

甜葉菊 Stevia

科屬及分布 Family and Distribution

甜葉菊（學名 *Stevia rebaudiana*）又名甜菊，隸屬菊科(Asteraceae)甜葉菊屬(*Stevia*)，是多年生草本植物，原產於南美洲，現廣泛栽種於肯尼亞、中國、美國、越南、印度等地。

Stevia rebaudiana, commonly known as Stevia or Sweetleaf, is a perennial herb of the genus *Stevia* in the family Asteraceae. Native to South America, the plant is now widely grown in countries like Kenya, China, the United States, Vietnam and India.

生態習性及護理 Growth Habits and Care

甜葉菊好暖喜光，全日照或半日照均可，但炎夏酷熱時要遮陰及放置於陰涼通風處。甜葉菊是短日照植物，秋冬季開白色小花。它生長在酸性濕潤砂土中，以排水良好、疏鬆、濕潤及含腐植質壤土或砂壤土種植為佳。甜葉菊適合以盆栽種植，在生長季節植料要保持適度濕潤。春夏期間可定期摘心剪枝以刺激分枝，促使植株茂密生長。冬季天氣寒冷，植株生長較慢，應避免修剪，溫度低於7°C時需保溫。甜葉菊修剪後宜補充適量氮肥，以助枝葉生長。多施氮肥會令葉片變大，但亦會令其甜度降低。葉片應在開花前採收，以免影響甜味。採收時保留植株由地面起計15厘米的部分，其餘連枝葉剪下，倒掛於溫暖通風處風乾。風乾時間愈短，甜味愈能保留。

Stevia prefers a warm and sunny environment and can thrive in full or partial sun. However, it should be placed in a cool, shady and well-ventilated spot on sizzling summer days. Being a short-day plant, Stevia produces little white flowers in autumn and winter. It grows well in moist, acidic, sandy soil and performs best in well-drained, loose and moist humus or sandy soil. Stevia makes an ideal potted plant. It requires adequate moisture in the soil during the growing season. Regular pinching and pruning in spring and summer can induce branching and encourage bushy growth. Nevertheless, pruning should be avoided in winter as the plant grows slower in cold weather. When the temperature falls below 7°C, the plant should be kept warm. After pruning, apply nitrogen fertiliser as appropriate to prompt growth. Heavy application of nitrogen fertiliser, however, will produce large leaves with less sweetness. Harvest the leaves before flowering to retain their sweetness. Cut off the entire plant about 15 cm above the ground and hang it upside down to dry in a warm and airy place. The shorter the drying time, the sweeter the leaves will be.

防治病蟲害 Prevention and Treatment of Pests and Diseases

甜葉菊的病蟲害比較少，但過量澆水或植料過濕，會令根部腐爛，引致植株枯萎。採用正確的栽培方法，保持環境清潔和空氣流通，可預防病蟲害。如發現有病蟲害，應立即除去受影響部分，並施用有效殺蟲劑或殺菌劑。

Stevia rarely suffers from pests and diseases. If it is grown in soil that is over-watered or too wet, the roots may rot, causing the plant to wilt. Infestation and infection can be prevented by employing proper cultivation techniques and keeping the environment clean and well-ventilated. If pests or diseases are found, remove the infected parts and apply appropriate insecticide or fungicide immediately.

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

甜葉菊適宜植於庭院及香草園，其葉片帶有甜味，含多種甜菊醇糖苷。甜菊醇糖苷是天然成分，比蔗糖甜200至300倍，而且熱量低、耐高溫。甜葉菊葉片中的甜菊醇糖苷主要為甜菊糖苷及瑞鮑迪甙A，可製成甜味劑。數世紀前，甜葉菊已在巴西及巴拉圭民間用作增添食物、飲品的甜味；現時亦為中國、日本、韓國、澳洲、新西蘭、美國及歐盟國家用於多類產品，包括小食、甜品、香口膠、汽水、大豆醬汁及餐桌代糖等。適量進食含甜菊醇糖苷的食物，不會超出糖分的每日可攝入量；個別人士（包括服用處方藥物者）如有疑問，應徵詢醫生的意見。

Stevia is suitable for planting in courtyards and herb gardens. Its leaves have a sweet taste and contain natural steviol glycosides, which are 200 to 300 times sweeter than sucrose, low in calories and heat-stable. Stevioside and rebaudioside A, two major steviol glycosides found in the leaves of the plant, are the ingredients for sweeteners. Stevia has been used for centuries to sweeten food and drinks in Brazil and Paraguay. Today, it is also involved in the production of snacks, desserts, chewing gum, soft drinks, soybean sauce and table-top sweeteners in China, Japan, Korea, Australia, New Zealand, the United States and member countries of the European Union. While the acceptable daily intake for sugar will not be exceeded if food containing steviol glycosides is taken in moderation, individuals (including those taking prescription drugs) should seek medical advice if in doubt.



