

GANGJIN 

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Naked Oats

Gangjin naked oats produced from Dasan Chodang Village in Gangjin are highly nutritious with essential amino acids, proteins, dietary fibers and calcium. Oats are especially good for the diet, prevent heart diseases and have anti-oxidative effect, and have been selected as one of 'top 10 beneficial foods to human' in the Times.



Strawberry

Gangjin strawberry is grown in rich soil under strong sunlight and therefore has firm flesh, vivid color and high sugar content. It is rich in vitamin C and is good for skin. It is known to prevent flu, restore health and has detoxifying effect.



Tomato

Tomato grown in Gangjin has high sugar content due to the combination of the agricultural skills of farmers and advantageous natural conditions. It is known to prevent cancers and cardiovascular diseases.



Lotus Root

Lotus root reduces symptoms of cold, cough and asthma and helps restore health in people who are easily stressed. Lotus root has high content of vitamins and is known to help restore strength and sooth.



Balsam Apple

Balsam apple from Gangjin is a variety with high contents of active ingredients and is characterized by bitter taste. Its plant insulin and carotene help secretion of insulin, which is extremely helpful in blood sugar level control. In Gangjin, extracts, tea and granules of balsam apple are produced and sold.



Green Tea

Wild tea leaves from Wolchulsan Mountain in Gangjin are finely selected and handmade. With rich color, aroma and taste, you can feel rich aroma of green tea. Green tea is known to clear the spirit, has anti-cancer effect and anti-aging effect and suppress cholesterol.



Korean Dendropanax

Korean Dendropanax has been an offering to the king in the Joseon Dynasty for its excellent medicinal effect. Jeong Yak-yong praised its health benefits by calling it 'treasure of treasures'. It is widely used in the oriental medicine. With a high content of saponin, it effectively protects the liver and prevents hyperlipidemia and diabetes.



Traditional Jang

Jang is produced from finely selected ingredients in traditional methods to deliver the taste of devotion and tradition. Made from 100% soybean grown in Korea and 100% bat salt from Sinan, the Jang is matured in traditional pottery. Soybean paste, red pepper paste and Cheonggukjang are (<http://www.gangjin.go.kr>)



produced.



Pillar Laver

This handmade laver is dried under the sunlight and sea breeze in the traditional method. Unlike ordinary laver, it is longer and has holes, but tastes and smells good if slightly grilled. Pillar laver is fixed onto drying pillars made of rice straw and dried and photosynthesized under sunlight for over 8 hours a day to keep the original taste and flavor.



Tohajeot (Salt-fermented Toha Shrimp)

Tohajeot is an authentic traditional fermented fisheries food of Namdo made from freshwater shrimps (*neocardina denticulata*) in the cleanest water in the mountainous nature of Gangjin. It has been presented to the king during the Joseon Dynasty for its delicious taste when served with a bowl of rice or pork.

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