

芳香萬壽菊

Tagetes lemmonii

留蘭香 Spearmint

科屬及分布 Family and Distribution

留蘭香（學名 *Mentha spicata*）俗稱綠薄荷，隸屬唇形科（Lamiaceae (Labiatae)）薄荷屬，是多年生草本植物。留蘭香栽種歷史悠久，原產地不詳，早期盛產於歐洲、地中海及西南亞一帶，現於世界各地廣泛種植。

Commonly known as Spearmint, *Mentha spicata* is a perennial herb of the genus *Mentha* in the Lamiaceae (Labiatae) family. It has a long planting history, but the origin is uncertain. Once widely grown in Europe, the Mediterranean and Southwest Asia, the plant is now grown throughout the world.



生態習性及護理 Growth Habits and Care

留蘭香在陽光充足或局部有遮蔭的環境下生長良好。土壤以濕潤及富含有機物質的壤土為佳，生長期內泥土必須保持水分充足。留蘭香的地下莖生長迅速，以大盆栽種能有效控制其生長範圍。

Spearmint thrives in areas with full sunlight or partial shade, and grows best in moist loam rich in organic matter. Adequate soil moisture is essential for its proper growth. Spearmint is characterised by fast-spreading rhizomes, which can be effectively controlled by planting the herb in a large pot.

預防病蟲害 Pest and Disease Prevention

留蘭香易受蚜蟲和白粉蟲侵害，只要小心護理，適當澆水施肥，定期鬆土和除草，保持栽種環境清潔通爽，植株便能健康生長，並可有效預防病蟲害。如發現植株受病蟲侵害，應立即剪掉受影響部分，並按照產品說明施用有效的殺蟲劑或殺菌劑。

Spearmint is susceptible to aphids and whiteflies. Carefully tend the plant to keep it healthy and free from infestation. Water it and fertilise properly. Aerate the soil and weed regularly. The environment must be kept clean and well-ventilated. If infestation is found, remove the affected part of the plant immediately and apply appropriate pesticide or fungicide in accordance with the product instruction.

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

在眾多薄荷屬香草品種中，留蘭香是最廣為種植及最常用的一種；其獨特的清涼香味有助提神，使人身心舒暢。留蘭香除適宜於香草園或屋頂花園栽種外，還可用作烹調、入藥及製成芳香精油。

Spearmint is the most widely grown and used herb within the genus. Its distinctive scent is refreshing and relaxing for the body and mind. The plant is suitable for cultivation in gardens and on rooftops. It can be used for culinary and medicinal purposes, and is an ingredient for essential oils used in aromatherapy.

迷迭香 Rosemary

科屬及分布 Family and Distribution

迷迭香（學名 *Rosmarinus officinalis*）隸屬唇形科（Lamiaceae (Labiatae)）的一屬，是多年生常綠灌木，原產於地中海地區，現主要生產地方為地中海、法國及意大利。中國及亞洲一些地方亦有種植。常見的栽培品種很多，包括針葉迷迭香及紅莖迷迭香。

Commonly known as Rosemary, *Rosmarinus officinalis* is a perennial evergreen shrub of the genus *Rosmarinus* in the Lamiaceae (Labiatae) family. Native to the Mediterranean region, the herb is now mainly grown in the Mediterranean coast, France and Italy as well as in China and some other parts of Asia. Rosemary comes in a variety of cultivars, including Pine Rosemary and Red-stemmed Rosemary.



生態習性及護理 Growth Habits and Care

迷迭香喜歡溫暖氣候及涼爽的環境下生長，需要充足陽光，由於迷迭香葉片本身就屬於革質較能耐旱。栽種迷迭香以砂質及排水性良好的土壤為佳。澆水要適量，底盆不要積水，影響根部生長。迷迭香生長緩慢，尤其是老枝木質化的速度很快，故修剪採收時需要特別小心，過度修剪會導致老枝無法發芽，每次修剪時不要超過枝條長度的一半。

Rosemary grows well in warm climate and cool environment with adequate sunlight. Its leathery leaves make the herb drought-tolerant. It grows best in sandy soil with good drainage. Appropriate watering is required as stagnant water in the flower pot hampers the growth of root. Rosemary grows slowly and its old branches lignify quickly. Special care is thus needed when pruning and harvesting. Excessive pruning hinders the growth of new shoots on older branches. Trimming should be restricted to half the length of the branches.

