

香港花卉展覽

Hong Kong Flower Show 2004

香港本土植物知多少
Native plants of Hong Kong and their uses



HSBC  滙豐



名稱：

馬藍

形態和習性：

馬藍是一種直立的常綠多年生草本植物，株高可達30至70厘米。多生長在溝谷、林緣及一些潮濕與陰蔽的地方。

花期／顏色：

十一月。淺紫色。

用途：

葉片可用於製煉藍靛色的染料。在1960及1970年代於新界地區仍有用此作染布的天然染料。它並有抗菌和消炎功效，為傳統中草藥。

Scientific name:

Strobilanthes cusia

Common name:

Indigo plant

Description:

An erect perennial herb, which can reach 30-70cm in height, found in ravines, forest edges, and damp, shady environments.

Flowering period/colour:

November. Light purple.

Uses:

The leaves are used to make indigo, the deep blue dye. Often also used by herbalists for its antibiotic and anti-inflammatory characteristics.

馬藍

**名稱：**

朱砂根（大羅傘）

形態和習性：

朱砂根是一種細小，枝條短小的常綠灌木，株高可達 60 至 120 厘米。朱砂根可常在樹林及林緣找到。

花期／顏色：

初夏。白色並有紫色小點。

果期／種類：

在冬季結果，果實是細小橢圓的鮮紅色漿果。

用途：

朱砂根的果實可提供部份香港雀鳥作食用，亦可用作聖誕的裝飾物。其根部可促進血液循環，並有抗菌和消腫的功效，為傳統中草藥。

Scientific name:

Ardisia crenata

Common name:

Hilo holly

Description:

A small, short-branched, evergreen shrub, which can grow to 60-120cm in height, commonly found in forests and at forest edges.

Flowering period/colour:

Early summer. White with purple spots.

Fruiting period/type:

Winter. Small, round, bright red berries.

Uses:

Food source for some birds. Sprigs with berries are commonly used for Christmas decorations. The root promotes blood circulation and has antibiotic and anti-swelling characteristics, and is often used in herbal medicines.

朱砂根

**名稱：**

九節（山大刀）

形態和習性：

九節是一種常綠灌木，株高可達 90 至 240 厘米。九節多在樹林、林緣及灌木叢中生長。

花期／顏色：

秋季。白色，長於枝條末端。

果期／種類：

在冬季結果，長出一束束黃色和紅色的小漿果。

用途：

九節的果實可提供部份香港雀鳥作食用。有消炎及防止風濕的作用，中醫師多用此作醫治跌打藥用。

Scientific name:

Psychotria asiatica

Common name:

Wild coffee, Red psychotria

Description:

An evergreen shrub, growing to 90-240cm in height, found in shaded woodlands, hedgerows, shrublands and forest edges.

Flowering period/colour:

Autumn. White flowers which grow at the end of the branches.

Fruiting period/type:

Winter. Bunches of yellow and red berries.

Uses:

Food source for some birds. Commonly used by herbalists in the treatment of bruises and injuries caused by falling due to its anti-inflammatory and anti-rheumatic characteristics.



名稱：
毛茛

形態和習性：

毛茛是一種常綠灌木，株高可達 1.2 至 1.5 米。在開揚的環境下仍能長得很好，是一種在香港的灌木叢及開揚的山坡地常見的植物。

花期／顏色：

夏季。毛茛的英文學名代表血紅色，但其花朵其實是淡粉或淡粉紫色的。

果期／種類：

與花期相同即夏季，蒴果表面長滿粗而硬的紅色剛毛。

用途：

由於能適應惡劣的環境，故此，它是香港森林演替中主要的先鋒物種之一，可有效地遮蓋貧赤的泥土。毛茛的果實亦可提供部份香港雀鳥作食用。並有幫助消化及止瀉的作用，為傳統中草藥。

Scientific name:

Melastoma sanguineum

Common name:

Blood-red melastoma

Description:

An evergreen shrub, which grows to 1.2-1.5m in height. Grows best in an exposed environment and is commonly found in shrublands and on exposed hillsides throughout Hong Kong.

Flowering period/colour:

Throughout the summer. Although sanguineum means 'blood red', the flowers are pale purplish-pink.

Fruiting period/type:

During the flowering period. Fruits are capsules covered with stiff red bristles.

