

(以下資料請以英文原文為準)

SAFE FOOD 安全食物

The following is an amended list from the Epicurean-Hermit website, with attributions to Julia Crab. 下列清單是來自網站 Epicurean-Hermit, 配合 Julia Crab(飼養者名稱)加以修正

A

Acorns° 橡子°

Agave^ 龍舌蘭^

Alfalfa 紫花苜蓿

Almonds 杏仁

Aloe^ 蘆薈^

Amaranth° 莧菜°

Anchovy oil 魚油

Apples and natural unsweetened apple sauce
蘋果及沒有糖份的蘋果醬

Apricot 杏桃

Arame (seaweed) 乾燥海草(海草)

Artichoke 朝鮮薊

Ash Wood^ 白蠟木^

Asian Pear^ 水梨^

Asparagus 蘆筍

Avocado 牛油果

B

Bamboo° 竹子°

Banana 香蕉

Barley° 大麥°

Basil (whole plant)^ 羅勒 (整棵植物) ^

Beans 豆

Bee pollen 蜂花粉

Beef, unseasoned^ 牛肉, 沒有調味^

Beets (whole plant) 甜菜(整棵植物)

Bell peppers° 柿子椒°

Birch Wood^ 樺木^

Bison^ 野牛肉^

Blackberries, leaves & flowers 黑莓, 葉和花

Blackstrap molasses (unsulfured) - amazingly high in nutrients such as calcium and potassium; 1-2 times monthly

黑糖蜜(非硫化糖蜜) - 高營養例如鈣和鉀,

一個月 1-2 次

Bladderwrack 墨角藻

Bloodworms (alive or dead) 沙蟲 (活或死亡)

Blueberries 藍莓

Bok Choy 白菜

Borage blossoms (Borago officinalis) 琉璃苣花

Broccoli and leaves 西蘭花和葉

Brown rice 糙米

Brussels sprouts 球芽甘藍 (小捲心菜)

Burning Bush (entire plant)^

火燄衛矛 (整棵植物) ^

Buttercup (only when dried)^ 毛茛(乾花) ^

C

Cabbage (all varieties) 捲心菜 (所有品種)

Calcium carbonate powder, plain 純石粉

Calendula flowers (Calendula officinalis)-Also known as "pot marigolds" 金盞花

Camellia (Camellia japonica) 茶花

Cantaloupe 哈密瓜

Caribou^ 野馴鹿肉^

Carnation flowers (Dianthus caryophyllus)

康乃馨

Carrots and carrot tops 胡蘿蔔和胡蘿蔔葉

Cashews, unsalted^ 腰果, 無鹽^

Catappa Leaves (do not confuse with Catalpa or Catawpa!) 欖仁葉

Catfish^ 鯰魚^

Cauliflower and leaves 椰菜花和葉

Celery (all parts) 芹菜 (所有部分)

Cereal; Brown rice, soy, wheat or 7 grain, muesli

穀類; 糙米, 大豆, 小麥, 7 種全麥食物碎粒, 麥片

Chamomile flowers 洋甘菊花

Chard 蒼蘆菜

Cheese (be sure to get all natural varieties, serve as occasional treat)

芝士/起司 (請確保是全天然, 不能當主食)

Cherimoya 番荔枝

Cherry, fruit and wood^ 櫻桃^

Chestnuts 栗子

Chia^ 奇亞籽^

Chicken, cooked and unseasoned (smash the bone for marrow access)

雞肉, 煮熟和沒有加調味 (弄碎的雞骨)

Chickpea 鷹嘴豆

Chickweed 繁縷

Cholla wood 仙人掌木

Cilantro 香菜

Citrus (all fruits) 柑橘

Claci worms^ 雞母蟲^

Clams 蛤蜊

Clover blossoms and leaves 三葉草花和葉

Cochineal^ 胭脂蟲^

Coconut meat, oil, water, and shells

椰子肉, 椰子油, 椰子水, 椰子殼

Cod liver oil 魚肝油

Cod^ 鱈魚^

Collardst° 羽衣甘藍°

Coral, untreated^ 珊瑚, 天然^

Cork bark 樹皮

Corn (on the cob, too) 玉米 (玉米棒子)

Cornmeal 玉米粉

Crabapple^ 海棠果^

Cranberries° 小紅莓°

Crickets 蟋蟀

Crustaceans (any and all crustacea including crayfish, lobster, shrimp and other crabs)

甲殼動物 (小龍蝦, 龍蝦, 蝦, 其他蟹類)

