



## 如何照顧你的小盆栽 How to take care of your new plant?

- 每日灑水一次，保持泥土濕潤。
- 可施水溶性肥料，每兩個星期施肥一次。
- 充沛的陽光有助幼苗健康成長。
- 當幼苗漸漸長大後便要移植到較大的盆子。
- Remember to water your plant regularly so that the soil is damp. Don't let it dry out!
- Give your plant some special plant food (water-soluble fertilizer) once every two weeks.
- Keep your pot plant in a warm, light place until the seeds begin to sprout.
- When seedlings start to appear, it is time to move them to a bigger pot.



HSBC  滙豐

此小冊子是為國際植物園保護協會及滙豐投資大自然義工小組協辦的社區環保項目編制。

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## 植物知多少 Fun facts about plants

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# 芫荽

Coriander

- 煮食時用芫荽調味可以增加胃口，芫荽碎又可作裝飾或伴碟用。
- 也可應用於藥材方面。
- 芫荽頭含有我們每日所需數量的三分之一維他命C，又幾乎不含脂肪。
- Coriander can be used to boost your appetite and to flavour dishes.
- It can be used in medicine.
- The root of a coriander plant contains one-third of our daily vitamin C intake.

# 薑

Ginger

- 最初於中國和印度種植，是早期重要香料之一。
- 可樂煲薑可舒緩傷風感冒帶來的不適。!
- 煮菜加數片薑，可闢寒氣，促進胃液分泌。冬天可暖胃，夏天可助發汗，驅除過量冷飲造成的痰濕積聚。
- 暈浪或病中暈眩，只須口含生薑一片，慢慢咀嚼，可止暈嘔。
- Ginger was first grown in China and India. It was one of the earliest and most important spices.
- A hot drink can be made with ginger and Coke to relieve cold symptoms.
- Ginger added to your meals can keep you warm in winter and help you sweat easily in summer.
- Ginger can help ease drowsiness.

# 蔥

Spring onion

- 於未完全成長前已可收割。
- 蔥的白莖可以用來治輕症狀的傷風感冒。
- 雖然蔥與芫荽貌不驚人，也不是什麼名貴食物，但專家指出它們所含的豐富維他命食後令人有精力充沛，肚子充實的感覺，而又不擔心會因而攝取了太多最終會變成肥肉的卡路里。
- Spring onions are usually gathered before they are fully grown.
- The white stem of the spring onion can be used to cure mild colds.
- Spring onions are rich in vitamins. They provide you with lots of energy so you won't get hungry easily.

# 蒜頭

Garlic

- 蒜頭是洋蔥家庭成員。
- 蒜頭在中國和埃及用來做藥和調味品甚至是主菜已經有幾千年。
- 大蒜頭確實有一定的殺菌消毒作用。
- 全年均有新鮮蒜頭。
- 蒜頭能促進健康、消除緊張及增強身體防疫能力。
- It is a member of the onion family.
- Garlic was first used in dishes and medicine in China and Egypt.
- It can be used to kill those nasty germs.
- Fresh garlic is available all year round.
- It can be used to promote health, fight nervousness and strengthen your immune system.