



檸檬薄荷 *Mentha citrata* (Lemon Mint)

科屬及分布 Family and Distribution

檸檬薄荷隸屬唇形科(Lamiaceae)薄荷屬(*Mentha*)，是多年生草本植物，又名柑橘薄荷或檸檬留蘭香，原產於歐洲。整株植物光滑，帶有黃色腺體，葉緣呈鋸齒狀，既具觀賞價值，亦芳香四溢。

Commonly known as Lemon Mint, *Mentha citrata* is a perennial herb of the genus *Mentha* in the family of Lamiaceae native to Europe. The entire plant is smooth with yellow glands and serrated leaf edges. It is a strongly scented plant of high ornamental value.

生長習性及護理 Growth Habits and Care

檸檬薄荷在香港一年四季皆可栽種。此植物在陽光充足的環境下生長良好，炎夏時宜放置在局部有遮陰的地方。土壤以含有機物質、排水良好的壤土為佳，生長期內泥土須保持水分充足。檸檬薄荷耐寒耐旱，惟冬季時會停止成長。若生長環境光線不足，容易徒長，經常修剪有利通風，更可促進新芽生長；新葉香氣尤為馥郁。葉片宜於開花前收割，採收後適量追肥，以氮肥為主。檸檬薄荷生長蓬勃，為免影響其他植物，宜以盆栽種植。此植物可用播種、扦插或分株法繁殖。由於種子細小、喜光，播種時可將種子輕撒於泥面。

Lemon Mint is suitable for planting all year round in Hong Kong. The plant thrives in any location with good sunlight, but should be placed under partial shade in very hot summer. It grows best in well-drained loam containing organic matters. Adequate soil moisture is essential for its proper growth. While Lemon Mint is tolerant of low temperature and low humidity environments, it stops growing in winter. It easily grows elongated in poor light environments. Frequent pruning can improve ventilation and, more importantly, encourage growth of new buds, bringing new leaves with a particularly strong fragrance. It is best to harvest leaves before flowering and apply additional fertilisers, especially nitrogen, as appropriate after harvest. It grows fast and should therefore be planted in pots to avoid affecting the growth of other plants. Lemon Mint can be propagated by means of seed sowing, cuttings or division. During sowing, it is fine just to scatter those tiny, light-loving seeds onto the surface of soil.

防治病蟲害 Prevention and Treatment of Pests and Diseases

檸檬薄荷不易受嚴重病蟲害影響，但須注意通風，適時修剪。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。

Lemon Mint is insusceptible to serious pest or disease issues. Attention must be paid to maintaining ventilation and pruning in a time manner. In case of pest or plant disease issues, the infected parts should be immediately removed and insecticide or fungicide should be applied accordingly.

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

檸檬薄荷適宜在香草園或屋頂花園種植。輕揉葉片，會發出檸檬香氣。整株帶有清新芳香，具有藥用及食用價值，亦可製成精油及美容用品，但孕婦忌用。

Lemon Mint is suitable for cultivation in gardens or on rooftops. Kneading the leaves will produce lemon aroma, and the whole plant has a refreshing fragrance. It is used for medicinal or cooking purposes, and for extraction of essential oil and the making of beauty products. However, it should by no means be used or consumed by pregnant women.



矮牽牛 *Petunia hybrida* (Garden Petunia)

紫蘇 *Perilla frutescens* (Perilla)

科屬及分布 Family and Distribution

紫蘇隸屬唇形科(Lamiaceae)紫蘇屬(*Perilla*)，是一年生草本植物，原產於中國及東南亞地區。莖直立，分枝多。花型細小，花開白、紫及粉色。葉片邊緣呈鋸齒狀，兩面多為綠色或紫色，但亦有兩面異色的品種，部分品種葉面皺縮。

Perilla frutescens, commonly known as Perilla, is an annual herbaceous plant of the genus of Perilla in the family of Lamiaceae native to China and Southeast Asia. It grows upright, multi-branched stems, producing small white, purple and pink flowers. Its leaves with serrated edges are mostly green or purple on both sides. There are also varieties with a mix of the two colours on each side. Some varieties have wrinkled leaves.

