坚硬，纤维比较多，味道辛辣。女性补气活血的红糖姜茶都是用老姜。

生姜：是我们最常用的一种姜，皮薄肉嫩，味淡薄。用于烹饪，可以去腥膻，增加食品的鲜味。

沙姜：比生姜更加饱满矮小。沙姜可以给食物增香添辛，除腥解异，刺激人的食欲。川渝地区用于火锅中调味，也是五香粉的香料成员之一。广东地区会使用沙姜烹制沙姜焗鸡，沙姜葱油鸡等。

08.

大蒜的历史地位

History of garlic

在中国古时，大蒜被佛教和道家纳入“五辛”的饮食黑名单，认为口味浑浊不利于修行。而民间，人们会用大蒜“驱魔”。

而在西方大蒜的地位一直神圣不可动摇。早在 6000 年前，古巴比伦人就开始种植大蒜，并崇拜大蒜，他们用蒜汁涂身和擦洗婴儿，把大蒜串起来挂在脖子、墙壁上顶礼膜拜。古希腊的医学之父希波克拉底极力推崇食用大蒜防病治病，当时奥林匹克大会的上运动员就是用吃大蒜来增强耐力。在两次世界大战中，由于药品的严重缺乏，英国的军需部门曾购买十吨大蒜榨汁，作为消毒药水涂于纱布或绷带上医治枪伤，以防细菌感染。所以，大蒜汁被誉称为“盘尼西林”。

09.

大蒜怎么切味道更辛辣，更香？

How to cut garlic to make it more spicy and fragrant?

不切开，可用来提升菜肴的鲜味。横着切，能切断纤维。芯容易产生涩味，要挖掉。比竖着切更香，更辣，能突出口感。可以做成炸蒜片，或用于牛排烹饪。竖着切，可以为炒菜与意面增添香味。切成碎末，切得越碎，分泌的酶越多，香味和辣味越强烈。是用于中式炒菜中最常用的做法。

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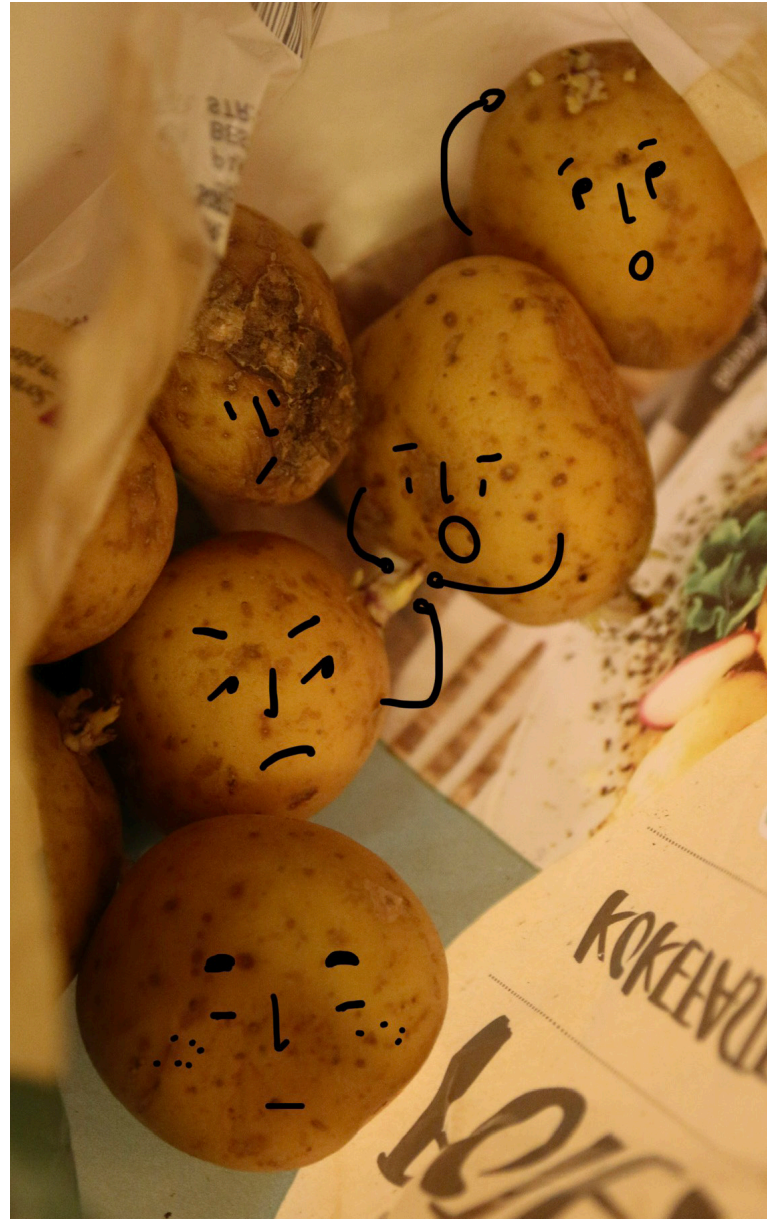