Cucumber 黃瓜

Currants 黑加倫子

Cuttlefish° 烏賊/花枝°

D

Dairy products (milk, cheese, live-culture yogurt) **

乳類製品 (牛奶, 芝士/起司, live-culture 乳酪) **

Daisies (Bellis perennis) 雛菊

Dandelion flowers, leaves and roots (Taraxacum officinale)

蒲公英花, 葉, 根

Dates^ 棗^

Day lilies (Hemerocallis) 黃花菜

Deer^ 鹿肉^

Duck^ 鴨肉^

E

Earthworms (collected away from pesticides)^

蚯蚓 (避免從有農藥的土中採集)^

Edamame (soybean)^ 毛豆^

Egg and Eggshells, cooked 煮熟的蛋和蛋殼

Eggplant 茄子

Elderberry flowers (Sambucus canadensis)

接骨木花

Elk^ 麋鹿肉^

Extra-virgin olive oil 初榨橄欖油

F

Feces (any animal feces wild or domestic that has a healthy (and preferably whole foods) diet and is not on any medication now or in the near past)^

野生動物排泄物^

Feeder cockroaches, dead^

爬蟲食用蟑螂, 死體^

Fennel^ 茴香^

Fig 無花果

Filberts^ 歐洲榛子^

Fish flakes w/out chemical preservatives

防魚類製品, 沒有防腐劑

Fish Oil 魚油

Fish, all species^ 各種魚類^

Flax seed oil (small amounts infrequently)

亞麻子油 (偶然給小量)

Flax seeds/Linseeds° 亞麻子°

Flounder^ 比目魚^

Frozen fish food (esp. algae, krill and brine shrimp)

冷凍魚肉 (藻類, 磷蝦, 河蝦)

G

Garbanzos° 鷹嘴豆°

Gladiolus (Gladiolus spp.) 劍蘭(唐菖蒲)

Goji berries^ 枸杞漿果^

Goliath worms^ 天蛾科之幼蟲^

Gooseberry° 鵝莓°

Grape Leaf 葡萄葉

Grapefruit^° 葡萄柚^°

Grapes 葡萄

Grapevine (vines and root) 葡萄藤

Grasshoppers, dead or dried^

蚱蜢, 死體或乾燥^

Green Beans 青豆

Guava^ 番石榴^

H

Halibut^ 庸鱈^

Hazel leaves 榛子葉

Hazelnuts^ 榛子^

Hemp^ 大麻^

Hempseed Meal 大麻籽

Hibiscus flowers (Hibiscus rosa-sinensis) 朱槿

Hikari products: brine shrimp, krill, crab cuisine, sea plankton (no preservatives)

Hikari 產品: 河蝦, 南極蝦, crab cuisine, 毛蝦(沒有防腐劑)

Hollyhock flowers 蜀葵

Honey (organic, or at least locally produced, for anti-microbials)

蜂蜜 (有機, 或是本地生產, 用於有抗菌)

Honeybush 蜜樹

Honeydew Melon 蜜瓜

Honeysuckle flowers (Japanese Lonicera japonica)
金銀花

Horn Melon (Kiwano or Jelly Melon)^ 刺角瓜^

Hornworms, feeders only (never wild caught)^

菸草天蛾之幼蟲 (人工飼養, 不要給野外)^

Hot pepper^ 辣椒^

Huckleberries/Bilberries 越橘莓

I

Indian Almond Leaves^ 欖仁葉^

Impatiens (Impatiens wallerana) 鳳仙花

Irish Moss 皺波角叉菜

J

Japanese Maple, leaves or branches, dried or fresh (Acer palmatum)

雞爪槭, 葉或分枝, 乾燥或新鮮

Jasmine flowers (Jasmine officinale) 茉莉花

Jicama^ 涼薯^

Johnny-Jump-Up flowers--(Viola tricolor)

三色堇

K

Kale^ 羽衣甘藍^

Kamut 卡姆麥

Kelp° 海帶°

Kiwi 奇異果

Kohlrabi 大頭菜

Krill^ 磷蝦^

L

Lavar (seaweed)^ 紫菜^

Lentils 扁豆

Lettuce (organic only. has little nutrition)

蔞苳 (有機)

Lilac, flowers, branches and leaves (Syringa vulgaris)

紫丁香花或分枝和葉

Lima Beans 皇帝豆

Liver, unseasoned^ 肝, 沒有調味^

Lobster with crushed exoskeleton

龍蝦連弄碎的殼

Locusts° 蝗蟲°

Lychee fruit (fresh; no kernel) 荔枝 (新鮮, 無核)

M

Macadamia nuts 夏威夷豆

Madrona wood 石楠木

Mango 芒果

Mangrove (small live trees can be obtained on eBay, use in water basin)

