



紫蘇 Perilla

科屬及分布 Family and Distribution

紫蘇(學名*Perilla frutescens*)隸屬唇形科(Lamiaceae)的紫蘇屬,是一年生草本植物,現時主要產於東南亞、台灣及內地的江西、湖南等地,日本、韓國、印度、尼泊爾和北美洲亦有種植。常見的栽培品種很多,包括白紫蘇、青紫蘇、尖紫蘇、檸檬紫蘇、野紫蘇等

Commonly known as Perilla, *Perilla frutescens* is an annual herb of the genus *Perilla* of the family Lamiaceae. The herb is mainly grown in Southeast Asia, Taiwan as well as Jiangxi and Hunan in the Mainland. It is also found in Japan, Korea, India, Nepal and North America. Common varieties include white Perilla, green Perilla, tip Perilla, lemon Perilla and wild Perilla.

生態習性及護理 Growth Habits and Care

紫蘇喜歡溫暖、乾燥、光照充足的生長環境,耐旱和高溫,適宜夏天種植。栽種紫蘇以排水良好的砂質土壤為佳,澆水要適量,不可積水,以免影響根部生長。紫蘇如栽於日照充足、通風的環境及濕潤肥沃的泥土,生長會較旺盛。經常採摘頂端葉片可使分枝增多,增加葉片量。紫蘇的葉片會隨着植株成長而陸續枯萎凋落。如要採摘葉片,宜先摘取基部的葉片。如想採集種子,花期開始時不可修剪,讓花開至凋謝,種子成熟後會自然灑落,也可在種子脫落前先行採收。開花結果後的紫蘇會落葉,植株生命結束,但所長出的大量種子可用作栽種新苗。

Perilla prefers a warm, dry, well-drained environment with adequate sunlight. It is drought-and-heat-tolerant so it is suitable for summer planting. It grows best in sandy soil with good drainage. Appropriate watering is required as stagnant water hampers the growth of roots. Perilla thrives in sunny, well-ventilated environment and humid soil. Frequent pinching encourages growth of branches and leaves. Perilla leaves gradually wither and drop as the plant grows. When pinching leaves, pick the basal leaves first. Trimming should be avoided at the beginning of the blooming period if seeds are to be collected. Seeds naturally spill when ripened or they can also be collected after their maturity. Afterwards, the life of the plant ends when leaves fall. However, lots of seeds will be produced to continue the circle of life.

預防疾病蟲害 Pest and Disease Prevention

紫蘇的幼苗易遭蚜蟲侵襲,須加留意。如發現蚜蟲,應盡快清除受害部分,並施放合適的殺菌及殺蟲劑。

Perilla seedlings are vulnerable to aphids. If aphids are found, remove the infected parts immediately and spray the plants with appropriate insecticide and fungicide.

園藝應用及經濟價值 Horticultural Application and Economic Value

紫蘇整株有香味,適合香草園種植,而且用途甚廣,除可作美容、藥物、精油配製用途外,也可用作烹調海鮮雞鴨、沖茶、調製醬汁等。

The entire stalk of Perilla carries a fragrance and is most suitable for cultivation in gardens. The herb has a wide range of uses. It is used for cosmetic and medicinal purposes, making essential oil, cooking seafood and poultry as well as making tea and sauce.



鼠尾草 Sage

科屬及分布 Family and Distribution

鼠尾草(學名*Salvia officinalis*)隸屬唇形科(Lamiaceae)鼠尾草屬,是多年生草本植物,亦有灌木品種。鼠尾草原產於地中海地區,現時世界各地均有種植,包括歐洲南部、中東、非洲、美國等,主要產地為英國,品質亦最佳。常見品種有白鼠尾草、紫鼠尾草、水果鼠尾草。

Commonly known as Sage, *Salvia officinalis* is a perennial herb of the genus *Salvia* in the Lamiaceae family. Native to the Mediterranean region, Sage also has shrub varieties. It is now grown worldwide in the southern part of Europe, the Middle East, Africa and the United States, while species of the best qualities mainly come from the United Kingdom. Common varieties include White Sage, Purple Sage and Fruit Sage.