生長習性及護理 Growth Habits and Care

紫蘇性喜溫暖，在陽光充足的環境下茁長，耐旱耐熱，栽種容易，且適應力強，對土壤要求不高，惟以pH 值6至6.5、疏水良好的砂質壤土最佳。種植時須注意水分管理，夏季生長期間對水量需求較高，但切忌積水，否則會影響根部生長。採收葉片時，宜先選取基部葉片。修剪頂端可令分枝增多，從而增加產量。採收後，宜施用氮肥含量較高的肥料補充養分。春天時可播種，全年亦可用扦插法繁殖。

Perillas thrive in a warm sunny spot. Tolerant of drought and heat, they are easy to cultivate thanks to their great adaptability. They can grow in virtually all soils, but a well-drained sandy loam with pH value of 6 to 6.5 is optimal for their growth. Water management is crucial to their cultivation. During the growth period in summer, they demand more water. However, accumulation of stagnant water must be avoided as it may retard root growth. When harvesting leaves, the base leaves should be picked first. Pruning from the top can encourage branch growth, thereby giving higher leaf yield. After harvest, it is advisable to apply fertilisers with higher nitrogen content to replenish the soil with nutrients. Seed sowing can be done in spring, while propagation by means of cuttings can be performed all year round.

防治病蟲害 Prevention and Treatment of Pests and Diseases

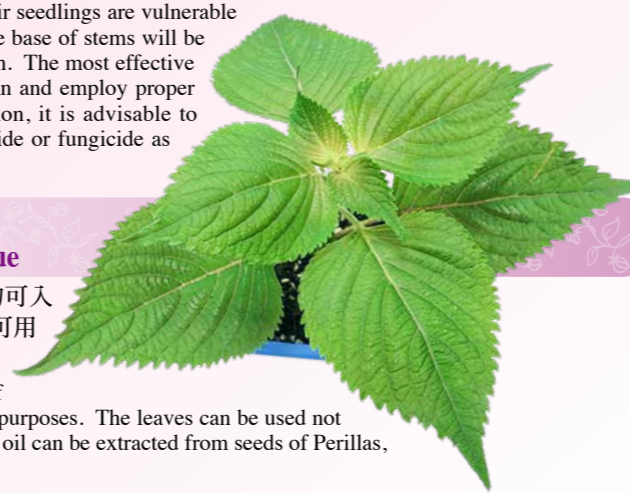
紫蘇的病蟲害並不多，惟幼苗易受蚜蟲侵襲。須注意通風，否則莖基部易因枝條生長過茂，以致病蟲害發生。只要保持種植環境衛生，並採用正確的栽培方法，就能有效預防病蟲害。如遇病蟲侵害，應立即除去植株受影響的部分，並按照產品說明妥為施用殺蟲劑或殺菌劑。

Perillas are not susceptible to the threat of pests and diseases, but their seedlings are vulnerable to aphids. It is imperative to maintain good ventilation, otherwise the base of stems will be prone to plant diseases and infestation due to excessive branch growth. The most effective approach to preventing this is to keep the planting environment clean and employ proper cultivation techniques. In the event of plant diseases and infestation, it is advisable to remove the affected parts of the plant immediately and apply pesticide or fungicide as appropriate by following product instructions.

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

紫蘇可種於香草園，又或美化庭園。紫蘇的葉、莖和種子均可入藥，亦能為其他食品保鮮和殺菌。其葉可用以烹調菜餚，也可用作釀酒和製作染色料；種子可榨油，紫蘇籽油香氣濃郁。

Perillas can be grown in an herb garden or used for beautification of gardens. Their leaves, stems and seeds can all be used for medicinal purposes. The leaves can be used not only for cooking, but also for making wine and producing dyes. Seed oil can be extracted from seeds of Perillas, which has a very strong aroma.



百里香 *Thymus vulgaris* (Thyme)

科屬及分布 Family and Distribution

百里香隸屬唇形科(Lamiaceae)百里香屬(*Thymus*)，是多年生矮小灌木，又名法國百里香，原產於地中海地區。莖桿矮而纖細，匍匐或斜升生長；花細小、深紫色，全株散發麝香。

Thymus vulgaris, also known as French Thyme, is a perennial dwarf shrub of the genus *Thymus* in the family of Lamiaceae native to the Mediterranean region. Its dwarf and slender stems grow by creeping or ascending. Thyme produces small dark purple flowers, with the whole plant giving off a musk aroma.

