





萬壽果——木瓜

Papaya, the Longevity Fruit

文圖 編輯部

木瓜營養豐富，亦含有能幫助腸胃消化的木瓜酵素，種種優點為它贏得了「萬壽果」的美稱。木瓜全年均有採收，但以夏秋之際盛產的果實最好吃，這個時期採收的木瓜，經過長期適溫生長，接近成熟時氣候轉涼，日夜溫差大，使得果實糖度增加，風味濃郁，是當季必吃的健康水果。

除了直接食用，木瓜牛乳更是充滿臺灣特色的經典飲品，不僅深受本地人喜愛，也是許多來臺灣遊覽的外國觀光客指名必喝。無論在超商還是夜市，別忘了來一杯香醇滑順的木瓜牛乳，把臺灣水果的美味和健康隨手帶上路吧！

「切開木瓜發現還沒熟，該怎麼辦啊？」

「已經切開的木瓜就不會繼續變熟了，可以做成涼拌木瓜絲，非常開胃喔！」

The papaya is packed with nutrients, including an enzyme that aids digestion. Its many health benefits thus won it the moniker “the longevity fruit.” The papaya can be found all year long, but the best quality is available in late summer and early fall. The fruits harvested in this period benefit from temperate weather, which helps sweeten the fruits and enhance their flavor. They are indeed delicious and healthful.

A drink made of papaya fruit and milk is a classic drink. It is popular with local Taiwanese as well as foreign visitors. Papaya milk is available in convenience stores and night markets.

“What to do when I cut a papaya in half and find it unripe?”

“A cut papaya stops ripening, but the unripe flesh can be shredded and made into salad. It is a very nice appetizer.”