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(*Salvia*)，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，現時世界各地如歐洲南部、中東、非洲、美國均有種植，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 cause the roots to rot 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.

防治病蟲害 Prevention and Treatment of Pests and Diseases

鼠尾草不易受病蟲侵害，但如發現有病蟲害，應立即除去受影響部分，並施用有效殺蟲劑或殺菌劑。

Sage is resistant to pests and diseases. If pests or diseases are found, remove the infected parts and apply appropriate insecticide or fungicide immediately.

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 of the plant 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 oils, 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*），又稱金不換、九層塔或甜羅勒，隸屬唇形科(Lamiaceae)羅勒屬(*Ocimum*)，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。

Commonly known as Basil, *Ocimum basilicum* is an annual or perennial herb of the genus *Ocimum* in the family Lamiaceae. The plant is also called Thai Basil, Asian Basil or Sweet Basil. It is a native of 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.

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, well-drained environment with full sunlight, and grows best in well-drained soil with organic matter and a pH between 5 and 8.5. While it thrives in a hot and dry environment, the highly cold-sensitive Basil stops growing in winter. 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. Harvest before flowering and apply additional fertiliser, especially nitrogen, after harvest. Basil is heat tolerant and thus is suitable for planting all year round in Hong Kong.

防治病蟲害 Prevention and Treatment of Pests and Diseases

注意預防蚜蟲及白粉病。如發現有病蟲害，應立即除去受影響部分，並施用有效殺蟲劑或殺菌劑。

Watch out for attacks from aphids and powdery mildew. If pests or diseases are found, remove the infected parts and apply appropriate insecticide or 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 and has wide applications. It is used for medicinal purposes, cooking (as an ingredient or sauce), production of essential oils, and beauty enhancement.

翠蘆莉 *Ruellia coerulea*



翠蘆莉 *Ruellia coerulea*

科屬及分布 Family and Distribution

翠蘆莉(學名 *Ruellia coerulea*)，又名藍花草、蘭花草、紫花蘆莉草或蘆莉草，隸屬爵床科(Acanthaceae)蘆莉草屬(*Ruellia*)，是多年生宿根草本植物，原產於墨西哥，現為熱帶及亞熱帶地區的歸化植物。

Ruellia coerulea (synonym: *R. brittoniana*), commonly known as Mexican Petunia, Mexican Bluebell or Britton's Wild Petunia, is a resascent herbaceous perennial of the genus *Ruellia* in the Acanthaceae family. Native to Mexico, the plant is naturalised in tropical and subtropical regions around the globe.

形態及特徵 Form and Characteristics

翠蘆莉株型直立，高約30至70厘米，株幅相若，地下根莖可長出枝條。莖肉質，略呈方形，紅褐色至暗紫色，具溝槽，基部多呈木質化。葉暗綠色，對生，單葉，長約8至20厘米，線狀披針形，頂端漸尖，基部漸狹成葉柄，全緣或具不明顯的疏淺鋸齒；葉脈與葉柄呈紫紅色，羽狀側脈6至8對，向葉背突出。花呈聚繖花序，腋生；花冠藍至紫藍色，漏斗狀，看似矮牽牛花。翠蘆莉花期極長，由夏季至秋季每天皆開花，但以夏季最盛。花朵早上綻放，至黃昏凋謝，延續不斷。每朵花一般能結一蒴果，果實長橢圓形，長約2.5至3厘米，成熟時縱向裂開，內有12至20顆種子。種子褐色，扁圓卵形，細小，約0.2厘米，表面滿布有助吸水的柔毛。