預防病蟲害 Pest and Disease Prevention

迷迭香不易受病蟲害侵襲，如發現有病蟲應立即噴射有效的殺菌及殺蟲藥，並將受害的部份清除。

Rosemary is highly resistant to pests and diseases. If signs of pest or disease 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

迷迭香的莖、葉及花都帶有獨特強烈芳香味道，最適合香草園、庭園及天台花園種植。此外，其用途廣泛，除用作烹調食物，如羊肉菜式、泡茶、浸酒、浸醋、面膜、浸浴外，藥理上還有殺菌、抗氧化作用、治療頭痛、神經緊張等。

The stems, leaves and flowers of Rosemary have a unique strong fragrance. The herb is most suitable for cultivation in gardens, courtyards and on rooftops. In addition, the herb has a wide range of uses. It is used for cooking (such as making lamb dishes, tea, wine and vinegar), making facial masks and bath salts. Pharmacologically it is a disinfectant and antioxidant, and is used for sterilisation, treating headache and soothing nervousness.

芸香 Rue

科屬及分布 Family and Distribution

芸香（學名 *Ruta graveolens*）俗稱臭草，隸屬芸香科（Rutaceae）芸香屬，是多年生常綠亞灌木，原產於歐洲南部，現時世界各地均有種植。

Commonly known as Rue, *Ruta graveolens* is a perennial, evergreen subshrub of the genus *Ruta* in the family Rutaceae. Indigenous to southern Europe, the plant is now cultivated around the globe.

生態習性及護理 Growth Habits and Care

芸香是較耐旱的植物，喜歡乾爽、光線充足及通風良好的生長環境，故以排水良好、酸鹼度介乎6至8的砂質土壤種植為佳。在春天及夏季開花後修剪植株，可促使枝條茂密生長，保持植株形態。有些人接觸芸香後皮膚會紅腫甚或起泡，故應避免在烈日下或植株濕潤時接觸，修剪或採摘時宜穿長袖衣物及戴上手套。種植地點宜選花園內側，不宜靠近行人道，以免途人路過時無意中觸到。

Rue is quite tolerant of drought. It prefers a dry, sunny and well-ventilated environment and thrives in well-drained sandy soil with a pH between 6 and 8. Pruning in spring and after flowering in summer can encourage bushy growth and help maintain the plant's shape. Rue can cause skin rashes or even blistering on some individuals. Avoid contact with the plant when it is wet or under full sun. Wear a long-sleeved shirt and gloves when pruning and picking the plant. It is better to place the plant at the inner side of the flower bed and away from walkways so that it is kept at a distance from passers-by.

預防病蟲害 Pest and Disease Prevention

芸香的病蟲害比較少，偶爾會受白粉蟲或污煤病的侵害。然而，植土過濕會導致芸香幼苗易患立萎病。採用正確的栽培方法及保持環境清潔通爽，可有效預防病蟲害。如發現植株被病蟲侵害，應立即除去受影響部分，並按照產品說明適當地施用殺蟲劑或殺菌劑。

Apart from occasional whiteflies or sooty moulds, Rue rarely suffers from pests and diseases. However, young seedlings are prone to damping off if the soil is too wet. The best ways to prevent infestation and infection are to employ proper cultivation techniques and maintain a clean and well-ventilated environment. If a plant is infested or infected, remove the affected part immediately and apply appropriate pesticide or fungicide in accordance with the product instruction.

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

芸香全株具有濃烈香氣，但也有人厭惡這種刺鼻的氣味，「臭草」之名可能由此而來。芸香形態柔美，葉片略帶藍綠色，與其他香草植物構成悅目的視覺效果，很適合香草園種植，也會種於庭園作觀賞植物。芸香自古以來常作藥用，新鮮或乾燥的芸香可以驅蟲。芸香葉及其製成的精油除可用作肥皂和化妝品香料外，也可作食用香料。不過，大量食用芸香可引致胃痛及嘔吐，孕婦禁用。

The whole plant of Rue emits a strong, pungent scent which some people may find unpleasant. Nevertheless, it makes a popular ornamental plant in the garden with its graceful form and bluish green foliage, presenting a delightful contrast to other herb plants. Having been used in medicines for centuries, fresh and dried Rue can act as insect repellent. Apart from being used as a fragrance ingredient in soaps and cosmetic products, Rue leaf and its essential oil are also used as a flavouring. However, ingesting large amounts of Rue may cause stomach ache and vomiting. Hence the plant should not be used at all by pregnant women.



