

American Ginseng, why Wisconsin?

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Many people equate American ginseng with Western ginseng and think that they are the same species. Is that true?

Western ginseng is a broad term, indicating ginseng from North America. Western ginsengs from different locations are varied due to the growing environment and method. The grains on the cross section of western ginseng from America are evident. The texture and smell of such American ginseng are solid and strong.

American ginseng is from America and it has been grown for a long time, more than a hundred years. In those days, western ginseng was introduced into Asia. China and Japan didn't know much about America, which was an emerging country back then. The American flag has lots of stars and stripes and it is in red, white and blue. America was called the Land of Stars and Stripes. Therefore, the western ginseng introduced from America was called American ginseng.

The major growing area of American ginseng is Wisconsin. The planting area extends north gradually to North America and western ginseng was even transplanted to China. Therefore, the major places of production for American ginseng are Wisconsin, North America and China.

Ginsenoside is a general term of a family. It is divided into glycols and triols. It is further divided into countless branches, which are quite complicated. The Wisconsin ginseng has the in western ginseng with the highest percentage and most stable quality of ginsenoside, the activity index of western ginseng. There is a high percentage of glycol in American ginseng. Glycol is relevant to numerous clinical outcomes.

According to import data from Taiwan customs, 155 metric tons of American ginseng with the total value of US\$ 7.2 million was imported in 2017. Among the import quantity, a total of 16 metric tons of them were from America (US\$ 1.3 million), 91 metric tons of them were from Canada (US\$ 4 million) and 49 metric tons of them were from China (US\$ 1.8 million). American ginsengs imported into Taiwan are only from these three countries with Canada the largest exporter to Taiwan. The interesting thing is that most of the American ginseng products in the market are claimed to be from Wisconsin. However, according to the import data from Taiwan customs, the American ginseng from the U.S. is only 10% of the total import amount. If you buy American ginseng, please pay attention if there is a quality certification mark on the package. This mark is issued by the Ginseng Board of Wisconsin.

花旗蔘，為什麼會是花旗蔘？

文章提供：威斯康辛州花旗蔘農業總會
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花旗蔘，許多人將花旗蔘與西洋蔘畫上等號，認為兩者是一樣的蔘種，但真的是這樣嗎？

西洋蔘是一個涵蓋範圍較廣的名詞，統稱原產自北美洲地區的蔘種，由於種植的生長環境與方式不同，導致各地出產的西洋蔘具有差異性。產自美國的西洋蔘，蔘切片之橫紋較為明顯，口感與氣味也較為紮實與濃烈。

原產自美國的西洋蔘，種植歷史悠久，可追溯至百年以上，同時也因西洋蔘傳入亞洲之際，當時的中國與日本等地，對新興的美國尚未充分了解。故因美國國旗具有諸多星星、條紋、紅白藍三色等特徵，簡稱美國為花旗國，進而促使從美國傳入之西洋蔘，也被稱為花旗蔘。

美國主要的花旗蔘種植地源自威斯康辛州，之後花旗蔘原產地種植面積，逐漸往北延伸，跨越到北美洲地區，甚至中國大陸也將西洋蔘種株移植至當地種植。因此，目前全球主要的西洋蔘產地即為威斯康辛州、北美地區與中國大陸。

人蔘皂甘(Ginsenoside)是一個家族的統稱，主要分成二醇類及三醇類，之後再細分成無數種細分枝，較為繁瑣，西洋蔘的活性指標成效-人蔘皂甘(Ginsenoside)也是以原產自美國威斯康辛州的花旗蔘含量為最高且品質最穩定。其中，花旗蔘含量較多的是二醇類，與許多臨床上的效果較為相關。

根據台灣海關進口資料，以民國 106 年為例，國內西洋蔘總共貿易約進口 156 公噸，總價值高達新台幣 2 億 2119 萬。其中由美國進口 16 公噸(價值約新台幣 4097 萬)、加拿大進口 91 公噸(價值約新台幣 1 億 2397 萬)及中國大陸進口 49 公噸(價值約新台幣 5624 萬)，可得出台灣僅從此三個國家進口西洋蔘，並以加拿大為最大宗。有趣的是，市面上的花旗蔘產品多數自稱產自美國威斯康辛州，但根據台灣海關進口資料顯示，美國進口的花旗蔘只占總進口額的百分之十，故在市面上購買花旗蔘時，務必注意包裝上是否有威斯康辛州花旗蔘農業總會的品質認證標章。