栽培品種分高矮兩種，矮生品種葉片密簇；花色豐富，有粉紅、紫、紫藍、白等色。部分栽培品種不能結果。

Mexican Petunia is an erect plant that stands 30 to 70 cm in height with a similar spread. It has rhizomes (underground stems) from which new shoots can develop. The fleshy stem, reddish brown to dark purple in colour, is slightly quadrangular, grooved and usually lignified at the base. Its dark-green leaves, about 8 to 20 cm long, are simple, opposite and linear-lanceolate, with an apex that gradually narrows to a long tip and a base that tapers into the petiole. The leaves are entire to obscurely and shallowly serrate, and have purplish-red veins and petioles. Pinnate lateral veins, 6 to 8 pairs, are prominent on the underside of the leaves. The flowers grow in axillary cymes and resemble Petunia with their blue to violet funnel-shaped corollas. Mexican Petunia enjoys a very long flowering period, blooming continuously from the peak season of summer into autumn. Each flower opens in the morning and fades by dusk, lasting only one day, and usually develops into a long, ellipsoid capsule about 2.5 to 3 cm in length. This fruit capsule, which contains 12 to 20 flat, round, brown seeds (about 0.2 cm in diameter) covered with soft hygroscopic hairs, splits open lengthwise when mature.

There are tall and dwarf cultivars of Mexican Petunia, with the latter characterised by dense clusters of leaves. Flowers come in a myriad of colours including pink, purple, violet and white. Some cultivars are sterile and produce no seed.

生長習性及護理 Growth Habits and Care

翠蘆莉喜歡溫暖的熱帶氣候和充足陽光，也能適應半遮陰的環境，生長適溫為20°C至30°C，開花數量或因日照強弱而異，在全日照下開花最佳，但炎夏酷熱時直移於陰涼通風處。翠蘆莉不耐霜凍，在嚴冬時地上部會凋萎，天氣回暖後地下根莖可長出新枝條。

翠蘆莉生性強健，對土壤要求不高，於黏土、砂土中均可生長，但以含豐富腐殖質而排水良好的土壤最佳。翠蘆莉十分耐旱，所需護理較少，澆水不多也能生長，植料過濕或排水不良亦能適應，不過在生長季節最好妥為控制土壤水分，以免影響開花。

翠蘆莉一般不需修剪，但如植株老化，基部木質化，可在花期後進行強剪，刺激植株恢復茂盛；修剪後應補充適量肥料，促進新枝萌發，確保植株健康生長，才有利開花。花凋謝後亦可修剪枝條，促進新的花芽生長，同時避免虛耗養分。果實成熟時會自然爆裂，因此最好趁果實轉褐但未裂開時採摘或剪掉，以免種子四散，長成雜草。



Mexican Petunia prefers a warm tropical climate and full sun, with an optimum growth temperature of 20°C to 30°C. While the plant can cope with partial shade, direct exposure to sunlight encourages maximum

flowering and the extent of flowering may be dependent on the amount of light it receives. In summer, however, it is best to keep the plant in a shaded, cool and well-ventilated place to protect it from the scorching heat. The above-ground parts of the frost-intolerant plant wither in the freezing winter; as temperature rises, however, new shoots grow from the underground rhizomes.

Not particular about soil, the resilient Mexican Petunia can grow in clay or sand, and thrives in humus-rich, well-drained soil. The relatively low-maintenance Mexican Petunia is very drought-tolerant and can get by with little watering; at the same time, it can adapt to soggy or waterlogged soil. Nevertheless, soil moisture should be controlled during the growing season for optimum bloom.

The plant needs little pruning in general, though heavy pruning to an aged plant with a woody base after the flowering period can help resume vigorous growth. Application of fertiliser in an appropriate amount after pruning can induce new shoots and encourage healthy plant growth, which is conducive to profuse flowering. Pruning the stems after the flowers wilt can promote growth of new buds and reduce wastage of nutrients. As the fruits crack when mature, it is advisable to wait till the fruits have browned and pluck or snip them before they crack. This will prevent the seeds from spreading all over and growing into weeds.

繁殖 Propagation

翠蘆莉多以種子繁殖。種子在光暗環境皆可發芽，發芽適溫為22°C至25°C。播種後以薄土覆蓋，保持植料濕潤，7至10天後種子便會發芽。此時可將育苗盆移到較明亮處接受柔光照射，待幼苗在5至6星期後長出4至6片葉，便可移植。如環境合適，幼苗在移植後約8至10星期便會開花。

除播種外，翠蘆莉也可以頂蘗扦插繁殖，扦插可在春、秋兩季進行。扦插介質以透氣及排水良好的乾淨砂質土壤為佳。扦插時應選取不帶花芽的健壯枝條作插穗，每根插穗應長約10至12.5厘米，最少有3至4個節，節與節之間的距離宜短。除頂端3至4塊葉片外摘掉其餘葉片，然後將插穗下方三分之一至二分之一插入培植土壤。澆透水後把插穗置於半遮陰處，溫度保持在22°C至24°C，約一星期後再移到較明亮處接受柔光照射，其間必須保持植料濕潤。插穗約2星期後開始發根，待根部生長旺盛便可移植。



