

## 展覽總說

### Exhibition Overview

全臺唯一計畫性推動水稻一年一作，秋冬田地湛(蓄)水休耕的宜蘭縣，多年來友善耕作普及，讓好吃的宜蘭米成為生活日常。

在全球化與都市化趨勢下，宜蘭農村面臨永續議題，但也有許多新的契機，其中，包含綠色飲食成為顯學，從產地到餐桌，除了計算食物旅程的碳排問題，也關注生產履歷、食物安全以及在地環境敘事。

展覽從土地永續關懷出發，進入宜蘭土壤和水源、人文地理、稻耕成果、農人精神以及米食文化，從多面向的角度，認識宜蘭各具地域特色的「品牌米」以及充滿小農故事的「米品牌」。

Yilan is the only county in Taiwan to systematically promote farming of single-cropping rice, where paddy fields are kept fallow and submerged in autumn and winter. Delicious Yilan rice has become an everyday staple as the result of widespread eco-friendly farming.

Amidst the trends of globalization and urbanization, agricultural villages in Yilan face the issue of sustainability as well as new opportunities. Sustainable food has gained popularity; not only are carbon emissions generated throughout our food's journey from the farm to our plates calculated, people also pay attention to traceability, food safety, and local environmental narratives.

Starting from the care for land sustainability, the exhibition takes visitors onto an exploration of Yilan's soil and water sources, culture and geography, agricultural achievements, farmer spirit, and rice culture, introducing Yilan's "Brand Name Rice" with different regional features and "Rice Brands" that tell captivating stories of small farmers through diverse perspectives.



單元一

好土好營養

Plant Nutrients in the Soil



單元五

呷飯囉！

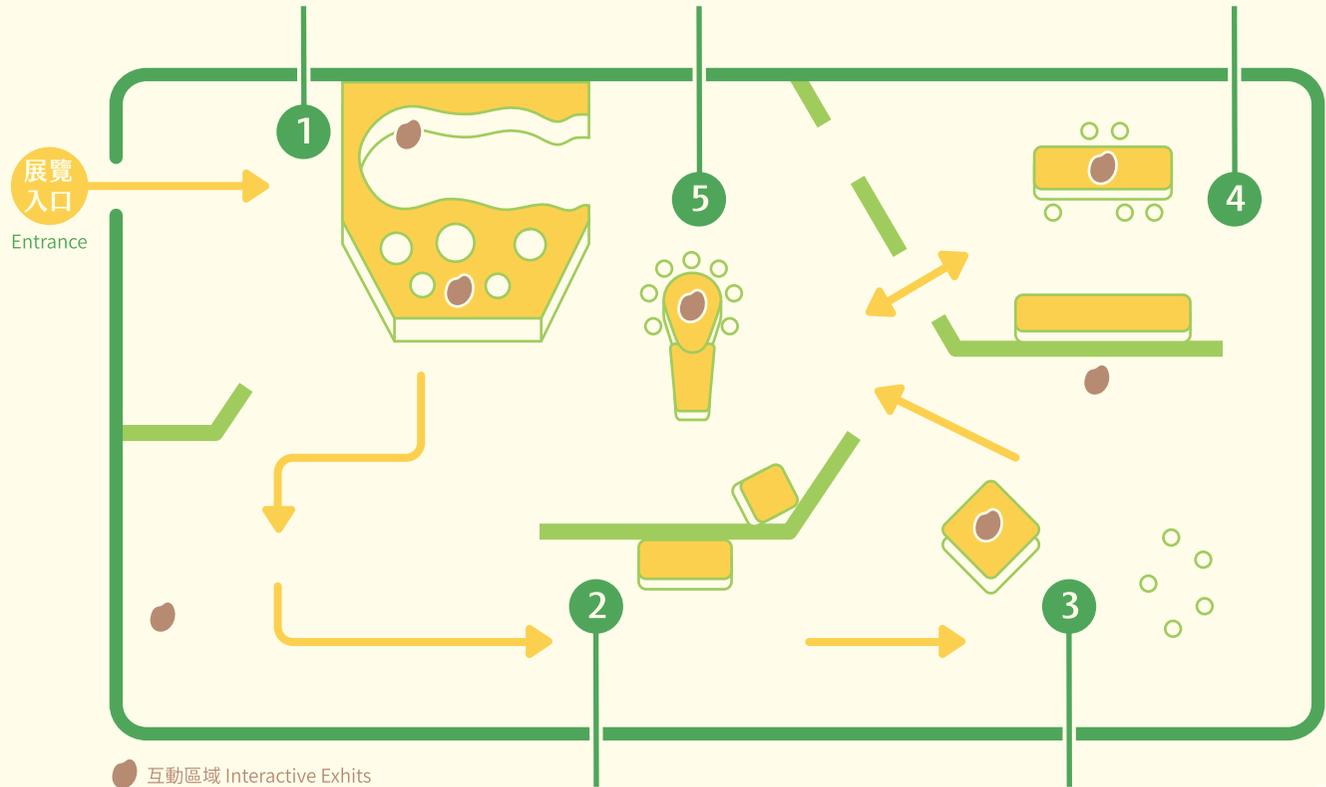
Let's Eat!