**Bought too much?
Helpless food waste?**

A sprouted potato

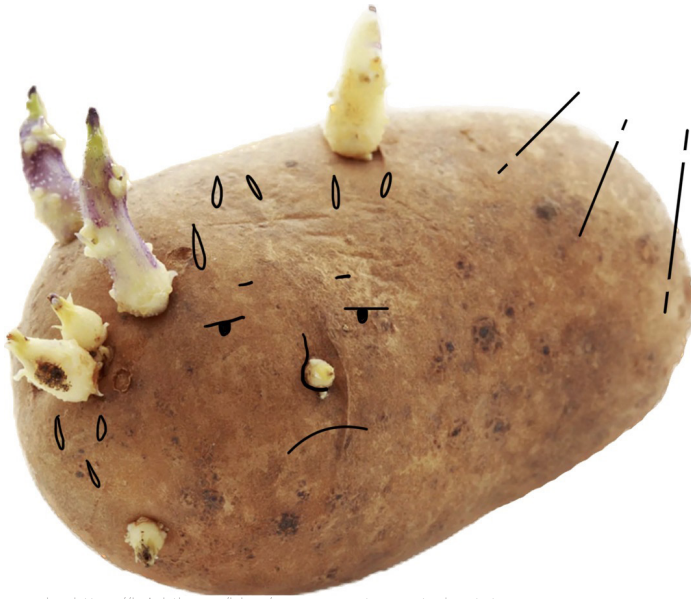
"Bought too many
potatoes, forgot about me,
and now I'm sprouting.
OK, fine."

Sprouted potatoes



"Why did you sprout so quickly? Can you still be eaten?"

"I'm a plant, and sprouting is a part of our growth and a way for me to store energy. When the environment is moist and there's sufficient light, I'm free to grow and start to sprout."



"Sprouted potatoes are not necessarily inedible, but their quality and taste may be affected. The surface may become soft, rough, and green due to the production of a toxin called solanine during the sprouting process. If there are only a few small sprouts and the taste is good, they can be eaten, **but if there are many sprouts, it's best not to eat them**, as the solanine content in these sprouts is high and may be harmful to health."

"How can we store you to avoid your sprouting?"



"The key is to reduce humidity and avoid light, so the **refrigerator is not the ideal place to store me**. You can put me in an opaque plastic or paper bag, and store me in a cool place. This way, I can be stored for around 1-3 months."

"You can also put me together with apples. I like to stay with apples because they release ethylene, which can inhibit my sprouting."



Image by: thedailymeal.com
Edited by: Chenjing Zhang

"Besides storing in different locations, are there any other methods to extend your shelf life?"

"Of course, proper food storage is not limited to just the location. Drying, pickling, and keeping moist are all methods of storing and taking care of food."



"As for me, drying is a great way to concentrate flavour and extend shelf life. When the temperature is below 15 degree and humidity is below 40%, and it's getting colder in the morning and evening, that's a good season for me to **dry under the sun**. **Cut me into slices and spread them out under the sun for 1-2 days**. After that, you can use me to make potato chips or stir-fry with bacon after softening in hot water. I'll be really chewy and delicious."

**Things you may not
know about apples:**

**Tell us what you
know about potatoes**

"Proper food storage is not limited to just the location. Drying, pickling, and keeping moist are all methods of storing and taking care of food."

---- A sprouted potato



01.

我们吃的是土豆是植物的那一个部位？

Which part of the plant do we eat potatoes?

属于块茎。块茎是由匍匐茎的先端膨大而成的。块茎含有丰富淀粉，为贮藏器官，可作繁殖材料。这也是为什么土豆容易发芽的原因。

02.

你知道土豆在中国不同地区的叫法吗？

Do you know what potatoes are called in different parts of China?

中国东北、天津称土豆，华北称山药蛋，中国西北、云南、两湖称洋芋，江浙称洋番芋、洋山芋、洋芋茷（宁波）或芋茷（慈城），广府称薯仔，潮汕称荷兰薯，闽东称番仔薯。在台湾、马来西亚、新加坡称为马铃薯（华语、客语、闽南语）或荷兰薯（闽南语），台湾有时也称洋芋（国语）。

03.

你知道在哪里最早培育出土豆的？

Do you know where potatoes were first bred?

6000 年前，秘鲁人就培养出了土豆。
而现在全世界又超过 4000 多种不同种类的土豆。

04.

如何巧妙利用土豆中的淀粉？

How to cleverly use the starch in potatoes?

“做好土豆的关键，在于巧妙利用土豆里的淀粉。“比如，我们可以把削了皮的土豆泡在水里浸一会儿，去除多余的淀粉，使成品的口感更清爽。淀粉受热后会转化为糖分，只要煮的方法得当，土豆就会变得软糯香甜。“慢慢加热”是煮好土豆的秘诀。千万别把土豆丢进咕嘟咕嘟响的开水里。水温要低，稍微冒点泡刚刚好。不削皮，不切开，用低温慢慢加热是让土豆软糯香甜的诀窍。

05.

脆土豆与面土豆的区别？

What's the difference between crispy potatoes and pasta potatoes?

脆土豆：颜色较浅，表面上的麻点比较少。
淀粉含量较低，适合清炒。

面土豆：颜色较深，表面粗糙麻点较多，淀粉含量大，口感绵软，适合炖煮和蒸。

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