

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 drought 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.

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.

防治病蟲害 Prevention and Treatment of Pests and Diseases

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.

越南芫荽 Vietnamese Coriander

科屬及分布 Family and Distribution

越南芫荽（學名 *Persicaria odorata*，異名 *Polygonum odoratum*），又名越南香菜或喇沙葉，隸屬蓼科（Polygonaceae）春蓼屬（*Persicaria*），是多年生草本植物，原產於東南亞，適合在熱帶或亞熱帶地區種植。

Commonly known as Vietnamese Coriander, *Persicaria odorata* (synonyms *Polygonum odoratum*) is a perennial herb of the genus *Persicaria* in the family Polygonaceae. The plant is also called Vietnamese Mint, Laksa Leaf and Rau Ram. Native to Southeast Asia, it grows best in tropical and subtropical zones.

生態習性及護理 Growth Habits and Care

越南芫荽喜溫暖潮濕、光照充足、半遮蔭及通風良好的環境。由於生長速度快，故以排水良好、濕潤肥沃的土壤種植為佳。如在高溫及全日照地方種植，要保持土壤濕潤，以免植株因缺水而枯乾。越南芫荽只要莖部接觸泥土便可輕易發根，因此宜以較大的盆栽種植。在春至秋季定期修剪，除可刺激分枝，促使枝條茂密生長外，亦可保持植株形態。修剪後可加入少量肥料，補充養分。越南芫荽不耐寒，冬季天氣寒冷，植株生長較慢，應避免修剪。繁殖方法以扦插或分株進行。

Vietnamese Coriander prefers a warm and damp, well-lit and partially shaded environment with good air circulation. It grows quickly and is ideally planted in well-drained, moist and rich soil. If it is planted in areas with high temperature and full sun, the soil must be kept moist to prevent drying of leaves due to lack of moisture. As Vietnamese Coriander tends to take root whenever the tip of the stems touches the soil, a larger container should be used if it is grown in pot. Regular pinching and pruning in spring to autumn can induce branching, thus encouraging bushy growth, and help maintain the plant's shape. Fertilisers can be added as appropriate after pruning to replenish the nutrients. Vietnamese Coriander is not cold-tolerant. In the cold winter, when the plant grows slower, pruning should be avoided. The plant can be propagated by cutting or division.

防治病蟲害 Prevention and Treatment of Pests and Diseases

越南芫荽的病蟲害比較少。採用正確的栽培方法，並保持環境清潔和空氣流通，可預防病蟲害。

Vietnamese Coriander rarely suffers from pests and diseases. Infestation and infection can be prevented by employing proper cultivation techniques and keeping the environment clean and well-ventilated.

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

越南芫荽翠綠的葉片上有人字型栗色斑，葉基紅色，分枝性強，易成叢生，適合種於庭園觀賞，在香草園種植或用作圍邊植物。越南芫荽全株具濃烈香味，可製作精油用於芳香療法。鮮嫩的葉片帶芫荽香味，老葉微辣，是越南、新加坡及馬來西亞等東南亞國家經常使用的香草植物。

Vietnamese Coriander has V-shaped chestnut-coloured spots on its bright green leaves and a burgundy-red coloured bottom (underside). Branching easily and growing in clusters, it is suitable for planting in gardens and herb gardens or for use as an edging plant. The heavily scented herb is an ingredient for essential oils used in aromatherapy. Its leaves smell like coriander when fresh and taste spicy as they grow old. The herb is extensively used for cooking in South-eastern countries such as Vietnam, Singapore and Malaysia.

洋鳳仙 *Impatiens walleriana*



洋鳳仙

Impatiens walleriana

科屬及分布

Family and Distribution

洋鳳仙(學名 *Impatiens walleriana*)，又名非洲洋鳳仙、指甲花或急性子，隸屬鳳仙花科(Balsaminaceae)鳳仙花屬(*Impatiens*)，是多年生草本植物，多作一年生草本栽培，原產於非洲東部，現有多個栽培品種，花色繁多，更有重瓣品種，為世界各地廣泛栽種的觀賞花卉。

Impatiens walleriana, commonly known as African Balsam, Busy Lizzie, Touch-me-not or Impatiens, is a herbaceous perennial, though it is usually grown as an annual herb. The plant belongs to the genus *Impatiens* in the family Balsaminaceae. Native to Eastern Africa, African Balsam is now available in a diverse range of cultivars with flowers in different colours, and also in varieties with multiple layers of petals. It is widely grown as ornamentals around the world.

