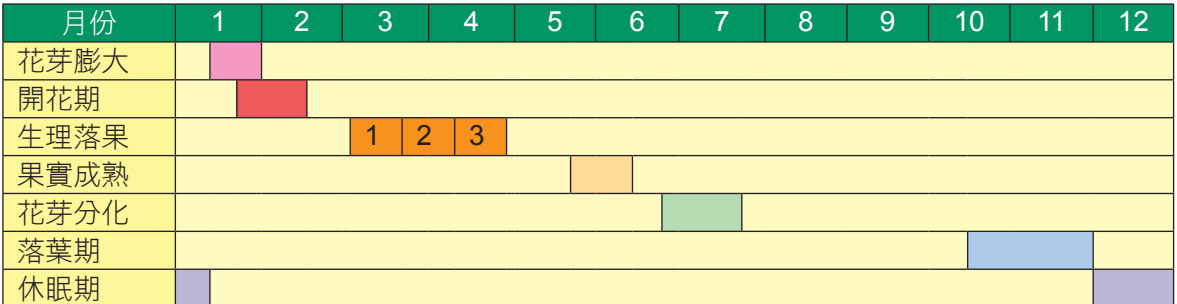宜蘭紅肉李各生育階段