

# 香草 Herbs

## 到手香 Indian Borage

### 科屬及分布

到手香（學名 *Plectranthus amboinicus*，原學名 *Coleus amboinicus*）又名左手香、過手香或印度薄荷，隸屬唇形科 (Lamiaceae) 香茶屬 (*Plectranthus*)，是多年生草本植物，原產於非洲東部及南部，現為世界各地廣泛栽培的歸化植物。



### 生態習性及護理

到手香好暖喜光，但如受猛烈陽光直射，葉片容易變黃，葉緣會捲曲和燒焦，影響植株外觀，故宜於半遮陰的環境下生長。到手香長有肥厚多汁的肉質葉片，屬較耐旱的植物，以排水良好、疏鬆肥沃的腐質土或砂質土種植為佳。在春季至秋季期間可定期摘心剪枝，以刺激分枝，促使枝條茂密生長，保持植株形態。冬季天氣寒冷，植株生長較慢，應避免修剪過度；修剪後宜補充適量氮肥，以助枝葉長得更快、更茂盛。

### 防治病蟲害

到手香的病蟲害比較少，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，並保持環境清潔和空氣流通，可預防病蟲害。

### 園藝應用及經濟價值

到手香除原生的綠葉品種外，也有斑葉的變異品種，後者綠葉鑲有白邊，色彩分明，尤其適合種於庭園觀賞。到手香具多種療效，可外敷內服，是家居和草藥園經常種植的藥草，在世界各地（特別是東南亞國家）均廣泛使用。植株具有濃郁香氣，新鮮的葉片可用作烹調、泡茶，亦可驅蟲，另可提煉精油用於芳香療法。到手香一般不會引致敏感，但全株密被細毛，皮膚容易過敏的人觸碰後或會出現輕微的接觸性皮炎，處理植株時須多加留意。

### Family and Distribution

Commonly known as Indian Borage, *Plectranthus amboinicus* (formerly *Coleus amboinicus*) is a perennial herb of the genus *Plectranthus* in the family Lamiaceae. The plant is also called Country Borage, Indian Mint, Cuban Oregano, French Thyme and Spanish Thyme. Native to eastern and southern Africa, it is now a naturalised plant found in all parts of the world.

### Growth Habits and Care

While Indian Borage prefers a warm and sunny environment, it is ideally grown in areas with partial shade, as exposure to strong, direct sunlight will cause its leaves to turn yellow and their edges to curl and become scorched, giving the plant an unsightly appearance. With succulent leaves, Indian Borage is quite tolerant of drought and thrives in well-drained, loose and fertile humus or sandy soil. Regular pinching and pruning between spring and autumn can induce branching, and in turn encourage bushy growth and help maintain the plant's shape. In the cold winter, when the plant grows slower, over-pruning should be avoided. Replenish nitrogen fertiliser as appropriate after pruning to prompt growth.

### Prevention and Treatment of Pests and Diseases

Indian Borage rarely suffers from pests and diseases. If it is grown in soil that is over-watered or too wet, however, 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.

### Horticultural Application and Economic Value

Other than the plain green-leaved original, Indian Borage also comes in a variegated form with white-edged green leaves. The sharp contrast in colour makes the variety a popular garden ornamental. The herb can be ingested or applied externally. With various therapeutic properties, it is a favourite in homes and herb gardens, and it is a favourite in homes and herb gardens, and is widely used throughout the world (especially Southeast Asia). Fresh leaves of this heavily scented plant are used in cooking and brewing tea, and as insect repellent. Moreover, the herb is an ingredient for essential oils used in aromatherapy. Indian Borage rarely causes allergy, but people with sensitive skin should handle it with extra care as the tiny hairs covering the plant may induce mild contact dermatitis.

## 百里香 Thyme

### 科屬及分布

百里香（學名 *Thymus sp.*）它的英文俗名為 Thyme 隸屬唇形科 (Lamiaceae (Labiatae)) 的一屬，原產地中海地區，是多年生矮小灌木。現約有 350-400 品種而帶有香味的常綠灌木及小灌木。主要盛產的地方為美國、英國及法國。常見的品種有白花百里香、鋪地百里香、檸檬百里香及斑葉百里香。



### 生態習性及護理

百里香喜歡生長在溫暖、陽光充足及通風的環境，栽種百里香的泥土，應選擇以砂質及排水性良好的土壤。百里香植株矮小，葉片厚帶肉質使它不耐潮濕的泥土，故不要澆水過多，如泥土長期保持潮濕的狀態會影響根部無法強壯伸展，植株生長不良。當進行剪取枝條時，切記不宜剪斷枝條的木質部分，因枝條基部老化部份再生力差，剪去此部份很易導致全株死亡。

### 防治病蟲害

百里香不易受病蟲侵襲，如發現有病蟲，應即噴射有效的殺菌、蟲藥，並將受害的部份清除。

### 園藝應用及經濟價值

百里香帶有柔和香草味道，有提神功效。適宜庭園、香草園及天台花園種植。百里香廣泛運用在芳香治療、香料制作、食物烹調及香草茶等。

### Family and Distribution

Commonly known as Thyme, *Thymus sp.* is a perennial dwarf shrub of the genus *Thymus* in the Lamiaceae (Labiatae) family. Native to the Mediterranean region, Thyme has about 350 to 400 scented varieties of evergreen shrubs or small shrubs. They are mainly grown in the United States, the United Kingdom and France. Common varieties include white-flowered Thyme, creeping Thyme, lemon Thyme and spotted-leaved Thyme.