生態習性及護理 Growth Habits and Care

鼠尾草喜歡溫暖、排水良好、通風乾爽及陽光充足的生長環境,耐寒,忌高溫、高濕,夏季須種於陰涼處。種植時選排水良好的砂質土壤,以偏鹼性為佳,澆水須適量,過多水分會令根部腐爛導致植株死亡。莖基部的葉片遇土易爛,可在泥土面置石塊或石春,避免葉片碰到泥土。

Sage prefers a warm, sunny and well-ventilated environment. The herb is cold-resistant, and must be kept away from excessive heat and humidity. It should be planted in cool and shady areas in summer, and grows best in well-drained sandy soil, preferably alkaline. Appropriate watering is required as excessive moisture in the soil may hamper root growth and kill the plant. As the leaves at the bases of the stems tend to rot while in contact with the soil, a preventive measure is to surface the latter with stones and cobbles.

預防病蟲害 Pest and Disease Prevention

鼠尾草不易受病蟲侵害,但如發現有病蟲害,應立即噴灑有效的殺菌及殺蟲藥,並切除受侵害部分。

Sage is resistant to pests and diseases. However, if pests or diseases are found, spray the plant with insecticide and fungicide immediately, and remove the infected parts.

園藝應用及經濟價值 Horticultural Application and Economic Value

鼠尾草用途和功能廣泛,莖、葉、花都有獨特和濃烈的香氣,適合種於香草園、庭園、天台花園;可用於美容、製藥和精油,在食用上多與海鮮和雞鴨烹調,也可泡茶及用作製造調味料。

Sage has a wide range of uses and functions. Since the stems, leaves and flowers produce a strong and unique fragrance, it is most suitable for garden, courtyard and rooftop planting. The herb can also be used for beauty care and making of medicine and essential oil, cooking seafood and poultry, as well as making tea and food seasonings.



羅勒 Basil

科屬及分布 Family and Distribution

羅勒(學名*Ocimum basilicum*)隸屬唇形科(Lamiaceae)的一屬,是一年生或多年生草本植物,原產於熱帶地區及非洲,現於中國中南及東南部都有栽種,常見品種包括檸檬羅勒、紫花羅勒、甜羅勒及紫羅勒。羅勒又稱金不換和九層塔。

Commonly known as Basil, *Ocimum basilicum* is an annual or perennial herb of the genus *Ocimum* of the family Lamiaceae. It was once grown in tropical areas and Africa, and is now found in the central-southern and south-eastern parts of China. Common varieties include Lemon Basil, Purple Ruffles Basil, Sweet Basil and Purple Basil. Basil is also called Thai Basil and Asian Basil.

生態習性及護理 Growth Habits and Care

羅勒喜歡溫暖、排水良好、光線充足的生長環境,土壤以含有機物質、排水良好、酸鹼度介乎5至8.5為佳。羅勒在炎熱乾燥的環境生長最佳,對寒冷非常敏感,冬季成長停滯。如光線不足或通風欠佳,羅勒容易感染白粉病。經常修剪可促進分芽成長,亦有利通風。開花前須開始收割,採收後要追肥(以氮肥為主)。羅勒耐熱,在香港一年四季皆可栽種。

Basil prefers a warm and well-drained environment with full sunlight, and grows best in well-drained soil with organic matter and a pH between 5 and 8.5. It is susceptible to powdery mildew if light penetration or ventilation is poor. Regular pruning can induce the growth of lateral buds and improve ventilation. Additional nitrogen fertiliser should be applied after harvest. Basil is drought tolerant and thus is suitable for planting all year round in Hong Kong.

預防病蟲害 Pest and Disease Prevention

注意防治蚜蟲及白粉病。如發現羅勒被病蟲侵害,應立即除去被侵害部分,並施以有效的殺蟲及殺菌劑。

Attention should be paid to the prevention and cure of attacks by aphids and powdery mildew. If Basil is infected, remove the infected parts and spray the plant with insecticide and fungicide immediately.