Uses:

Food source for some birds. Used as a herbal medicine for its digestive and anti-dysenteric characteristics. Excellent for clothing bare patches of poor soil. An important species in forest succession, as it can grow in harsh environmental conditions.

**名稱：**

蔓堇菜（匍伏堇）

形態和習性：

蔓堇菜是一種細小，叢生及被毛的草本植物，株高可達5至8厘米，常見於次生林、林緣和溝谷。

花期／顏色：

春季。淺紫色而帶有小印或淡黃色。

果期／種類：

在夏季結果，為乾硬的蒴果。

用途：

具有觀賞價值，可用於生態綠化。有排毒及消腫的作用，為傳統中草藥。

Scientific name:

Viola diffusa

Common name:

Wild violet, Spreading violet

Description:

A small, tufted, hairy herb, which grows to 5-8cm in height, found in secondary forests, forest edges, grasslands and valleys.

Flowering period/colour:

Spring. Pale purple with darker markings or pale yellow.

Fruiting period/type:

Summer. Dry capsules.

Uses:

In ecological greening and landscaping for ornamental purposes. Often used in herbal medicines for its antitoxic and anti-swelling properties.

蔓
堇
菜

灌木苗種植指引

陽光：

充沛的陽光（日照時間達七小時），有助朱砂根、九節及毛萼的苗健康成長；但馬藍及蔓莖菜的苗則需散射陽光（日照時間約七小時）。

水份：

每日灑水一遍，保持泥土濕潤。

施肥：

朱砂根、九節、毛萼、馬藍：每兩個月施肥一次。施肥時，把有機肥料埋於土壤下約五厘米深處，應避免肥料直接觸及樹苗根部。

蔓莖菜：可施水溶性肥料，每兩個星期施肥一次；或施用有機肥料，每三至四個月施肥一次（特別在生長季節即春、夏二季）。施有機肥料時，要將有機肥料埋於土壤下約五厘米深處，應避免肥料直接觸及植株根部。

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Taking care of your seedlings

Sunlight:

Ardisia crenata, *Melastoma sanguineum* and *Psychotria asiatica* seedlings grow better in abundant sunlight (about 7 hours of direct sunlight per day).

Strobilanthes cusia and *Viola diffusa* seedlings prefer a semi-shaded environment (about 7 hours of indirect sunlight per day).

Water:

Water once a day to keep the soil moist.

Fertiliser:

Ardisia crenata, *Melastoma sanguineum*, *Psychotria asiatica* and *Strobilanthes cusia*: Add organic fertiliser once every two months. Bury the fertiliser under the soil at a depth of about 5cm, avoiding direct contact between the fertiliser and the root.

Viola diffusa: Add water-soluble fertiliser once every two weeks, or organic fertiliser once every 3-4 months (particularly in the growing season, ie spring and summer). When using organic fertiliser, bury it under the soil at a depth of about 5 cm, avoiding direct contact between the fertiliser and the root.

The Hong Kong native plants project is organised by HSBC's Hong Kong Investing in Nature staff club.

「香港本土植物知多少」是由滙豐投資大自然義工小組協辦。



滙豐投資大自然計劃 HSBC's Investing in Nature programme

滙豐作為世界最大的金融服務機構之一，最近撥資5,000萬美元，創設為期五年的保護環境生態計劃，資助全球多個自然保育項目。此項計劃名為「投資大自然」，並將向世界自然基金會 (WWF)、國際植物園保育協會 (Botanic Gardens Conservation International) 和守望地球組織 (Earthwatch) 三大非牟利機構作出歷來最巨額的單項捐款，以完成下列目標：清理世界三大河流，令沿河生活的5,000萬人受惠；協助拯救20,000種珍異植物免致絕種；訓練200名科學家，並派出2,000名員工參與全球各地的主要自然保育研究項目。

Launched in February 2002, Investing in Nature is a US\$50 million, five-year eco-partnership funded by HSBC, with Earthwatch, WWF and Botanic Gardens Conservation International. Through the programme, HSBC is making the largest ever single donation to each of its partners. The programme will send 2,000 HSBC employees on conservation research projects around the world, breathe new life into some of the world's major rivers, and help save 20,000 plant species from extinction.

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