

The World of Potato 土豆世界 – 2012 年 4 月 17 日

You are listening to English World. This is your friend Mark, along with Wen-Jie.

听友你好，又到了英语世界马可、文洁和你会面的时刻了。

We are so glad you've tuned in to our program.

很高兴你收听我们的节目。

Wen-Jie, you know what things I like to eat, right?

Hum..什么是马可爱吃的食物呢？来猜猜看喔 Pizza? 比萨饼？

That's one of them.

Hamburger. 汉堡。

That too.

You are very American. So, I will also say: French fries. 还有薯条。

How did you guess that?

It's easy. 他是很地道的美国人，所以很好猜。

Well, you guessed it right. I was thinking, today we can talk about ...

About "French Fries"?

Why not? Actually, why don't we talk about the "potato"?

Potato! 他说今天要来谈谈马铃薯。 You are serious. (Yes.)

The potato is great food.

马铃薯是个好食物。 I agree.

I know in French, the potato is called: earth apple.

在法语，马铃薯被叫做是：地里的苹果。

And in Finnish, they call it: earth pear.

而芬兰语，称它做：地里的梨子，是蛮像的。

How about in Chinese?

他问中文怎么称呼呢？ We called it: earth bean. 土豆。

Ha! A very big Earth Bean. Tu-Dou.

Right. Or, we say: foreign taro. 洋芋。

Yang-Yu. It's a foreign thing because it came from the West.

Yes. 称洋芋，因为是早期从西方进口的。 And, We also call it: Horse-Bell Yam.

What is that? Horse-Bell Yam.

That's right. Horse-Bell Yam 马铃薯 is potato.

Ma-Ling-Shu.

Eating Potato 土豆多样吃

French Fries 薯条

Mashed potatoes 马铃薯泥

Baked potato 烤土豆

Hash Browns 煎碎马铃薯

Taters 马铃薯丁块

Potato Chips 薯片

Do you know what Wen-Jie?

What?

The year 2008 was called the International Year of the Potato.

Really? 2008 年被订作是国际马铃薯年呢。

When the cost of rice and wheat is getting higher and higher,
在当今稻米和麦子的价钱涨得越来越贵时。

The potato is becoming more and more important in the global food system.

马铃薯在全球粮食系统上已经越来越重要了。

And guess what? China is now the biggest potato producer.

I know that. 现今中国是马铃薯最大的出产国。 Well, the potato is easy to
grow. 因为很容易栽种。

That's right. It requires little water.

它不需要太多水份。

And it can mature within two months.

且在两个月之内就可以有收成。

When there's just not enough food to feed the world.

当全球面对粮荒之时。

The world looks to the potato as part of the solution.

全世界都看好马铃薯, 作为其中的解决之道。 Finally...

Yes. Finally.

马铃薯总于熬出头了。

Nutrition of Potato 马铃薯营养高

Potatoes are nutritious and a great source of energy.

马铃薯很有营养, 也带来能量。

They are high in Vitamin C and Potassium.

马铃薯富含维他命 C 和 钾。

They are a good source of fiber.

它们也有丰富的纤维质。

They have less calories and fat than wheat.

比起麦子, 它的卡路里和油脂含量较少。

Potato skins are also good for you.

马铃薯皮对身体也很好。

It's best to eat potatoes with their skins.

吃马铃薯最好连皮都吃。

Coming up, is today's Everyday Dialogue.

接下来, 是今天的每日会话。

A couple is making dinner together.

一对夫妻正一起作晚饭。

They plan to make a potato dish.

它们决定要作一道马铃薯料理。

Let's listen in to their conversation.

我们来听他们的对话。

*Dialogue (A: Husband; B: Wife)

A: Honey, what are we cooking?

B: I'm thinking of making mashed potatoes.

A: Sounds good to me.

B: Oh no. These potatoes are turning green, and some of them are sprouted.

A: So what?

B: So what? Don't you know potato sprouts are toxic?

