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原生食材思鄉味

唇齒留香憶故情

英文 / Leila Luo 圖 / 123RF

Thanks to international travel over the past few hundred years, many of the ingredients and dishes that we love to eat today actually come from somewhere else. But there are some that originated in the place where we live. Those are called indigenous foods. For example, right here in the mountains of Taiwan there is a kind of unique and indigenous peppercorn called shan hujiao or magao. Its flavor has hints of lemon.

數百年來經由人們的旅行、文化的流動與國際的經貿交流，許多我們愛吃的食材和菜餚，事實上是由外地傳入的。而那些原生於我們腳下土地者，我們稱之為「原民食物」，例如生長在臺灣山區、有著淡淡的檸檬香，我們稱為山胡椒或馬告的獨特原生胡椒。



Vegetables like black nightshade and gac grow natively on the island of Taiwan. That means they are better suited to local growing conditions from Taiwan's air, water and soil than imported vegetables are. Using indigenous ingredients, people have created local dishes like ah-vai which is fermented ground millet with minced pork wrapped in an edible leaf.

龍葵和木鱉果是原生於臺灣的蔬菜。通常原生蔬菜會比外來的作物，更適合當地的空氣、土壤和水等生長環境。人們運用原生食材，創造了許多在地料理，如以可食用葉子包裹碎豬肉和發酵小米，製成的排灣族傳統米食 ah-vai。



蔓草花園驚見它

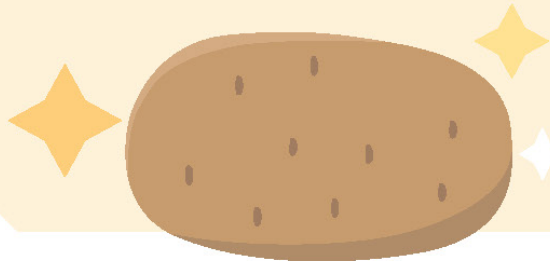
世紀巨薯拔地而生



英文 / Andrew Edmunds 圖 / 123RF

Sometimes farmers try to grow the biggest fruit or vegetable they can for competition. Recently, a New Zealand couple found a nearly 7.9-kilogram potato in their garden while weeding. They named the potato “Doug” and it has been recognized as the world's largest potato by Guinness World Records.

為了在比賽中勝出，農夫常會卯足全力種植出最大的作物。日前，一對紐西蘭夫妻於雜草叢生的花園中，挖出一顆重達 7.9 公斤的馬鈴薯，他並將它命名為「道格」。這顆馬鈴薯獲金氏世界紀錄認定為世界最大馬鈴薯。



小事大案一把罩

飛禽走獸 警察行



英文 / Andrew Edmunds 圖 / 123RF

Police are often called to help break up a street fight between people, but recently a Minnesota officer was summoned to break up a fight between two bald eagles. The eagles were most likely fighting over territory when they got stuck together.

警察接獲通報，趕赴現場制止街頭鬥毆，實為常事；但近日，一位明尼蘇達州的員警，卻被請求排解一對正在街頭打架的白頭海鵬。當警察到場時，兩隻白頭海鵬的翅膀糾纏一塊無法分開，推測應是為爭奪地盤扭打所致。



醫病也療心

原民食物助君早日康復



英文 / Leila Luo 圖 / 123RF



When we are recovering in a hospital, healthy and comforting foods are best. At the Alaska Native Medical Center, indigenous foods are part of the healing plan in a program called the Traditional Native Foods Initiative. Through this program, people donate Alaska Native foods, for example moose, herring roe and seal to the hospital for patients to eat while they recover.

當我們住院療養時，營養又能撫慰人心的食物是最佳選擇。阿拉斯加原住民醫療中心啟動的「傳統本土飲食倡議計畫」，便是依此精神，將原民飲食納入治療的一環。透過這項計畫，人們捐贈麋鹿、鮭魚卵、海豹等阿拉斯加在地食材給醫院，供病患在康復期食用。

The traditional foods are not only good for nourishment, but also help patients feel like the hospital has a connection to their culture. These patients did not grow up eating chicken noodle soup or peanut butter and jelly sandwiches like many other Americans. For Alaska Native people, comfort foods might be a bowl of seal soup, or akutaq which is a mix of wild berries and animal fats.

