

Leisure and Cultural Services Department

Planting Herbs in School Scheme 2019/20



**Vietnamese
Coriander**
Persicaria odorata



Perilla
*Perilla
frutescens*



Basil
*Ocimum
basilicum*

Persicaria odorata

Synonym : *Polygonum odoratum*

Common Name : Vietnamese Coriander,
Vietnamese Mint, Laksa Leaf and
Rau Ram

Genus : *Persicaria*

Family : Polygonaceae

Place of origin: Southeast Asia

Distribution : suitable for planting in tropical
and subtropical zones.



Persicaria odorata

Form and Characteristics

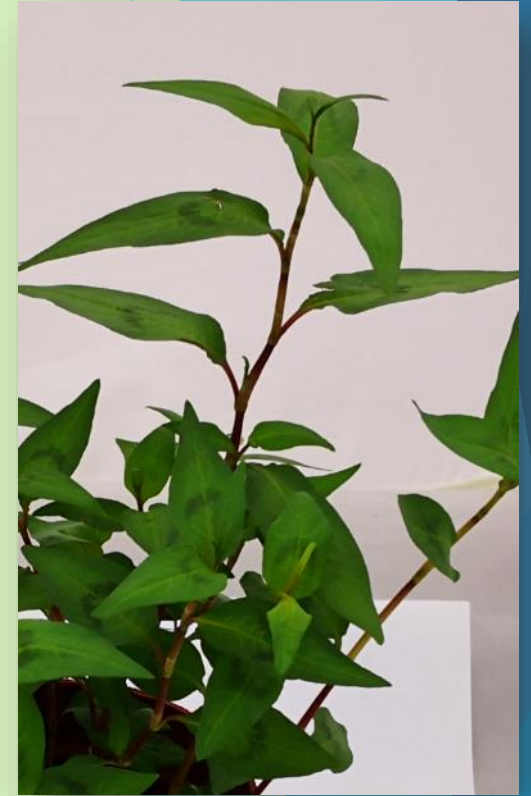
- A perennial herb
- A heavily scented herb
- The plant has V-shaped chestnut-coloured spots on its bright green leaves and a burgundy-red coloured bottom (underside). It branches easily and grows in clusters.



Persicaria odorata

Growth Habits and Care

- Not cold-tolerant
- The plant prefers a warm and damp, well-lit and partially shaded environment with good air circulation.
- It grows quickly.
- It is ideally planted in well-drained, moist and rich soil.
- As it 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.



Persicaria odorata

Propagation

- By cutting or division



Persicaria odorata

Prevention and Treatment of Pests and Diseases

- It rarely suffers from pests and diseases.
- If pests or diseases are found, remove the infected parts and apply appropriate insecticide or fungicide.



Persicaria odorata

Horticultural Application and Economic Value

- The plant is suitable for planting in gardens and herb gardens or for use as an edging plant.
- It 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.



Persicaria odorata

Points to note

- 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.
- Regular pinching and pruning in spring to autumn can induce branching, thus encouraging bushy growth, and help maintain the plant's shape.
- In the cold winter, when the plant grows slower, pruning should be avoided.



Perilla frutescens

Common Name: Perilla

Genus : *Perilla*

Family : Lamiaceae

Distribution : 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.



Perilla frutescens

Form and Characteristics

- ▶ An annual herb
- ▶ The life of the plant ends when leaves fall. However, lots of seeds will be produced to continue the circle of life.
- ▶ Cultivars: White Perilla, Green Perilla, Tip Perilla, Lemon Perilla and Wild Perilla



Perilla frutescens

Growth Habits and Care

- ▶ The plant prefers a warm, dry and well-ventilated 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.
- ▶ It thrives in moist, rich soil.



Perilla frutescens

Propagation

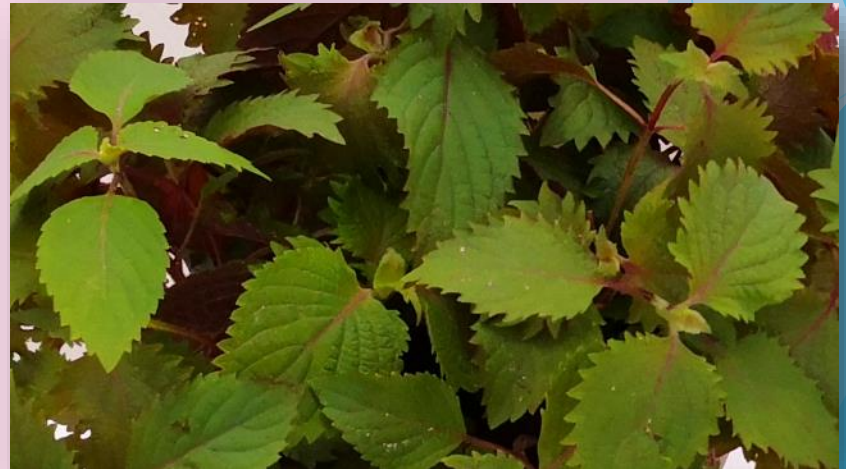
- ▶ Seed sowing can be carried out in spring.