園藝應用及經濟價值 Horticultural Application and Economic Value

羅勒最適宜在香草園或屋頂花園種植,用途廣泛,可入藥、用作烹調配料或醬汁、製成精油,亦可用於美容。

Basil is most suitable for cultivation in gardens or on rooftops. It is used for medicinal purposes, cooking (as an ingredient or sauce), production of essential oils, and beauty enhancement.



新畿內亞 鳳仙 Impatiens hawkeri



新畿內亞鳳仙

Impatiens hawkeri

科屬及分布

Family and Distribution

新畿內亞鳳仙(學名 *Impatiens hawkeri*)，又名五彩鳳仙，隸屬鳳仙花科(*Balsaminaceae*)，鳳仙花屬(*Impatiens*)，是多年生草本植物。原產於新畿內亞島，輾轉傳遍世界各地，是適合在花壇栽種的觀賞花卉。

Commonly known as New Guinea Impatiens, *Impatiens hawkeri* is a perennial herb of the genus *Impatiens* in the *Balsaminaceae* family. Native to New Guinea, it is now extensively cultivated throughout the world. It is suitable for ornament.

形態及特徵

Form and Characteristics

新畿內亞鳳仙是雜交栽培品種，植株不高，約25至35厘米。葉互生，卵狀披針形，狹長，葉緣有淺鋸齒，葉脈明顯，葉色有綠、深綠、綠黃相間等。花為繖形花序，自葉腋抽出，頂生或腋生。花大，由5片心型花瓣組成，花色豐富，有橙、白、紫、粉紅、橙紅、粉橙、櫻桃紅、紫色條紋及芒果橙等。花期很長，開花不斷。果實為綠色蒴果，完全成熟後，輕輕一碰果袋便會裂開，迸彈出小種子，果袋裂開後，果皮會捲縮起來。

New Guinea Impatiens is a hybrid cultivar and dwarf species of about 25 to 35 cm tall. The leaves are opposite, lanceolate in shape, narrow and long, with crenate margins and prominent veins, and available in different colours including green, dark green, and alternate green and yellow. The flowers grow from leaf axils in umbels, either terminal or axillary. They consist of five heart-shaped petals and come in a myriad of colours, from orange to white, purple, pink, orange-red, pinkish orange, cherry red, purple stripes and mango. New Guinea Impatiens enjoys a very long flowering period with continuous blooming. The fruits are green capsules. Once fully mature, the fruit bags will split when touched lightly, with small seeds popping out. The peel will curl up at the same time.

生長習性及護理

Growth Habits and Care

新畿內亞鳳仙不耐寒及高溫，生長適溫在20°C至27°C，太熱或太冷均影響生長。栽種新畿內亞鳳仙宜選取含有機質、通氣良好及保水性高的土壤。它需要在日照充足的環境下生長，光線和溫度對開花的品質和數量影響極大。摘心可促進分枝生長，能多開花。新畿內亞鳳仙最好栽種在明亮但不受陽光直射的地方。光度過強會減慢生長速度，葉片及花朵不易展開；光度過低則會導致枝條徒長軟弱，花朵數量減少。盆花與盆花之間要有足夠空間，以免光線不足。

栽植期間不可施放太多氮肥，以免花朵變小。幼苗移植後，最好待根部生長到盆緣才開始施肥。培育期間每隔1至2周施肥1次，以薄肥多施為原則。追肥以氮、磷、鉀3種主要元素為主，亦可加入少量微量元素如鈣和鎂。花芽開始發育後，可增加磷肥和鉀肥的分量，以提高花朵品質及數量，但須注意，施肥過量會導致葉子過於繁茂，反而不易開花。此外，新畿內亞鳳仙需要大量水分，卻又需要通氣良好的環境讓根部生長，因此新種植的幼苗要避免過度澆水，應待根部生長到盆緣時才開始增加水量。澆水次數及水量視乎天氣而定。培育過程中應盡量避免植株失水凋萎。有些品種的植株失水凋萎後，再澆水亦難以復生。如生長環境陽光充足，植株花色鮮豔，開花不斷。花朵凋謝後應及早摘除，以促進新的花芽生長及避免虛耗養分。