傳統食物不僅能為患者補充營養，還能讓他們感到醫院與自身文化緊密連結。與吃美式雞湯麵、花生醬或果醬三明治長大的美國人不同，一碗海豹湯，或由野莓和動物脂肪混合的阿拉斯加冰淇淋，對阿拉斯加原住民患者而言更能療癒心靈。



recover (v.) 完全康復

heal (v.) 治癒

initiative (n.) 倡議

patient (n.) 病患

nourishment (n.) 營養

蘇族大廚以味尋根

願原民找回舌尖的記憶

英文 / Leila Luo 圖 / 123RF

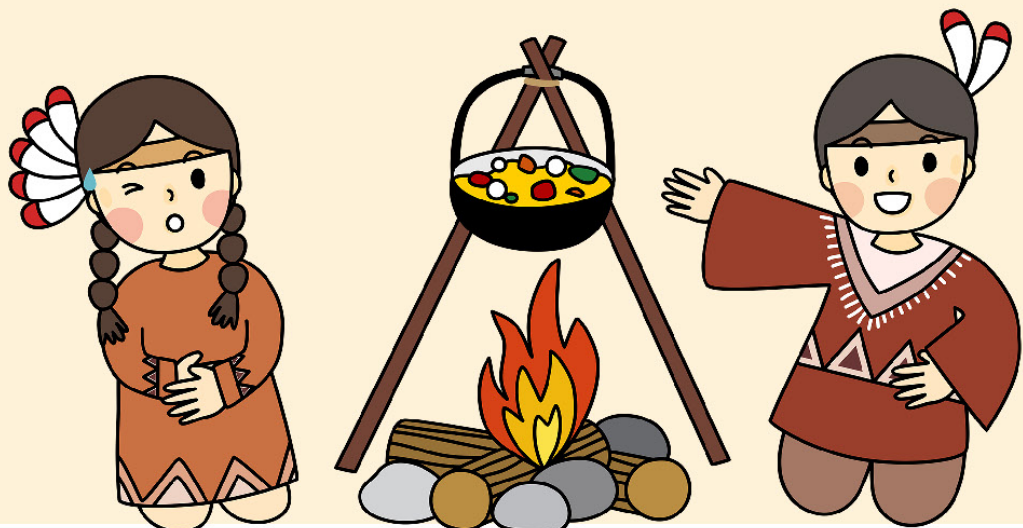
The peoples who lived in North America before European explorers arrived are called Native Americans. After the countries of Canada, the USA, and Mexico were founded, these different peoples may have changed their lifestyles. Over the years, many have become disconnected from their indigenous cuisine.



所謂美國原住民，是指那些在歐洲探險家抵達北美洲前，便居住於此的族群。在加拿大、美國和墨西哥建國後，這些民族已改變了傳統的生活模式；又經多年的時代變遷，許多原住民已喪失傳統的飲食及烹飪文化。

Sean Sherman grew up on the Pine Ridge Indian Reservation and is a member of the Oglala Lakota. He is helping people in North America to reconnect with native flavors and ingredients. Known as “The Sioux Chef” on social media, he hopes his cooking will inspire a generation of indigenous chefs to reconnect with the culinary traditions of their past. “It took me quite a few years of just researching, but it really became a passion,” said Sherman.

在松嶺印地安保留區長大的肖恩・謝爾曼，同時也是奧格拉拉・拉科塔部落的一員。他以「蘇族大廚」為名經營社群媒體，意在幫助人們尋回本土食材與風味，並盼望藉由自己的烹飪教學，啟發新世代原民廚師重新認識傳統烹飪。謝爾曼表示：「（為了解祖先們的飲食）我研究了多年，而這儼然成為我畢生的熱情。」



found (v.) 建立

cuisine (n.) 烹飪

member (n.) 成員

chef (n.) 主廚

culinary (a.) 烹飪的

1. What does “hint” mean as it was used on page two?

- a. There is a very small amount of lemon flavor.
- b. Indigenous people give advice on lemons.
- c. Travelers said they thought about Taiwanese lemons.
- d. The lemons actually come from somewhere else.

2. What were the farmers from page three doing when they found Doug?

- a. Competing with other farmers.
- b. Digging a 7.9-meter deep hole.
- c. Recognizing New Zealand on a map.
- d. Removing unwanted wild plants.

3. What happened between the eagles from page three?

- a. Each wanted the area to belong to it.
- b. They were summoned by the police.
- c. The people had broken their street.
- d. One of them fought until it was bald.

4. What do you need to nourish the body?

- a. food
- b. clothes
- c. shelter
- d. hospitals

5. Which word is used to talk about how a food tastes?

- a. flavor
- b. ingredient
- c. passion
- d. reservation

6. Ingredients are to dish as ____.

- a. wrap is to edible
- b. weeding is to competition
- c. soup is to sandwich
- d. buffalo are to herd

Cloze Test A

Every year around the Halloween ____ Thanksgiving holidays, many farmers compete to grow ____ largest pumpkin. Because pumpkins can be many different shapes, each one ____ weighed to determine the winner.