紅樹 (在 eBay 購買)

Maple leaves and branches, all species°

楓葉或分枝, 所有品種°

Maple syrup 楓糖

Marion Berries 紫藍莓

Mealworms, live, dead or dried^

麥皮蟲, 活, 死體或乾燥^

Milk thistle flowers (Silybum marianum)

水飛薊花

Millet^ 雜谷^

Mint 薄荷

Moose^ 駝鹿肉^

Mopani Wood^ 沉木^

Most organic baby foods 有機嬰兒食品

Mulberry^ 桑椹^

Muscadine (grapes) 圓葉葡萄

Mushrooms, all types edible for humans

適合人類食物的各種菇類

Mussels 蛤貝

N

Nasturtium flowers (Tropaeolum majus)

旱金蓮

Nectarines^ 油桃^

Nettle, stinging (pour boiling water over leaves first)

異株蕁麻

O

Oak Leaves and bark 橡木葉和樹皮

Oats^ 燕麥^

Octopus 章魚

Okra 秋葵

Olives and olive oil (extra virgin)

橄欖, 初榨橄欖油

Oranges 橙

Oysters° 蠔/牡蠣°

P

Pansy flowers and leaves (Viola X Wittrockiana)

三色紫羅蘭

Papaya 木瓜

Parsley° 香菜°

Parsnip, root and greens 歐防風, 葉

Passionflowers (Passifloraceae - passion flower family)

西番蓮

Passionfruit 百香果

Pasta, no added salt or preservatives^

通心粉/意粉, 沒有加食鹽或防腐劑^

Peaches 桃子

Peanut butter (avoid sugar, corn syrup and hydrogenated oils)

花生醬 (避免糖, 玉米糖漿, 氫化油)

Peanuts and shell 花生和花生殼

Pears 梨

Peas 青豆

Pecan bark 長山胡桃樹皮

Pecans 胡桃

Peonies^ 芍藥^

Persimmon 柿子

Petunia blossoms 牽牛花

Phoenix worms^ 鳳凰蟲^

Pickling cucumbers (Pickles), raw or dried^

醃小黃瓜 (泡菜), 原料或乾燥^

Pimentos, no salt or preservatives^

西班牙辣椒, 沒有加食鹽或防腐劑^

Pine Cones^ 大果松^

Pineapple 波羅/鳳梨

Pistachio nuts 開心果

Plankton^ 浮游生物^

Plantain^ 大蕉^

Plum 布霖

Pomegranate 石榴

Popcorn (unseasoned, unflavored, unbuttered)

爆米花 (沒有調味, 沒有氣味, 沒有牛油)

Pork, unseasoned (no ham)^

豬肉, 沒有調味 (火腿不 OK)^

Potato (no green parts, including eyes)

馬鈴薯, 土豆 (不要發芽部分)

Prickly Pear (fruit and cactus)^

仙人掌^

Psyllium & husks 洋車前子

Pumpkin, plus entire plant (flowers, seeds, stems & leaves)

南瓜, 整棵植物 (花, 種子, 莖, 葉)

Purslane (Portulaca oleracea) 馬齒莧

Q

Quinoa (New World grain) 藜麥

R

Radish, roots and greens^ 蘿蔔, 根和葉^

Raisins (no sulphur dioxide)

葡萄乾 (沒有二氧化硫)

Raspberries 樹莓

Red raspberry leaves (highest bioavailable calcium source + vit. C and trace minerals)

覆盆子葉 (高鈣 + 維他命 C 和膳食礦物質)

Reindeer^ 馴鹿肉^

Rolled Oats (傳統燕麥片)

Rooibus (or rooibos) 南非茶

Roquette (Eruca vesicaria) 芝麻菜

Rose (entire plant) 玫瑰, 整棵植物

Rowan^ 花楸^

Royal Jelly 蜂王漿

Rubarb (stems only - leaves are poisonous!)^

大黃 (只給莖部分, 葉含有毒)^

Russian Olive leaves (Elaeagnus angustifolia)

俄羅斯橄欖葉 (沙棗)

S

Safflower Oil^ 紅花籽油^

Sage blossoms (Salvia officinalis)

藥用鼠尾草

Salmon^ 三文魚/鮭魚^

Sand dollars, untreated 沙錢, 天然

Sardines (canned in water, no salt)^

沙丁魚 (罐裝水浸, 無鹽)^

Sardines° 沙丁魚°

Scallops 扇貝

Sea biscuits, untreated 盾海膽, 天然

Sea fan, untreated 海扇, 天然

Sea grasses 海草

Sea Horses, untreated^ 海馬, 天然^

Sea salt 海鹽

Sea Sponges 海綿

Sea Urchins, untreated^ 海膽, 天然^

Seaweed^ 海藻^

Semolina 粗粒小麥粉

Sesame oil (in tiny amounts as appetite stimulant)