New Guinea Impatiens is intolerant of drought and extreme heat. The optimum temperature for growth is between 20 and 30°C. The growth of the plant will be affected by excessively hot or cold weather. New Guinea Impatiens grows well under sufficient sunlight in rich, well-aerated and water-retaining soil. It needs a sunlit environment for growth. The quality of the blooms is greatly affected by sunlight and temperature. Pinching can promote the growth of more branches and flowers. New Guinea Impatiens prefers bright areas without direct exposure to sunlight. Excessive light will reduce the growth rate, making it difficult for leaves and flowers to grow and bloom. On the contrary, too little light will result in weak and slender branches and fewer flowers. Leave enough room between potted plants to avoid inadequate light.

Too much nitrogen fertiliser may result in small flowers. After transplanting the seedlings, apply fertilisers when the roots reach the side of the pot. Fertiliser should be applied once every two to three weeks during the cultivation period. Apply nitrogen, phosphorus and potassium together with a small amount of trace elements including calcium and magnesium by top-dressing. When flower buds begin to grow, the proportion of phosphorus and potassium in fertilisers can be increased to enhance the quality and quantity of flowers. Too much fertiliser will lead to dense foliage but impede blooms. In addition, New Guinea Impatiens needs a great deal of water for its growth and a well-ventilated environment for root development. Avoid excessive watering the newly planted seedlings. Water demand increases when the roots reach the side of the pot. The frequency of watering and the amount of water required depend on the weather. Prevent the plant from becoming dehydrated and withered during cultivation. Once the plant dehydrates and withers, its growth will be affected despite subsequent watering. New Guinea Impatiens blooms in vibrant colours and luxuriance under adequate sunlight. Spent flowers should be removed promptly to promote the growth of new flower buds and avoid nutrient depletion.

防治病蟲害

Prevention and Treatment of Pests and Diseases

常見的蟲害有薊馬、蚜蟲及紅蜘蛛；病害則有灰黴病、莖腐病及葉斑病等。一旦發現有病蟲侵害，應立即除去受害部分，並施用有效殺蟲或殺菌藥。

Common pests are thrips, aphids, red spider mites and diseases include grey mould, stem rot and leaf spot. Infected plants must be removed once spotted. Spray the plant with effective insecticide or fungicide to rectify the problem.

園藝應用及經濟價值

Horticultural Application and Economic Value

新畿內亞鳳仙形大而圓滿，花色鮮豔，加上葉色多變，不論是用於堆砌花壇、做成盆花或吊籃，或是布置屋頂和庭園，都是理想的選擇。

New Guinea Impatiens has big and round flowers. The flowers and leaves come in a rich array of colours. It is suitable for decorating flower beds, potted plants, hanging baskets, roof gardens and cultivating in gardens.

繁殖

Propagation

新畿內亞鳳仙可以種子或頂蘗扦插繁殖。播種可在春、秋、冬三季進行，合適的發芽溫度為26°C，低於20°C或高於27°C都會降低發芽率。種子發芽後，生長適溫為21°C至24°C。播種介質宜用疏水而帶腐殖質的乾淨土壤，播種後種子約7至10天發芽，待種子發芽並長出2至3片子葉後可進行間苗，給予幼苗充足生長空間。待幼苗長到8至10厘米高，可定植於小盆並摘心，使側枝發育，促進多分側枝及多長花蕾。花期因應播種期而不同，秋播春季開花，春播夏秋開花。花期很長，由種子發芽生長至開花約需90至100天，視乎不同品種及光照。

扦插介質宜選用通氣及排水良好的乾淨土壤，亦可選用泥炭土、珍珠岩或蛭石等。扦插時溫度最好維持在20°C以上並在蔭棚內進行，利用噴霧保持濕度。扦插時應選取沒有花芽的頂蘗作插穗，有花芽的插穗不僅發根慢，且將來側花芽少，植株外觀差。插穗在合適環境下10至12天後發根，3星期後便可移植。