Cloze Test B

One Native American dish that's very popular throughout the United States is called succotash. It is a mixture ____ corn and beans. Some versions include lima beans ____ other types of beans, ____.

1.a 2.d 3.a 4.a 5.a 6.d

1. hint (n. 少許)，2 版文章中以此字，形容馬告帶有細微的檸檬香氣。

2. weed(v. 除草)，意指將特定區域裡的雜草清除，報導中一對夫妻在花園裡除草時，挖出巨大馬鈴薯。

3. 第 3 版第 2 則報導中，一對白頭海鵰在街道上爭奪地盤。爭奪地盤，換言之 (a) 兩者皆有將這塊地區納為己有的意圖。

4. nourish (v. 提供營養)，題目問你需要何物為身體提供營養。人體需要攝取食物中的澱粉、蛋白質、脂肪等營養素，獲取維持生命的能量。因此答案為 (a)。其他選項，(b)n. 衣服、(c)n. 避難所、(d)n. 醫院。

5. (a)flavor (n. 風味、口味)，是指食物嘗起來的風味或味道。其他選項，(b)n. 食材、(c)n. 熱情、(d)n. 保護區。

6. 題目的詞彙關係為由前者組成後者，ingredient (n. 食材) 組成 dish (n. 菜餚)，恰如 (d)buffalo (n. 水牛) 聚集成 herd (n. 獸群)。

Cloze Test A

1.and 2.the 3.is

每逢萬聖節與感恩節期間，農夫們會角逐種出最大南瓜的榮銜。由於南瓜的形狀各異，所以每顆南瓜都需過磅秤重，才能確定優勝者。

Cloze Test B

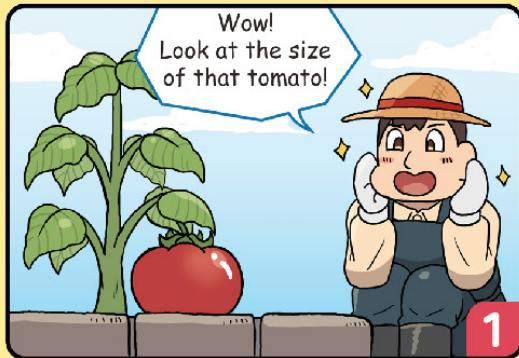
1.of 2.or 3.too

沙可達玉米粥 (succotash) 是在美國廣受歡迎的一道原民美食。它是以玉米和豆類製成，有些食譜也會改用利馬豆或其他豆類作為食材。

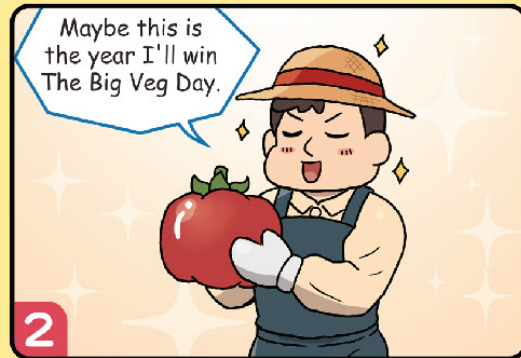
相形見绌



腳本 / Leila Luo 漫畫 / 瀚昇



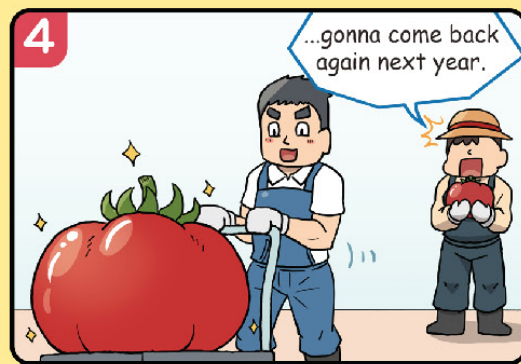
哇！這番茄的大小不得了！



也許我能贏下今年的巨型蔬菜比賽。



我有預感，我一定會……



……明年再接再厲。

The Rest is History

取之社會 反饋社會

諾貝爾殿堂 群雄爭鋒



英文 / Andrew Edmunds 圖 / 123RF

On the 10th of December 1901, the very first Nobel Prizes were awarded. Alfred Nobel wrote in his will that most of his money should go toward prizes in physics, chemistry, physiology or medicine, literature and peace. Since then, October has marked the start of Nobel Prize season, ending in December with the award ceremony.

1901 年 12 月 10 日，首次諾貝爾獎頒獎典禮盛大舉行了。根據阿佛烈·諾貝爾的遺囑所載，將其大部分遺產用於表彰在物理、化學、生理學或醫學、文學與和平領域有卓越貢獻的人。至此，每年於 10 月公布該年度諾貝爾獎得獎者名單，並於 12 月公開舉辦頒獎典禮。