單元四

勁宜蘭，米品牌

Impressive Yilan, Rice Brands



展覽入口  
Entrance

● 互動區域 Interactive Exhibits

單元二

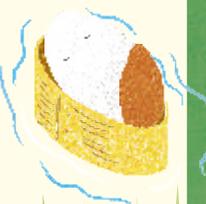
好春！好冬！

Ideal Spring! Ideal Winter!

單元三

巡田水，品牌米

Paddy Field Patrolling, Brand Name Rice



## 巡田水，品牌米

Paddy Field Patrolling,  
Brand Name Rice

品牌米建立方式，各具地域特色，認識品牌米同時，也能理解有機稻作推動歷程。

The establishment of each brand name rice has own local features. As we learn about brand name rice, we can also understand the promotion history of organic rice farming.

## 勁宜蘭，米品牌

Impressive Yilan,  
Rice Brands

新農們來到宜蘭實踐務農生活，用自己的人生故事，構築屬於宜蘭的「米品牌」。

New farmers come to Yilan for a life of farming, using their life stories to build "Rice Brands" that belong to Yilan.



宜蘭米地圖  
Lanyang Rice Map

### 小鷓米

員山鄉  
Yuanshan Township

米種：台中秈10號

Brand: Owllet Rice

Cultivar: Taichung Sen No. 10

讓彩鷓有個歇腳的地方。

A place to rest for Greater Painted-Snipe

### 寶隆農場

頭城鎮  
Toucheng Township

米種：台稔8號

Brand: Pao-Lung Farms

Cultivar: Taikeng 8

身心靈都樂活的稻農。

Rice farmer living LOHAS for the body, mind, and spirit

### 柯林湧泉米

冬山鄉  
Dongshan Township

米種：高雄145、高雄147、台中秈10號

Brand: Kelin Spring Rice

Cultivar: Kaohsiung No. 145, Kaohsiung No. 147, Taichung Sen No. 10

柯林湧泉的溫度他知道。

He knows the temperature of Kelin Spring.

### 水月農莊

南澳地區  
Nanao Area

米種：黑米、糯米、紅米、秈米、粳米等

Brand: Shuiyue Farm

Cultivar: Black Rice, Sticky Rice, Red Rice, Long-Grained Rice, Round-Grained Rice

與大地共存的彩虹米。

Rainbow rice that thrives with the earth

### 歷久米心

五結鄉  
Wujie Township

米種：越光米

Brand: Li-Jiou-Mi-Sin

Cultivar: Koshihikari

育種到收割全都自己來。

Hands-on approach from breeding to harvesting

### 合鴨米

蘇澳鎮  
Suao Township

米種：台中秈10號、黑米

Brand: Ho Ya Rice

Cultivar: Taichung Sen No. 10, Black Rice

體認養菌就是養地。

He realizes that bacteria cultivation is land maintenance.

### 伯拉河

羅東鎮  
Luodong Township

米種：台中秈10號、黑米

Brand: Euphrates

Cultivar: Taichung Sen No. 10, Black Rice

種出稻米真滋味。

Cultivating the true flavor of rice

### 青松米

員山鄉  
Yuanshan Township

米種：台中秈10號、紫米

Brand: Ching-Soong Rice

Cultivar: Taichung Sen No. 10, Purple Rice

半農夢想人生。

A half-farmer's dream life

### 宋宋米

員山鄉  
Yuanshan Township

米種：台中秈10號

Brand: Sung Sung Rice

Cultivar: Taichung Sen No. 10

多一塊耕地少一棟農舍。

A farmland more is a farmhouse fewer.

### 人間樂水日曬米

大同鄉

Datong Township,  
Kbanun Tribe's Sun-Dried Rice

以日曬方式保存日光氣息，  
打造樂水部落品牌。

Rice is sun-dried to preserve the  
scent of sunlight, building a brand  
for the Kbanun Tribe.

### 進士米

宜蘭市

Yilan City,  
Jinshi Rice

傳承四代的百年碾米廠，參與  
稻米比賽精進種稻品質。

The 100-year-old rice mill has been  
passed down in the family for four  
generations, and proactively  
participates in rice competitions to  
improve quality of rice.

### 新南田董米

壯圍鄉

Zhuangwei Township,  
Shinnan Tiandong (Watercock) Rice

結合賞鳥的人與吃米的人，  
開闢自然農法耕種稻田。

Bring together birdwatching people  
and rice-eating people to adopt natural  
farming for rice cultivation.

### 稻鴨米

三星鄉

Sanxing Township,  
Dao Ya Rice

以稻田中覓食的鴨子，  
維持土壤的肥沃與生命力。

Use ducks foraging in paddies to  
maintain fertility and vitality of the  
soil.

### 民豐有機米

礁溪鄉

Jiaoxi Township,  
Minfeng Organic Rice

推廣永續餐桌，讓田間  
成為食農教育的場域。

Promote sustainable dining table,  
turning farms into venues of food  
and agricultural education.

### 自然田

南澳地區

Nanao Area,  
Natural Farm

秉持秀明自然農法精神，  
讓土壤發揮原有力量。

Adhere to the spirit of Shumei natural  
farming, making use of the original  
strengths of the soil.

# 呷飯配滷蛋

宜蘭米故事特展

The Stories of Yilan Rice

- 展覽簡介 -



蘭陽博物館特展廳

2024.06.30

— 2025.04.27

指導單位 |



主辦單位 |



合辦單位 |



執行單位 |



廣告