### Growth Habits and Care

Thyme prefers a warm, sunny and well-ventilated environment and grows well in well-drained sandy soil. As the plant is dwarf and the leaves are thick with succulents, Thyme thrives in porous soil and requires less watering. Humid soil will affect its root growth and lead to weak plants. Do not cut off the woody parts of the branches while pruning. As the woody parts

are aging that are weak in regeneration ability, the whole plant may die when the woody parts are cut.

### Prevention and Treatment of Pests and Diseases

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

### Horticultural Application and Economic Value

Thyme has a mildly scented flavour that has a refreshing effect. It is suitable for cultivation in gardens, herb gardens and roof gardens. Thyme is widely used in aromatherapy, perfume production, cooking, making of herb tea etc.

## 紫蘇 Perilla

### 科屬及分布

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。



### 生態習性及護理

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。

### 防治病蟲害

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。

### 園藝應用及經濟價值

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。

### Family and Distribution

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.

### Growth Habits and Care

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.

### 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.

### Horticultural Application and Economic Value

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.



## 長春海棠 *Catharanthus roseus*



# 長春海棠 *Catharanthus roseus*

## 科屬及分布 Family and Distribution

長春海棠（學名 *Catharanthus roseus*），又名長春花或日日春，隸屬夾竹桃科（Apocynaceae，又稱Dogbane）長春花屬（*Catharanthus*），是多年生常綠草本至半灌木，原產於馬達加斯加，現為熱帶及亞熱帶地區廣泛栽培的歸化植物。

*Catharanthus roseus*, commonly known as Periwinkle or Madagascar Periwinkle, is an evergreen perennial herb or subshrub of the genus *Catharanthus* in the Apocynaceae (Dogbane) family. It is also known by many other common names, including Rose Periwinkle, Cape Periwinkle, Vinca, Old Maid and Bright Eyes. Native to Madagascar, the plant is widely cultivated and naturalised in tropical and subtropical regions around the world.

## 形態及特徵 Form and Characteristics

長春海棠高約60至90厘米，株幅相約，株型直立，枝條柔軟。葉片長約5至7.5厘米，長圓形或倒披針形，全緣、對生，葉色蒼翠亮澤。花呈聚繖花序，頂生或腋生，花冠高腳碟狀。原生種的花冠呈玫瑰粉紅色，中心有較深色的洞眼。至於培育出來的園藝品種，部分花形較大，也有花瓣重疊的；有些全花呈單一顏色，有些則中心部分較深色，花色豐富，有粉紅、深紅、淡紫、深紫、桃色、白色等。部分栽培品種較耐寒，適宜在溫帶區生長，也有植株矮小茂密的鋪地或蔓生品種。長春海棠花期很長，幾乎全年開花。每朵花一般能結一對果，果實為蓇葖果，長約2.5厘米，內有許多黑色種子。

一如許多夾竹桃科植物，長春海棠的莖折斷後會流出白色汁液。有些人接觸後皮膚或會有過敏反應，故應小心處理，最好先戴上手套，接觸後盡快洗手。

Periwinkle is an erect, soft-stemmed plant that can grow to a height of 60 to 90 cm with a similar spread. Its glossy, verdant leaves, about 5 to 7.5 cm long, are oblong or oblanceolate in shape and opposite with entire margins. The flowers grow in terminal or axillary cymes and have salverform corollas. Species plant has rosy pink flowers with a dark eye at the centre. Some of the cultivated varieties produce larger flowers and some others have overlapping petals. Single-coloured or with a dark centre, these flowers come in a myriad of colours including pink, dark red, mauve, deep purple, peach and white. Some cultivars are harder and suitable for growing in temperate climates. There are also some compact, dwarf cultivars which form ground covers or grow as trailing plants. Periwinkle enjoys a very long flowering period with almost continuous blooming. Each flower usually develops a pair of follicles about 2.5 cm long with numerous small black seeds.

Like many other plants in the Apocynaceae family, the broken stem of Periwinkle exudes a milky latex which can cause allergy in some people. Be careful when handling the plant: Wear gloves and wash hands immediately afterwards.