生長習性及護理 Growth Habits and Care

百里香性喜暖和，故在陽光充足且乾燥的環境下茁長；耐寒耐旱，能抗病蟲，對土壤條件要求不高，惟以排水良好的石灰質土壤為佳。由於不耐潮濕，故不宜過量澆水。春秋季摘芯，可確保植株茂密生長；木質部分難以再生，切忌過度修剪。宜於春秋季施肥。此植物主要以扦插法及播種繁殖。

Thymes prefer warm temperature, thereby thriving in a sunny and dry environment. Tolerant of cold temperature and a low humidity environment as well as resistant to diseases and pests, they survive in virtually all soil conditions, but it is best to grow them in a well-drained calcareous soil. Given its intolerance to moisture, over-watering is to be discouraged. It is advisable to pinch the plants in spring and autumn to ensure their robust growth. Excessive pruning should be strictly avoided, for its woody parts are weak in regeneration. It is also the best to apply fertilisers in spring and autumn. Thymes are mainly propagated by means of cuttings and sowing.

防治病蟲害 Prevention and Treatment of Pests and Diseases

百里香的病蟲害較少，但積水會令根部腐爛，故炎夏時須注意排水通風。只要保持種植環境衛生並採用正確的栽培方法，就可預防病蟲害。

It is relatively rare for Thymes to suffer pests and diseases. However, stagnant water may cause roots to rot. It is therefore imperative to keep them in a well-drained location with good ventilation amid scorching summer heat. Both infestation and plant disease infection can be minimised by keeping the planting environment hygienic and employing proper cultivation techniques.

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

百里香枝繁葉茂，覆蓋性強，適合種於庭園和天台花園。植株香氣馥郁，葉片可用作烹調和泡茶；香氣獨特，層次豐富，亦可提煉精油，用於芳香療法。

An impressively bushy plant, Thymes offer good shade coverage, therefore ideal for growing in gardens and roof gardens. With such a strong and uniquely rich aroma, their leaves can be used not only for cooking and brewing tea but for extracting essential oils for aromatherapy.





矮牽牛

Petunia hybrida

(Garden Petunia)

科屬及分布

Family and Distribution

矮牽牛(*Petunia hybrida*)又名碧冬茄或番薯花，隸屬茄科(Solanaceae)矮牽牛屬(*Petunia*)，是多年生草本植物，多作一年生時花栽種。原產於南美洲，經由直立性腋生矮牽牛(*Petunia axillaris*)和匍匐性矮牽牛(*Petunia integrifolia*)雜交育種而成。雖然名有「牽牛」二字，但矮牽牛與旋花科的牽牛花絕無親緣關係，即矮牽牛並非矮種的牽牛花，只因其花型如牽牛花，同呈喇叭狀，因而得名。

Petunia (Petunia hybrida), commonly known as Garden Petunia or Common Petunia, is a perennial herbaceous plant of the genus *Petunia* in the family Solanaceae. It is often grown as an annual plant. The plant is a hybrid species native to South America, deriving from *Petunia axillaris* and *Petunia integrifolia*. Despite its name suggesting “dwarf morning glory” in Chinese, it is by no means related to morning glory of the family Convolvulaceae, i.e. it is not a dwarf species of morning glory, but only named after its trumpet shaped flowers, just like morning glory.

形態及特徵

Form and Characteristics

矮牽牛可生長至約50厘米高，全株披軟毛，枝條柔軟、肥厚具匍匐半蔓性，葉片呈卵形，花腋出，呈漏斗或喇叭狀，花瓣邊緣或平坦，或呈波狀，花開白、紅、紫、黃、粉紅及紫藍，色澤深淺不一，並有各式條紋、網紋、鑲邊、星形雙色混合品種。因應其品種不同，花徑大小亦截然不同，可分為大花類及繁花類。大花類又稱大輪種，花單生，朵朵碩大，花徑約9至13厘米；而繁花類又稱小輪種，花多生，花徑約5至7.5厘米。此外，其花冠亦可分為單瓣、重瓣及多重瓣等形態。花期在冬季至來年春季，開花期長。

Petunias, up to about 50 cm tall, are creepers covered with soft hairs, growing soft, thick branches, ovate leaves and funnel shaped or trumpet shaped axillary flowers. Flowers with smooth or ruffled petals that may contain stripes, netted patterns, coloured edges or star-shaped bi-coloured patterns are grown in shades of colours including white, red, purple, yellow, pink, and violet blue. *Petunia* varieties can be categorised into grandiflora and multiflora, with varying bloom size. Grandiflora petunias feature a huge single bloom of around 9 to 13 cm in diameter, while multiflora petunias produce profuse smaller flowers of about 5 to 7.5 cm across. Both can be subdivided into single petalled, double petalled and multi petalled flowers based on corollas. *Petunia* is a long bloomer, flowering from winter through to spring the following year.