芳香萬壽菊 *Tagetes lemmonii*

科屬及分布 Family and Distribution

芳香萬壽菊(學名*Tagetes lemmonii*)，又名香葉萬壽菊或甜萬壽菊，隸屬菊科(Asteraceae，又稱Compositae)，萬壽菊屬(*Tagetes*)，是多年生常綠亞灌木。原產於熱帶和暖溫帶美洲，如墨西哥和美國亞利桑那州等地，現廣植於世界各地。芳香萬壽菊由加州植物學者John Gill Lemmon於亞利桑那州東南部首次發現，後來帶回加州繁殖並推廣到園藝市場。品種名稱“*lemmonii*”的由來，正是這位學者，並非因為植物帶有檸檬氣味。

Commonly known as Lemmon's Marigold, *Tagetes lemmonii* is a perennial evergreen subshrub of the genus *Tagetes* in the Asteraceae (Compositae) family. It is also called Copper Canyon Daisy, Mount Lemmon Marigold, Mexican Bush Marigold and Mountain Marigold. Native to tropical and warm temperate America, such as Mexico and the American state of Arizona, Lemmon's Marigold is now widely grown all over the world. It was first discovered in southeastern Arizona by John Gill Lemmon, a Californian botanist, who subsequently took it back to his home state and introduced it to the nursery trade. The species owes its name to the plant researcher, not to its lemony fragrance.

形態及特徵 Form and Characteristics

芳香萬壽菊高4至6呎，株幅可達4呎或以上，株型直立，花葉具濃烈氣味。葉為羽狀複葉，對生，約2至6吋長，小葉緣有鋸齒。花呈頭狀花序，從枝頂葉腋間長出，直徑約1吋，中心管狀花橙黃色，外環舌狀花金黃色，花期由冬季至翌年春季。

An upright plant, Lemmon's Marigold can grow to 4 to 6 feet tall and spread more than 4 feet wide. Its foliage and flowers have a pungent aroma. The leaves are pinnately compound, opposite, 2 to 6 inches long with serrated leaflets. The inflorescences in capitulum, about 1 inch in diameter, grow at the ends of shoots or from leaf axils. The flowers are composed of orange-yellow disk-florets in the centre and brilliant yellow ray-florets around the periphery. Lemmon's Marigold blooms all winter and into spring.

生長習性及護理 Growth Habits and Care

芳香萬壽菊生長適溫在15°C至30°C，是短日照植物，喜歡光照，也能適應半遮蔭的環境，光線不足則枝條徒長軟弱或不開花。芳香萬壽菊很耐旱，對土壤要求不高，能適應貧瘠甚至鹼性高的土質，但植土必須排水良好。只須適度澆水，芳香萬壽菊已能花葉茂盛。要注意的是，剛換盆或移植的植株要有水分充足的植土，新根才能健康生長，但植株定植後對肥料的需求不高，需水量也不大。

由於芳香萬壽菊枝葉茂盛，株型壯大，若以盆植，必須間中疏枝疏葉、修整枝條，保持枝葉間空氣流通，確保植株高度適中。盆花之間要留有足夠空間，以免光線不足。定期施以薄肥，可促進植株健康生長，有利開花，但過量澆水或施肥會導致枝葉過於繁茂、花朵較為稀疏。

開花期間應盡早摘掉凋謝的花朵，以利花芽生長，促進開花。花期後應盡快修枝整型，維持植株的形態，確保秋天來臨時再有朵朵黃花綻放枝上。有些人接觸過芳香萬壽菊後會皮膚敏感，故剪枝前應做好保護措施。

For Lemmon's Marigold, the optimum growth temperature is 15°C to 30°C. It is a short-day plant and does best in full sun. Although it can cope with partial shade, insufficient light will result in a leggy plant and inhibit blooming. Lemmon's Marigold is very tolerant of drought conditions and can survive in most soil types. It can grow on thin or even alkaline soil as long as the soil is well-drained. With moderate watering, it can grow luxuriantly. It should be noted that soil with adequate moisture is essential for healthy root growth in a newly re-potted or transplanted plant. Once the plant is established, it requires little fertiliser and water.

Lemmon's Marigold is leafy and large. If potted, it must be thinned and pruned from time to time to maintain proper ventilation through the foliage and keep the plant at the right height. Leave enough room between potted plants to allow light penetration. Light fertiliser should be applied regularly to promote healthy growth and flowering. Excessive watering and fertilising will lead to dense foliage and sparse flowers.