芝麻油 (給小小增強食慾)

Sesame seeds (crushed) 芝麻(弄碎)

Shrimp and exoskeletons, all types

蝦和蝦殼, 任何種類

Silkworms^ 蠶^

Snails (use human food grade only; not wild snails)

蝸牛 (只使用食用的, 不要野外)

Sorghum^ 高粱^

Sorrel (Rumex acetosa) 酸模

Soy and soy products (human grade; miso, tofu, etc.)

大豆和大豆類食品 (食用的, 味噌, 豆腐等等)

Spelt 斯佩耳特小麥

Spinach 菠菜

Spirulina (complete protein and chlorophyll source;
highest in beta carotene)

螺旋藻 (蛋白質, 葉綠素來源, 豐富胡蘿蔔素)

Sprouts (flax, wheat, bean, alfalfa, etc.)

混合食物 (亞麻, 小麥, 豆, 紫花苜蓿等等)

Squash (and squash blossom) 櫛瓜 (櫛瓜花)

Squid 魷魚

Star fruit (carambola) 楊桃

Starfish, untreated^ 海星, 天然^

Strawberry and tops 草莓和草莓葉

Sugar cane 甘蔗

Sunflower Seeds (crushed), flowers and leaves
(Helianthus)

葵花籽 (弄碎), 花和葉 (向日葵)

Superworms^ 大麥皮蟲^

Swamp cypress wood (false cypress, taxodium sp.)

落羽松 (扁柏)

Sweet potato 蕃薯

Sweetgum^ 香楓^

Sycamore leaf 梧桐葉

T

Tahini (no garlic variety) 芝麻醬 (不含大蒜)

Tamarillo 樹番茄

Tangelo^ 橘柚^

Tangerine 橘子

Thimble Berry° 頂針莓°

Tilapia^ 非洲鯽魚^

Timothy hay 貓尾草

Tomato 蕃茄

Tomatillo^ 黏果酸漿^

Tree Fern 蕨類植物

Triticale 黑小麥

Trout^ 鱒魚^

Tulip flowers (Tulipa spp.) 鬱金香

Tuna 吞拿魚

Turkey^ 火雞^

Turnip, roots and greens 蕪菁, 根和葉

U

Ugli Fruit (Tangelo)^ 烏格利橘^

V

Venison^ 鹿肉^

Viola flowers 三色堇

Violet flowers (Viola odorata) 紫羅蘭

W

Walnuts 核桃

Wasa All-Natural Crispbread (Oat flavor)

Wasa 品牌的薄脆餅乾 (燕麥)

Watercress° 西洋菜°

Watermelon 西瓜

Wax worms, live or dead^ 蠟蟲, 活或死亡^

Wheat germ° 小麥胚芽油°

Wheat grass° 小麥草°

Wheat° 小麥°

Whitefish 白鮭

Whole Wheat Couscous 全麥庫斯

Wild rice 菰米

Worm Castings (organic)^ 蚯蚓糞 (有機) ^

Z

Zucchini (and zucchini flowers)* 翠玉瓜*

*This food list is mainly adapted from Summer Michealson and Stacey Arenella's book, ° The All-Natural Hermit Crab Sourcebook, and expanded on by Julia Crab and others

*這份食物清單主要來自 ° The All-Natural Hermit Crab Sourcebook 這本書, 再由 Julia Crab 和其他蟹友補充

** After extensive tests in several EH member tanks, it has been discovered that dairy items are not lethal to crabs. In fact, most crabs really enjoy cheddar cheese, live-culture yogurt, and the occasional drink of milk. While extended long-term testing is still underway, there has been 8 months of trials with no harm to the test crabs. For now, dairy is acceptable, once every 30 to 60 days as a treat. It should not be relied upon as a food base.

** 在數個 EH(Epicurean-Hermit)成員的飼養缸進行大規模測試後, 發現奶類製品對陸寄居蟹不會致命。其實很多個體都頗喜歡切達芝士, live-culture 乳酪和間歇性喝牛奶。持續測試還在進行中, 已經有 8 個測試沒有對個體告成傷害。現在, 奶類製品已被接受, 每 30 至 60 天給一次。但不要把奶類製品作為基本食物

^ Denotes HCA Update to the List

^ 表示 HCA(Hermit Crab Association)會更新到食物清單

Last Updated May 2015

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