形態及特徵

Form and Characteristics

洋鳳仙高30至60厘米，多分枝。莖直立，肉質，光滑，綠色或紅褐色。葉互生，螺旋排列，寬橢圓形或卵形，先端急尖或漸尖，基部楔形，葉緣呈鋸齒狀。花常以2-3朵簇生於植株上部葉腋，花瓣5片多色，有紅、橙、粉紅、紫紅、紫或白等。基部有1片萼片延伸成1根窄長的白色花距，內存花蜜。花期主要由秋天至翌年春末。紡錘形綠色蒴果成熟時，只要輕輕觸碰，果皮會立即收縮，捲成毛蟲狀，把內裡的種子彈出，急性子一名由此而來。

African Balsam stands 30 to 60 cm in height with multi-branched stems. Its stems are upright, succulent, smooth, and green or reddish brown in colour. The leaves are alternate, spirally arranged, broadly elliptical or oval in shape, with an acute or acuminate apex, a cuneate base and serrate margins. The flowers are usually in clusters of 2 or 3 at the axils of the upper stems, with 5 showy petals in shades of red, orange, pink, purplish-red, purple, white, etc. There is a sepal extending from the base of the flower to form a long and narrow white-coloured spur that contains nectar. The flowering period runs mainly from autumn to late spring of the following year. When the spindle-shaped and greenish capsule is ripe, even a slight touch will cause its skin to contract right into the shape of a caterpillar and eject the seeds from the capsule. This is why the flower is also named Impatiens.



生長習性及護理

Growth Habits and Care

洋鳳仙喜溫暖、中光照或半遮蔭、通風的環境，生長適溫為15℃至25℃，若溫度低於5℃或高於30℃，植株會受傷害，嚴重可致落葉。種植時須避免強光直照，在炎夏須適度遮蔭，在冬季則可提高光照。植料以疏鬆肥沃、濕潤和排水良好的土壤為佳，應適時澆水，以防植料過乾、過濕或積水。

生長初期定時摘心去頂，可促進分枝，塑造理想株形。洋鳳仙花期長，生長期間每隔二至三星期可適量施肥，令植株健康生長，有利開花。蒴果成熟時會將種子彈出，待條件合適，泥土中的種子會長成新的植株。

African Balsam favours a warm, medium-lit or partly shaded, and well ventilated environment. It has an optimum growth temperature of 15oC to 25oC. At temperatures lower than 5oC or above 30oC, the plant may suffer from damage, or even a loss of leaves in severe cases. Strong and direct sunlight must be avoided during planting.

Adequate shading should be provided in hot summer, while access to brighter light is allowed in winter.



African Balsam thrives in loose, rich, moist and well-drained soil. Timely watering is necessary to prevent

the planting medium from being too dry, soggy or waterlogged.

In the initial growth period, African Balsam should be pinched regularly to promote shoot growth and keep the plant shapely. The flowering period is long. During the growth period, moderate fertilisation can be carried out every two to three weeks to prompt healthy growth and flowering. When mature, the capsules pop out the seeds, which will then fall into the soil and develop into new plants when conditions are favourable.



繁殖

Propagation

洋鳳仙多以種子繁殖，秋、冬、早春均適合播種。種子可撒播在疏鬆濕潤的土壤上，發芽適溫為18℃至22℃。播種後澆水保持濕潤，約8至15天後種子便會發芽。育苗期間應避免過度澆水，以防幼苗倒伏。如幼苗過於密集，須拔除弱苗。待幼苗長至約5厘米或長出4至6對葉片後，可移植到盆中。定植後應保持充足日照。在植株生長期間，每10至15天須施用含小量氮、磷、鉀三種要素的肥料一次。待苗高約15厘米時須摘除頂芽，其後因應幼苗生長，可重複摘除頂芽，以增加分枝及花蕾數目。從定植到開花約需45天。在開花期間每隔20至30天施用三種要素肥料一次，可使花朵開得更茂盛。

