

## First Encounter with Wisconsin Ginseng

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Ginseng always has a good reputation as "the King of Herbs". American ginseng is called the "green gold". It is thus clear that the health effect of ginseng on humans is well known.

American ginseng is called western ginseng. It is named after its place of origin. It mainly comes from Wisconsin. America used to be called the Land of Stars and Stripes and that is where American ginseng got its name from. It is an agricultural crop. It varies depending on the environment, water quality and soil and these lead to the quality and appearance varies as well. Therefore, American ginseng specifies the western ginseng from Wisconsin. The ginseng from other regions, such as Canada or China, is called the western ginseng.

American ginseng is a type of popular nutritious food all these years. It tastes mild, sweet and bitter. It is cold in nature. It reduces internal heat. For traditional Chinese medicine, it is great for tonifying, nourishing yin, clearing internal heat, and helping produce body fluid. It is nutritious but not dry. It helps produce saliva, quenching the thirst and dissipating fatigue and that is how it wins popularity. There are many types of ginsengs. What makes American ginseng stand out?

The growing environment and processing method of ginsengs are different. The ingredients of the ginseng vary. What ginsengs have in common is that they are all rich in ginsenoside and polysaccharides. Ginsenoside is considered a main component for increasing immunity and its antioxidant capacity. The most common ginsengs in Taiwan are American ginseng, Western ginseng, Korean ginseng and the pilose asiabell root. There is also the salvia root, glehnia and white ginseng but they are rare. A special thing is that, most of the ginsengs are warm in nature but American ginseng is cold in nature.

A special thing is that, most of the ginsengs are warm in nature but American ginseng is cold in nature. According to the Records of Traditional Chinese and Western Medicine in Combination, American ginseng is cold in nature and tonifying. People who need to eat ginseng but are not comfortable with warm tonification can eat American ginseng. This shows that American ginseng is for moistened tonification. It is helpful for people with heat and dryness in their body or deficiency cold syndrome. Other types of ginseng are used for warm tonification. They might lead to excessive tonification for people with heat in their body. Therefore, the Wisconsin ginseng is suitable for everyone and can be used for daily health care.

At last, how to pick a good American ginseng? Five rules are suggested. The size doesn't matter. It is better to have dense grains on the section. The color must not be too white. The texture must be solid. The smell must be refreshing and sweet. Keep these five key points in mind when you pick the ginseng and you will become a master of American ginseng.

\*If you wish for a higher concentration or dose, it is suggested to consult the Chinese medicine practitioner before self-evaluation of your body.

## 花旗蔘的第一次接觸

文章提供：威斯康辛州花旗蔘農業總會  
營養師天團新營養食代黃品瑄營養師

人蔘一直以來有「百草之王」的美譽，而花旗蔘則被稱為「綠色黃金」，可見「蔘」對我們人體的健康功效廣為人知。

花旗蔘又稱為「西洋蔘」、「粉光蔘」。花旗蔘的名稱是因產地而命名，主要產自美國威斯康辛州，美國過去曾有花旗國之稱因此得名，而花旗蔘屬於農業作物，故在不一樣的環境、水質、土壤種植下，品質及形貌也會有所不同。因此，花旗蔘是專指美國威斯康辛州所出產的西洋蔘，其它地區如北美加地區或中國大陸出產的則被稱為西洋蔘。

花旗蔘是近年來很受歡迎的養生食材，味微甘苦、性涼、降火氣，在傳統中醫上認為有補氣養陰、清虛火、生津液的功效，也因為它補而不燥，可以生津止渴、消滅疲勞的特色廣受消費者的喜愛，但「蔘」有很多種，那花旗蔘跟其他蔘種有什麼不同呢？

雖然生長環境、加工方式不同，使各種人蔘在成分上稍有差異，但相同的是都含有豐富人蔘皂苷、多醣體等營養成分，其中皂甘被認為是能提高免疫力、抗氧化的主要成分，目前台灣最常見的蔘種有花旗蔘、西洋蔘、高麗蔘及黨蔘，其餘還有丹蔘、沙蔘、白蔘等等但較為少見。比較特別的是，就中醫角度的屬性來看，大多蔘種屬性「偏溫」，而花旗蔘屬性「偏涼」。

花旗蔘在中醫上的屬性與其他蔘種不同，看似沒什麼，但其實是花旗蔘一個大大的優點。根據《醫學衷中蔘西錄》所記載之花旗蔘「其性涼而補。凡欲用人蔘而不受人蔘之溫補者，皆可以此代之」，由此可見花旗蔘屬清補之品。對於體質較為燥熱或虛寒的人皆具有幫助，相較其他蔘種的溫補，則可能對於體質燥熱的民眾，造成太補的反效果。因此，威斯康辛州花旗蔘可以說是一個比較偏大眾且日常保健皆能使用的蔘種。

最後，要如何挑選優良的花旗蔘呢？建議可以依照五個原則：大小不是重點、切面的橫紋越密越好、顏色不可過白、質地紮實不軟爛、味道清新芳香，掌握以上五點包準你也是花旗蔘達人。

\*若想要使用較高濃度或劑量的話，建議諮詢過中醫師後再行評估。