New Guinea Impatiens is propagated by seed sowing and soft tip cutting, which can be carried out in spring, autumn or winter. The optimum temperature for germination is 26°C. If the temperature falls below 20°C or above 27°C, the growth of the plant will slow down. After germination, the optimum temperature for growth ranges from 21°C to 24°C. The seed sowing medium is preferably moist but well-drained soil rich in organic matter. Seeds germinate about seven to ten days after sowing. Upon the growth of two to three cotyledons, put the seedlings 3 cm apart from each other in a germination tray, allowing adequate space for them to grow. Transplant the seedlings to pots when they reach about 8 to 10 cm tall. Pinching can promote the growth of more branches and flower buds. The flowering period varies with the time of seed sowing – autumn sowing for blooming in spring and spring sowing for blooming in summer and autumn. New Guinea Impatiens has a very long flowering period. It takes about 90 to 100 days from germination to flowering, depending on species and amount of sunlight.

New Guinea Impatiens prefers well-ventilated, well-drained and clean soil like peat moss, perlite and vermiculite. The optimum temperature for cutting is above 20°C. Place the plant in a shady area and spray water onto it to maintain its moisture level.

Soft tips without flower buds are preferred to be taken as cuttings as they favour root development. Cuttings with flower buds develop roots slowly, resulting in poor appearance and few lateral buds. Roots develop within 10 to 12 days in a suitable environment and the plant can be transplanted after three weeks.

一般護理

General Maintenance

繁殖及護理 Propagation and care		
最適溫度 Optimum temperature	發芽 Germination	20-26°C
	生長 Growth	20-27°C
泥土酸鹼值 pH value	pH 6-6.5	
繁殖 Propagation	播種 Seed sowing	頂蘗扦插 Soft tip cutting

	春 Spring	夏 Summer	秋 Autumn	冬 Winter
日照 Light				
澆水 Watering				
施肥 Fertilising				
換盆 Re-potting				

圖例 Key

- 日照充足 Abundant daylight
- 少許 Little
- 中等 Medium

新畿內亞鳳仙的生長過程

The Course of Growth of New Guinea Impatiens



移植幼苗

Transplanting New Guinea Impatiens Seedlings

步驟一 Step one:

把培養土放入花盆，直到泥土距盆頂半吋。培養土可加入有機質或緩效性無機肥料作為基肥，以供給植株生長所需。

Fill the pots with potting mix up to half inch from the top rim. Organic matter or slow-release inorganic fertilisers may be added to the potting mix as a base fertiliser to support plant growth.



步驟二 Step two:

用細小鏟子把幼苗移離播種盆，切勿弄斷幼苗的根。

Remove the seedlings from the germination tray with a small shovel. Do not damage the roots of the seedlings.



步驟三 Step three:

用細小鏟子在花盆中央挖一個洞，洞的闊度和深度應與幼苗根部泥膽的大小相同。把幼苗放入洞內，然後填回泥土，輕輕將泥土壓平，使泥土與幼苗根部接觸。切勿壓斷幼苗的根。移盆後切記馬上澆水，同時亦可摘心，促使幼苗萌發側芽，多長花蕾。

Dig a hole in the centre of each pot with a small shovel, the width and depth of which should be the same as those of the root ball of the seedling. Place the seedling in the hole and fill the hole with potting mix. Flatten the potting mix gently by pressing lightly until it comes into contact with the root ball. Do not damage the roots of the seedling. After transplanting, remember to water the plant immediately. Pinching growing tips promotes the growth of more lateral buds and flowers.



步驟四 Step four:

把移植後的幼苗放在陰暗地方2至3天，避免陽光直射。其後幼苗必須每天接受8至10小時日照，以促進生長和開花。花盆表土漸乾時便澆水。

Place the transplanted seedlings in a shady area for two to three days and avoid direct sunlight. Thereafter, place them under sunlight for eight to ten hours a day. Water the plants when the soil surface looks dry.

