馬鈴薯榮譽證 (Potato)

1. 閱讀並討論創世記 1:11-12、29-30 和傳道書 3:2。

2. 了解馬鈴薯的營養價值。

3. 馬鈴薯是哪個地方的主要食糧或蔬菜？

4. 馬鈴薯是怎麼生長的？最理想的生長條件是什麼？

5. 馬鈴薯有哪些不同的品種？你所在地區有哪些品種？

6. 馬鈴薯的收成時間及方法。

7. 完成以下其中一項，並分享你的經驗：

a. 種植馬鈴薯，觀察它的種植過程

b. 幫助人採收馬鈴薯。

Requirements

1. Read and discuss Genesis 1:11-12, 29-30 and Ecclesiastes 3:2.

2. What are the nutritional benefits of potatoes?

3. The potato is the official food or vegetable of which states?

4. How do potatoes grow? What are the best growing conditions?

5. What are the different varieties of potatoes? Which varieties are available in your area?

6. When and how are potatoes harvested?

7. Do one of the following and share your experience:

a. Plant a potato and watch it grow

b. Help someone harvest potatoes.

指引：

1. 馬鈴薯的鉀和維生素C含量很高。你可以在互聯網上搜索你所在地區的馬鈴薯的營養價值。

2. 在美國的愛達荷州(Idaho)：馬鈴薯；路易斯安那州 (Louisiana)：甘薯；新罕布什爾州 (New Hampshire)：白薯； 北卡羅來納州 (North Carolina)：甘薯。你可以在互聯網上搜索你所在地區的馬鈴薯產量。

3. 馬鈴薯是多用塊莖繁殖。一般喜冷涼高燥，你可以研究你所在地區的最佳生長條件。

4. 赤褐色、紅色、白色、黃色、紫色/藍色、魚種、嬌小、甜美、山藥。

5. 當馬鈴薯的莖葉變成枯黃的時候或第一次硬霜之前，便可以採收馬鈴薯了。馬鈴薯可以用手或機器採收的。

6. 在網上搜索如何在家種植馬鈴薯。檢查你所在的地區，看看是否有機會幫助農民採收馬鈴薯。

Supporting Answers

1. They are high in potassium and vitamin C. You can also search the internet for the nutritional value of potatoes in your area.

2. Idaho – State Food: Potatoes. Louisiana – State Vegetable: Sweet Potato. New Hampshire – State Vegetable: White Potato. North Carolina: State Vegetable: Sweet Potato.

3. Potatoes are a tuber. They grow underground. Research the best growing conditions in your area.

4. Russet, Red, White, Yellow, Purple/Blue, Fingerling, Petite, Sweet, Yams.

5. The potatoes are harvested when the plant/vine dies or before the first hard frost. Potatoes are harvested by hand or with machines.

6. Search on internet on how to grow a potato at home. Check your area to see if there is an opportunity to help a farmer harvest potatoes.