

# Best of The Best, Wisconsin Ginseng

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“Vital energy” is the essence for humans. In human life, nourishing vital energy is as important as breathing. It relies on a good lifestyle, diet and exercise habit. Enhancing stability of vital energy with some help is a core issue. Therefore, it is inevitable to talk about how Wisconsin ginseng nourishes vital energy.

An idiom says that it takes all kinds to make a world. It means that a cause can lead to different outcomes if guided in different ways. It is the same for American ginseng, too. Different forms of American ginseng might have different outcomes or scopes of application. Common forms of American ginseng include the root, slice, powder, extract and additive. They are introduced as follows.

## 1. Ginseng root:

A. It is suitable for herbal stew. You can add a ginseng root with great quality condition and chicken, mushrooms or Chinese yam into a stew and cook them under high temperature for a long time. Using the ginseng root can help the ginsenoside to be released into the soup and emit a unique, great smell.

B. Recommended recipe: Chicken stew with Chinese yam, mushrooms and American ginseng

Ingredients: 200 g Chinese yam, 3 dry mushrooms, 1 American ginseng, 1 drumstick

Instructions: Put all ingredients into a rice cooker and stew them.

## 2. Ginseng slice:

A. It is suitable for daily tea. Put the American ginseng slice in hot water. Drinking ginseng tea instead of homemade tea can assist in tonification and stabilization of vital energy, which are the efficacies of American ginseng. It helps avoid eating too much refined sugar. You can use the tea bag several times to make sure that you drink enough water.

B. Recommended recipe: Goji American ginseng tea

Ingredients: 10 gojis, 5 American ginseng slices, 500 ml of hot water

Instructions: Brew these ingredients.

### 3. Ginseng powder:

A. It has a wider scope of application. It has been made into powder. Therefore, it can be used directly for brewing American ginseng tea, cooking and making desserts. Therefore, more people can enjoy the benefits of American ginseng. Ginseng powder is more convenient than other forms of ginseng. It is great for workers, who can put the ginseng powder in a bag, carry them around, and brew them anytime, anywhere.

### B. Recommended recipe: American ginseng roselle jelly

Ingredients: 5 g of American ginseng powder, 5 roselles, 1 agar, 5 ml of honey

Instructions: Heat up and mix all ingredients, cool them down and form jelly.

### 4. American ginseng extract

American ginseng extract is used mostly for the American ginseng health drinks in the market. The active ingredient can be compressed. The extract has a bigger unit volume of extract than other forms of ginseng. Therefore, the nutrition of American ginseng can be absorbed effectively. It is way more convenient to carry the extract than other forms of ginseng. You can combine the extract with the powder for your daily diet, which is very convenient.

### 5. The way to add American ginseng into the diet

The American ginseng is usually added to the food as a compound. The good thing about the compound is that different single substances can interact with each other and maybe can arrive at an elaborate synergy.

Out of the five common forms of American ginseng, choosing the right form depends on convenience, price and palatability. You can enjoy the American ginseng the most by choosing your favorite form of American ginseng based on these three criteria! No matter which form you choose, the most important thing is to keep taking the American ginseng for a long time. It is not possible to see immediate results!

# 吃對威斯康辛州花旗蔘最對味

營養師天團新營養食代 陳柏鈞營養師/撰文

「氣」，為人之根本。在人的一生中，養氣就如氧氣一般重要，而氣的養成，除了生活作息、飲食及運動習慣之外，如何藉由一些輔助去提高氣之穩固，便為相當核心的探討議題。於是，在此不得不提到威斯康辛州花旗蔘對於氣的補給與輔助。

「一樣米養百樣人」，這句俗語的涵義為同樣的事物，卻能夠因不同引導方式整合出不同的結果。相對的，花旗蔘也是如此，不同形式的花旗蔘型態也可能具有不同的效果或相對適合使用的範圍。常見的花旗蔘使用形式包含了整根蔘、蔘片、蔘粉、萃取液及添加於食物等五大類，以下就各分類進行介紹。

## 1. 整根蔘：

A. 較適合使用於藥燉料理，藉由整根品質與品況良好的完蔘，加上雞肉、香菇，或是山藥等食材，加以高溫長時間燉煮，可促進整根完蔘的人蔘皂苷釋放於湯液中，並散發出獨特清香。

B. 推薦食譜：山藥香菇花旗蔘雞湯

食材：山藥 200 克、乾香菇 3 朵、花旗蔘 1 根、雞腿 1 根

作法：所有食材一起放入電鍋燉煮即可。

## 2. 蔘片：

A. 較適合使用於日常茶品，直接將花旗蔘片浸泡於熱水中，取代現今常飲用的手搖飲品，可以獲得花旗蔘的補氣、固氣效果之外，還能避免攝取過多的精緻糖，同時更能藉由反覆回沖，使身體也能補充到必需的水分。

B. 推薦食譜：枸杞花旗蔘茶

食材：枸杞 10 顆、花旗蔘片 5 片、熱水 500 毫升。

作法：直接進行沖泡即可。

## 3. 蔘粉：

A. 適合範圍較廣，由於已經先製作成粉狀，可以直接使用於沖泡成花旗蔘茶，也能融入烹調使用，甚至能加入點心的製作，使更多族群嘗試花旗蔘的好處。同時也因蔘粉的方便性提高許多，更適合辛苦工作的族群，能夠隨身攜帶於包包行李中，隨時隨地就能夠進行沖泡。

B. 推薦食譜：花旗蔘洛神花凍

食材：花旗蔘粉 5 克、洛神花 5 朵、洋菜膠 1 條、蜂蜜 5 毫升

作法：將所以食材加熱混勻，並冷卻成凍即可。

#### 4. 花旗蔘萃取液

萃取液形式大多被使用於市售的花旗蔘保健飲品，具有活性成分被濃縮的好處，以單位容積來說，可以更有效率地獲得花旗蔘的好處，方便性也大大提升，但同時價格也較為昂貴，可與蔘粉作為日常生活方便使用的搭配選擇。

#### 5. 花旗蔘添加於食物的形式

通常都是以複方的方式被添加於食物中，但複方的好處是各種不同的單方之間的交互作用，或許能發揮一加一大於二的作用。

綜觀五種常見的花旗蔘使用形式，要如何選擇適合自己的形式，不外乎與方便性、價錢、適口性相關，根據這三者去挑選自己最能夠接受的花旗蔘，最對味！但無論選擇哪一種形式，最重要的是要長期維持，才有可能獲得預期的效果，短期就想要立竿見影的功效，是不可能的事情！