During the flowering period, faded blossoms should be pinched off promptly to encourage the growth of flower buds and reflowering. Prune the plant back after flowering to maintain its shape and to ensure a spectacular autumn bloom. As Lemmon's Marigold may cause allergic skin reactions, it is important to take precautions before pruning.

繁殖 Propagation

芳香萬壽菊可以扦插或種子繁殖，一般多選前者。扦插可於植株生長期間隨時進行，扦插基質以透氣及排水良好的乾淨砂質土壤為佳。普遍會利用枝條的頂蘗作插穗，因此方法簡單容易，且插穗能較快長芽，成活率高。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4至5吋，最少有3至4個節位，節間宜短，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，插入的部分須包含1至2個節位且不帶葉。澆透水後把插穗置於陰涼處一星期，再移到較明亮處接受柔光照射，其間必須保持植土濕潤。插穗約兩星期後發根，待根羣生長旺盛便可移植。

芳香萬壽菊亦可用種子大量繁殖。播種可在春季進行，基質可用1:1:1混合的炭土、蛭石和珍珠岩。播種後須保持植土濕潤，種子於一星期左右長出幼苗，屆時可將苗盆置於柔光下培育，待幼苗長出4至6片葉後，便可移植。

Lemmon's Marigold can be propagated by cutting or seed sowing, and the former is more often used. Cutting can be carried out any time during the growth period. The rooting medium should preferably be well-aerated, properly drained and clean sandy soil. Soft tips are commonly taken as cuttings because they are simple and easy to manage, with quick bud formation and a high survival rate. Select healthy and sturdy soft tips without flower buds as cuttings, each of which should be 4 to 5 inches long with at least 3 to 4 nodes, preferably short ones. Strip all but the top 3 to 4 leaves and insert the bottom one-third to half of the cuttings into the medium. The inserted part should bear 1 to 2 nodes but no leaves. Water the mixture thoroughly, then place the cuttings in a cool and shady place for a week before relocating them to a brighter area under subdued light. Keep the medium moist throughout the period. Roots will develop in about 2 weeks and cuttings with vigorous root development can be transplanted for establishment.

Seed sowing is also used for mass cultivation of Lemmon's Marigold and can be carried out in spring. The seed bed medium can be prepared by mixing peat, vermiculite and perlite in the ratio of 1:1:1. Keep the medium moist. Germination will take place in about a week and the nursery tray can then be placed under subdued light. The seedlings are ready for transplant as soon as 4 to 6 young leaves have appeared.

防治病蟲害 Prevention and Treatment of Pests and Diseases

芳香萬壽菊很少受病蟲害侵襲，只要小心護理，適量澆水施肥，確保光照適中、生長空間充足，保持栽種環境清潔通爽，讓植株健康生長，就是最佳的防治方法。

Lemmon's Marigold is rarely affected by pests or diseases. Careful maintenance, such as watering and fertilising properly, ensuring sufficient light and space for the plant and keeping the growing environment clean and well ventilated, will enable it to grow healthily and free of infection, and this would be the best prevention.

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

芳香萬壽菊花色豔麗、枝葉茂密翠綠、形態典雅，而且花期長，可供庭園觀賞；加上生性強健且耐修剪，亦宜作庭園綠籬。芳香萬壽菊耐熱、耐旱、耐貧瘠，是早境花園的理想選擇；開花時花蜜能吸引蜜蜂及蝴蝶，因此有機農場也時有栽種。此外，芳香萬壽菊花葉香氣濃郁，嫩葉既可泡茶，又可用於烹調，種於香草園適合不過。

Given its colorful blossoms, lush and verdant foliage, elegant form and long flowering period, Lemmon's Marigold is an excellent ornamental plant for gardens. As a resilient plant which can be cut back severely, it can be used as hedges. Its tolerance of heat, drought and poor soils makes it an ideal choice for xeriscape gardens. In addition, it is often grown in organic farms, for its nectar can attract bees and butterflies in the flowering season. While the flowers and leaves of Lemmon's Marigold carry a rich fragrance, the tender new leaves can be used in cooking and brewing tea. The plant is simply perfect for herb gardens.

一般護理 General Maintenance

繁殖及護理 Propagation and care		
最適溫度 Optimum temperature	發芽 Germination 生長 Growth	15°C-25°C 15°C-30°C
泥土酸鹼值 pH value	pH 7-8.5	
繁殖 Propagation	頂蘗扦插 Soft tip cutting 播種 Seed sowing	

	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

芳香萬壽菊的生長過程 The Course of Growth of Lemmon's Marigold



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 the hole 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。花盆表土漸乾時便應澆水。

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