生長習性及護理

Growth Habits and Care

矮牽牛性喜日照，宜置於窗台或陽台，日曬4小時以上。此花在全日照下茁長，色澤飽和。由於枝葉茂密，需要通風環境，生長適溫介乎攝氏20度至38度之間；若置於悶熱潮濕的環境，則容易生病。矮牽牛對乾旱敏感，不耐淋雨，栽種時須小心控制水分。開花後，不宜直接把水澆在花上。保持土壤濕潤之餘，亦要避免積水，因為積水會腐蝕根部，殺死植株。此花盛放於帶微酸、富機質、易排水的土壤上；切忌過度施肥，而應以薄肥多施為原則，每隔兩至三周施肥一次。幼苗高10厘米時可摘心，以促進分枝及花芽生長。此外，亦應及早摘除凋花，以刺激花芽生長，延長花期，並讓植株整齊美觀。

Petunias prefer a sunny spot and is best grown on a windowsill or balcony to receive sunlight for over 4 hours every day. If under full sunlight, they can thrive and produce flowers with highly saturated colours. With dense foliage, they require good ventilation, growing optimally at a temperature between 20°C to 38°C. In a hot and humid environment, they are susceptible to plant diseases. Given that petunias are intolerant of drought or heavy rain, it is imperative to control the amount of watering for these plants, and in particular, the flowers should not be watered directly after blossoming. It is important to both keep the soils moist and avoid accumulation of stagnant water, as such stagnant water will make roots rot and kill the whole plants. *Petunias* thrive in slightly acidic, organic-rich and well-drained soils. Over fertilisation should be strictly avoided. Instead, fertilisers should be applied in smaller quantities but at more intervals, preferably once every 2 to 3 weeks. To induce branching and budding, seedlings may be pruned when reaching 10 cm tall. It is also advisable to remove wilted flowers early to encourage new bud growth, thereby prolonging the flowering period as well as keeping the plants neat and beautiful.

繁殖

Propagation

矮牽牛主要以播種及扦插法繁殖。開花後雖易結子，惟後代容易退化，植株抽長，開花漸小；只有雜交第一代的種子才能保存優良的遺傳特性。矮牽牛的種子需光發芽，故只需薄土輕覆，且宜於夏末秋初播種。如以扦插法繁殖，成活率十分高。

Petunia is mainly propagated by means of seed sowing and cuttings. It sets seeds easily after flowering, but its progeny is prone to degeneration into elongated plants with smaller flowers produced over time. In fact, the most favourable traits can only be passed down from the first generation to the second generation of seeds by cross breeding. Given their photoblastic nature, only a thin soil cover is required for germination of seeds. *Petunia* is best to be sown in late summer and early autumn, and tend to have a higher survival rate if propagated by means of cuttings.



防治病蟲害

Prevention and Treatment of Pests and Diseases

矮牽牛易在高溫高濕環境中感染灰霉病，故須加強通風。清理凋謝部分，適當澆水施肥，澆水後通風，無不有助預防病蟲害。一旦發現病蟲害，應立即除去受害部分，並施用適當的殺菌劑或殺蟲藥。

It is imperative to keep good ventilation for *Petunias*, as they are susceptible to gray mold infection in a very hot and humid environment. To prevent infestation and plant diseases, it is advisable to remove the withered parts of the plants, water and fertilise the plants in a proper manner, as well as keep good ventilation after watering. In case infestation and plant diseases are found, the affected parts should be immediately removed, and fungicide or insecticide should be applied as appropriate.

園藝應用及經濟價值

Horticultural Application and Economic Value

矮牽牛長得快，花期長，在世界各地廣植為園藝花卉。此花可砌成花壇，亦可栽於吊籃和植盆，又或用於布置屋頂花園。

Petunias grow fast with long flowering periods. Widely grown as a horticultural flower around the world, the plant can be used for flower bed arrangements, pot and basket planting, as well as beautification of rooftop gardens.



一般護理須知

Notes on General Care

繁殖及護理 Propagation and care

最適溫度 Optimum temperature 發芽 Germination 18°C - 25°C 生長 Growth 20°C - 38°C

泥土酸鹼值 pH value pH 6-7

繁殖 Propagation 播種 Seed sowing 扦插 Cuttings

	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