除播種外，洋鳳仙也可以頂莖扦插繁殖。扦插可於春、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5至8厘米，最少有3至4個節，節與節之間距離宜短。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蔭處，溫度保持在18℃以上，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15至20天後發根，約30天後，待根部生長旺盛便可移植。

African Balsam is largely propagated by seeds. Autumn, winter and early spring are ideal times for seed sowing. Seeds can be scattered onto loose and moist soil. The optimum temperature for germination is 18oC to 22oC. After sowing, keep the soil moist by watering. Germination takes place in about 8 to 15 days, during which overwatering should be avoided to prevent the seedlings from drooping. If the seedlings are too crowded, remove the weaker ones. The seedlings are ready for potting as soon as they grow to about 5 cm tall or when 4 to 6 pairs of leaves have developed. After establishment, sufficient sunlight should be maintained. Fertiliser containing tiny amounts of the essential elements of nitrogen, phosphorus and potassium should be applied every 10 to 15 days during the growth period. Pinch the growing tips when the seedlings are about 15 cm tall. As the seedlings grow, repeat the pinching process to promote branching and flower bud formation. African Balsam generally flowers in approximately 45 days from establishment. During the flowering period, apply fertiliser containing the above three essential elements every 20 to 30 days for more vigorous blooming.

Apart from seed sowing, soft tip cutting is also used for propagating African Balsam. 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 5 to 8 cm long with at least 3 to 4 nodes and ideally 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 temperature above 18°C for around one week before moving them to a brighter area under subdued light. Keep the medium moist throughout the period. Roots will develop in about 15 to 20 days. Cuttings with vigorous root development can then be transplanted for establishment after around 30 days.



防治病蟲害

Prevention and Treatment of Pests and Diseases

洋鳳仙病蟲問題不大，常見病害包括灰霉病，而蟲害則有蚜蟲、紅蜘蛛等。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。最佳預防方法是把植株放在陽光充足、通風及排水良好的環境中。適量澆水施肥，亦有利植株健康生長。

African Balsam has no serious pest and disease problems. The diseases commonly seen in the plant include grey mould (also known as Botrytis blight), and the pests that plague it include aphids and red spider mites. If pests or diseases are found, remove the infected parts immediately and apply appropriate insecticide or fungicide. The best prevention is to place the plant in an environment with abundant sunlight, good ventilation and proper drainage. Water and fertilise moderately to encourage healthy plant growth.



園藝應用

Horticultural Application

洋鳳仙花色豔麗多變，花期長，常用作花壇布置和庭園圍邊植物，亦適合以盆栽或吊籃種在陽台或窗邊觀賞。

Found in a variety of bright colours and with a long flowering period, African Balsam is commonly cultivated as floral bedding displays or edging plants for the garden. It is also suitable to be planted in container pots or hanging baskets on the balcony or window side for appreciation.



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	18°C - 22°C 15°C - 25°C	
泥土酸鹼值 pH value	pH 5.8 - 6.2		
繁殖 Propagation	播種 Seed sowing 頂莖扦插 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



洋鳳仙的生長過程

The Course of Growth of African Balsam



移植幼苗

Transplanting Seedlings

步驟一 Step one :

把培養土放入花盆，直至泥土離盆頂半吋。培養土可加入有機質或緩效性化學肥料作為基肥，以供植株生長所需。

Fill each pot with potting mix up to half an 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 :

用小鏟子把幼苗移離播種盆，切勿弄斷幼苗根部。

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

步驟三 Step three :

用小鏟子在花盆中央挖一個洞，其闊度和深度應與幼苗根部泥膽大小相若。把幼苗置於洞中，蓋上培養土，並輕輕壓平，讓培養土與泥膽接觸。切勿壓斷幼苗根部。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 similar to those of the root ball of the seedling. Place the seedling in the hole and fill it with potting mix. Flatten the potting mix gently until it comes into contact with the root ball. Do not crush the roots of the seedling. Remember to water the plant immediately after transplanting. Pinch the growing tips as necessary to promote the development of lateral buds and flowers.

步驟四 Step four :

把移植後的幼苗置於半遮蔭處，避免陽光直射。其後幼苗必須每天接受6至8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 and avoid direct sunlight. Thereafter, the seedlings should be exposed to sunlight for 6 to 8 hours a day to encourage growth and flowering. Water them when the soil surface begins to dry out.