Perilla frutescens

Prevention and Treatment of Pests and Diseases

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



Perilla frutescens

Horticultural Application and Economic Value

- ▶ The entire stalk of Perilla carries a fragrance and is most suitable for cultivation in gardens.
- ▶ It is used for cosmetic and medicinal purposes and making essential oil.
- ▶ It can also be used for cooking seafood and poultry as well as making tea and sauce.



Perilla frutescens

Points to note

- ▶ 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.



Ocimum basilicum

Common Name: Basil, Thai Basil, Asian Basil
or Sweet Basil

Genus : *Ocimum*

Family : Lamiaceae

Place of origin: tropical areas and Africa

Distribution : central-southern and south-eastern parts of China



Ocimum basilicum

Form and Characteristics

- ▶ An annual or perennial herb
- ▶ Common varieties include Lemon Basil, Purple Ruffles Basil, Sweet Basil and Purple Basil.



Ocimum basilicum

Growth Habits and Care

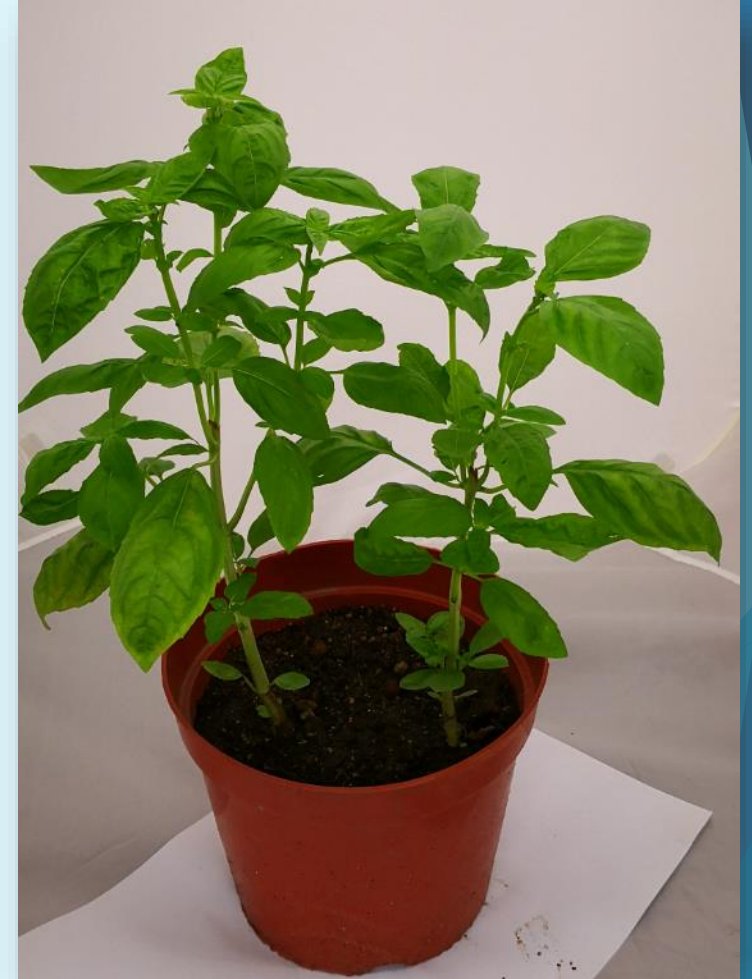
- ▶ The plant prefers a warm, well-drained environment with full sunlight.
- ▶ It grows best in well-drained soil with organic matter and a pH between 5 and 8.5.
- ▶ It is heat tolerant and thus is suitable for planting all year round in Hong Kong.
- ▶ It is highly cold-sensitive and stops growing in winter.
- ▶ Regular pruning can induce the growth of lateral buds and improve ventilation.



Ocimum basilicum

Propagation

- ▶ Seed sowing can be carried out in spring.



Ocimum basilicum

Prevention and Treatment of Pests and Diseases

- ▶ Watch out for attacks from aphids and powdery mildew.
- ▶ The plant is susceptible to powdery mildew if light penetration or ventilation is poor.
- ▶ If pests or diseases are found, remove the infected parts and apply appropriate insecticide or fungicide immediately.



Ocimum basilicum

Horticultural Application and Economic Value

- ▶ Basil is suitable for cultivation in herb gardens or at home as potted plants.
- ▶ When grown in homes, keep it in a sunny place.
- ▶ It is used for medicinal purposes and cooking (as an ingredient or sauce).
- ▶ It can also be used for beauty enhancement and production of essential oils.



Ocimum basilicum

Points to note

- ▶ Keep good ventilation in summer.
- ▶ Harvest before flowering.
- ▶ Apply additional fertiliser, especially nitrogen, after harvest.
- ▶ Keep flowers for seeding.