A: Toxic? Then we'd better throw them away.

B: Well, if we dig out the sprouts, the rest of the potato is still good to eat.

A: In that case, you do the digging and peeling. I'll boil the water.

现在让我们一起来了解会话内容。

Honey, what are we cooking?

老婆，我们煮些什么？

I'm thinking of making mashed potatoes.

我在想来作土豆泥。

Sounds good to me.

那可不错。

Oh no. These potatoes are turning green, and some of them are sprouted.

不好了，这些马铃薯都变绿色了，有些还都发了芽。

So what?

那又怎样？

So what? Don't you know potato sprouts are toxic?

那怎样？你难道不知道这些芽是有毒的？

Toxic? Then we'd better throw them away.

有毒？那我们最好把它们全丢了。

Well, if we dig out the sprouts, the rest of the potato is still good to eat.

嗯，如果我们把芽挖出来，剩下的马铃薯还是好的，可以吃。

In that case, you do the digging and peeling. I'll boil the water.

这样的话，你来挖芽，削皮。我来煮一锅热水。

Wen-Jie, I know exactly what they are talking about.

Me, too. If potatoes are not stored well. 如果土豆收藏得不妥当。

Or, if they are exposed to direct sunlight.

又如果土豆受到太多阳光直射。

They will take on a green coloration.

土豆的皮就会变成绿色。 And they will have green eyes. 也会发出绿色的芽。

Stay away from the toxic things.

That's right. 我们要远离有毒的物质。

All right. Let's review the dialogue once again.

好，我们再次复习，每日会话。

A: Honey, what are we cooking?

B: I'm thinking of making mashed potatoes.

A: Sounds good to me.
B: Oh no. These potatoes are turning green, and some of them are sprouted.
A: So what?
B: So what? Don't you know potato sprouts are toxic?
A: Toxic? Then we'd better throw them away.
B: Well, if we dig out the sprouts, the rest of the potato is still good to eat.
A: In that case, you do the digging and peeling. I'll boil the water.

Verse of the Week 每周金句

Look after each other so that none of you will miss out on the grace of God.

又要谨慎、恐怕有人失了神的恩。

Watch out that no bitter root of unbelief rises up among you,

恐怕有毒根生出来扰乱你们、

For whenever it springs up, many are corrupted by its poison.

因此叫众人沾染污秽。

Hebrews 12:15 希伯来书

This verse talks about something that's similar to potatoes.

这个经文所说的，跟土豆有相类似的点。

There's this bitter root of unbelief and doubt.

有一种不相信，怀疑的苦毒的根。

Once it springs up,

一旦它生出了芽。

It's filled with poison and is harmful.

这个毒根是有毒害的。

It corrupts the heart and soul.

会污染人的心灵。

And it spreads around.

也会毒害周遭的人。

We should watch out for ourselves.

我们应该要谨慎。

And look after each other.

也要彼此提醒。

The Bible teaches us to live a pure and holy life.

圣经教导我们要过清洁圣洁的生活。

And to live in peace with everyone.

也要与众人和睦。

Do not let unbelief and bitterness grow inside us.

不要让不信和苦毒在心中滋长。

Grow in God's love and His grace.

乃要在神的爱和恩典里成长。

Well, That's it for today.

今天就这样了。

Today's lesson was called: The World of Potato

今天带给你的这课是：土豆世界。

We look forward to hearing from you.

我们期待有你的来信回音。

Let us know how you like you potato cooked.

告诉我们你爱吃怎样的土豆料理。

You can write to me Mark or Wen-Jie.

可以写给马可，或我文洁收。

We looking forward to meeting with you again in next English World.

我们期待下回和你再相会。

Until then, May God Bless You.

愿神祝福你， See you.

Oh, I love baked potato.

(Me, too)

You can top it with butter & bacon

(Or with sour cream & onion)

You can cover it with hot chili...

(And loaded it up with calories)

Still, they are delicious.