Mexican Petunia is largely propagated by seeds, which can germinate in both light and dark conditions. The optimum temperature for germination is between 22°C and 25°C. The seeds of the plant should be covered with a thin layer of soil after being sowed. Keep the growing medium moist and the seeds will germinate in 7 to 10 days. The nursery tray can then be relocated to a brighter area under subdued light. The seedlings are ready for transplant in about 5 to 6 weeks, when 4 to 6 young leaves have emerged. Given a suitable environment, flowers will bloom about 8 to 10 weeks after the seedlings are transplanted.

Apart from seed sowing, soft tip cutting is also used to propagate Mexican Petunia. Cutting can be carried out in spring or autumn. The rooting medium should preferably be well-aerated, properly drained and clean sandy soil. Select healthy and sturdy soft tips without flower buds as cuttings, each of which should be 10 to 12.5 cm long with at least 3 to 4 nodes and preferably short internodes. Strip all but the top 3 to 4 leaves and insert the bottom one-third to half of the cuttings into the medium. Water the mixture thoroughly, then leave the cuttings in a partially shaded place at a constant temperature of 22°C to 24°C for around one week before moving them to a brighter area under subdued light. Keep the medium moist throughout the period. Roots begin to develop in about 2 weeks and cuttings with vigorous root development can be transplanted for establishment.



防治病蟲害 Prevention and Treatment of Pests and Diseases

翠蘆莉很少受病蟲害侵襲。要讓植株健康生長，應保持土壤排水良好，避免過量澆水，並應適量施肥，定期鬆土除草，同時確保生長空間及光照充足，保持種植環境清潔通風。

Mexican Petunia is rarely affected by pests or diseases. To ensure healthy growth free from infection, keep the soil well-drained and avoid over-watering. Apply only the appropriate amount of fertiliser. Loosen the soil and weed regularly. Ensure sufficient light and space for the plant and keep the growing environment clean and well-ventilated.

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

翠蘆莉色彩豔麗、花葉繁茂、株型整齊，加上花期長，容易吸引蜜蜂和蝴蝶，是理想的蜜源植物；除適合種於庭園觀賞、用作圍邊植物和地被植物外，亦可用於花壇。此外，翠蘆莉能適應濕潤的土壤，適宜種於沼澤花園或池塘花園；亦可以盆栽種，擺放在窗邊明亮的位置，綠化家居。

Mexican Petunia is an ideal nectar plant: it attracts butterflies and bees easily, given its vibrant colours, luxuriant and shapely growth, and long flowering period. Apart from being an excellent ornamental plant for gardens, as well as a common edging plant and ground cover, it is also suitable for growing in floral displays. As it can cope with humid soil, it makes a great plant for bog gardens and pond gardens. It can also be grown in pot and placed at a bright spot by the window to add a touch of green to the home.

一般護理 General Maintenance

繁殖及護理 Propagation and care		
最適溫度 Optimum temperature	發芽 Germination	22°C - 25°C
	生長 Growth	20°C - 30°C
泥土酸鹼值 pH value		pH 6.1 - 7.8
繁殖 Propagation	播種 Seed sowing	
	頂蘗扦插 Soft tip cutting	

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

圖例 Key

	日照充足 Abundant sunlight
	少許 Little
	中等 Medium

翠蘆莉的生長過程 The Course of Growth of Mexican Petunia



移植幼苗 Transplanting 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化學肥料作為基肥，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 chemical 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稍大於幼苗根部的泥團。把幼苗放入洞內，填回泥土，然後輕輕將泥土壓平，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。翠蘆莉一般不需修剪，如想促使幼苗萌發側芽，多長花蕾，可考慮摘心。

Dig a hole in the centre of each pot with a small shovel. The hole should be slightly wider and deeper than the root ball of the seedling. Place the seedling in the hole and fill the hole with potting mix. Flatten the potting mix by pressing gently 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. Although pruning is not necessary for Mexican Petunia, pinching growing tips can promote the growth of more lateral buds and flowers.

步驟四 Step four:

把移植後的幼苗放在半陰的地方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。花盆表土漸乾時便應澆水。

Place the transplanted seedlings in a semi-shaded area for 2 to 3 days and avoid direct sunlight. Thereafter, place them under sunlight for 8 to 10 hours a day to encourage growth and flowering. Water the plants when the soil surface looks dry.