## 生長習性及護理 Growth Habits and Care

長春海棠喜歡溫暖的熱帶氣候和充足陽光，生長適溫在15°C至30°C，能適應半遮陰的環境，但不耐霜凍，在溫帶地區較難越冬，只能當作一年生的時花栽種。

長春海棠土壤要求不高，如土壤含豐富腐殖質而排水良好，植株能生長得更加茂盛。長春海棠十分耐旱，澆水不多也能生長，植料過濕或排水不良則會令植株生長欠佳，甚至根部腐爛，終致枯萎。

以盆栽種長春海棠，須間中摘心去頂，促進分枝，塑造理想株型。老化的植株可在春季修枝，刺激植株恢復茂盛，修剪後補充適量肥料，能促進新枝萌發，植株健康生長，才會有利開花。果實成熟時會自然爆裂，因此最好趁果實轉黃但未裂開時採摘或剪掉，以免種子四散，長成雜草。



Periwinkle prefers a warm tropical climate and full sun, with an optimum growth temperature of 15°C to 30°C. It can cope with partial shade but is frost tender. Its intolerance to frost means it has difficulty surviving the winter and can only be grown as an annual in temperate regions.

Periwinkle is not particular about soil. It flourishes in well-drained and humus-rich soil. Periwinkle is very drought-tolerant and can get by with little watering. If the soil is soggy or waterlogged, the plant will grow poorly; it may have rotten roots and end up withering.

Periwinkle grown in pots should be pinched from time to time to promote shoot growth and keep the plant shapely. Old

plants can be pruned in spring to 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. The fruits of Periwinkle crack when mature. It is advisable to wait till the fruits have yellowed and pluck or snip them before they crack. This will prevent the seeds from spreading all over and growing into weeds.

## 繁殖 Propagation

長春海棠多以種子繁殖。種子的發芽適溫為20°C至25°C，由於種子有嫌光性，播種後要以薄土覆蓋，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，待幼苗長出4至6片葉後便可移植。

除播種外，長春海棠也可以頂蘗扦插繁殖。扦插可於植株生長期間隨時進行，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20°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20天後發根，待根部生長旺盛便可移植。



Periwinkle is usually propagated by seeds and the optimum temperature for germination is between 20°C and 25°C. Its seeds are light-inhibited and 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 as soon as 4 to 6 young leaves have emerged.

Apart from seed sowing, soft tip cutting is also used for propagating Periwinkle. Cutting can be carried out anytime during the growth period. 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 20°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 will develop in about 20 days and cuttings with vigorous root development can be transplanted for establishment.

## 防治病蟲害 Prevention and Treatment of Pests and Diseases

長春海棠很少受病蟲害侵襲，但忌濕滯。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。

Periwinkle is rarely affected by pests or diseases but is sensitive to excessive moisture. 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

長春海棠色彩豔麗，葉片蒼翠亮澤，株型整齊，花葉繁茂，幾乎全年開花，適合庭園觀賞，常用作圍邊植物和地被植物，亦宜用於花壇、花圃和吊籃栽培。長春海棠耐熱、耐旱、耐貧瘠，也是早境花園的理想選擇。

人們素有栽培長春海棠作草藥使用，藥商從中提取多種生物鹼用以製藥。據《常用中草藥彩色圖譜》、《中國本草圖錄》及《香港中草藥》記載，長春海棠可降血壓和抗癌，全株均具藥用價值，但由於帶有毒性，不可隨便採食。

Periwinkle is an excellent ornamental plant for gardens, given its vibrant colours, glossy verdant leaves, shapely and luxuriant growth, and almost year-round flowering. A common edging plant or ground cover, it is also suitable for growing in floral displays, flower beds and hanging baskets. Its tolerance to heat, drought and poor soils makes it an ideal choice for xeriscape gardens.

Periwinkle has long been cultivated as a herb. Various alkaloids are extracted from the plant for pharmaceutical manufacturers to produce drugs. According to *Changyong zhongcaoyao caise tupu* (Coloured Illustrations of Chinese Traditional and Herbal Drugs), *Zhongguo bencao tulu* (Illustrated Guide to Chinese Materia Medica) and *Chinese Medicinal Herbs of Hong Kong*,

Periwinkle helps lower blood pressure and treat cancer. While its entire plant is of medicinal value, Periwinkle is poisonous and should not be picked for consumption indiscriminately.

## 一般護理 General Maintenance

最適溫度 Optimum temperature	發芽 Germination	20°C - 25°C
	生長 Growth	15°C - 30°C

泥土酸鹼值 pH value	pH 6.0 - 7.5
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繁殖 Propagation	播種 Seed sowing
	頂蘗扦插 Soft tip cutting

	春 Spring	夏 Summer	秋 Autumn	冬 Winter
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日照 Sunlight				
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澆水 Watering				
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施肥 Fertilising				
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換盆 Re-potting				
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圖例 Key	日照充足 Abundant sunlight	少許 Little	中等 Medium
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## 生長過程 The Course of Growth

1. 種子 Seeds
2. 幼苗 Seedlings
3. 定植 Potting Up
4. 結蕾 Bud Formation
5. 開花 Blooming



## 移植幼苗 Transplanting Seedlings

**步驟一：**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。

**Step one:** 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：**用細小鏟子把幼苗移離播種盆，切勿弄斷幼苗的根。  
**Step two:** Remove the seedlings from the germination tray with a small shovel. Do not damage the roots of the seedlings.



**步驟三：**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。

**Step three:** 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 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. Pinching growing tips promotes the growth of more lateral buds and flowers.



**步驟四：**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。

**Step four:** 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.

