

萬壽菊

Taquetes erecta
(African Marigold)



肉桂羅勒 *Ocimum basilicum* 'Cinnamon' (Cinnamon Basil)



科屬及分布 Family and Distribution

肉桂羅勒隸屬唇形花科(Lamiaceae)羅勒屬(*Ocimum*)，是一年生草本植物，原產於墨西哥。植株帶有肉桂及丁香的香氣。

Commonly known as Cinnamon Basil and native to Mexico, *Ocimum basilicum* is an annual herb of the genus *Ocimum* in the Lamiaceae family, carrying fragrance of cinnamon and cloves.

生長習性及護理 Growth Habits and Care

肉桂羅勒好暖喜光，全日照到半日照環境皆可，栽種容易。在炎熱乾燥的環境生長最佳，但對寒冷氣溫特別敏感，宜選擇含有腐殖質、疏鬆、排水良好的壤土栽種。忌積水。成熟株高約75厘米，莖呈四方形，老莖與花萼呈紫紅色，花期由夏天直到秋天。

Cinnamon Basil loves warm and sunny spots, and are fine with either full or partial sun. Easy to cultivate, the plant grows optimally in hot and dry weather, but is ultra-sensitive to cold temperatures. A loose and well-drained loam soil that contains humus is ideal for the plant's growth. Use of stagnant water is to be discouraged. Growing to a height of about 75cm when in maturity, the plant features square-shaped stems, with its old stems and calyxes turning to purplish-red. The flowering period runs from summer through to autumn.

防治病蟲害 Prevention and Treatment of Pests and Diseases

肉桂羅勒病蟲害不多，主要受蚜蟲、介殼蟲侵害。只要注意種植環境衛生，採用正確的栽培方法，並保持空氣流通，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。

It is not that common for Cinnamon Basil to suffer pests and diseases, but the plant is mainly susceptible to infestations by aphids and scale insects. The most effective approach to preventing infestation and plant disease infection is to keep the planting environment hygienic, employ proper cultivation techniques and maintain good ventilation. In the event of infestation or plant diseases, it is imperative to remove the affected parts of the plant immediately, while applying pesticide or fungicide as appropriate according to product instructions.

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

肉桂羅勒可種於花盆、園圃及香草園。花頗吸引蜂蝶，故適合蝴蝶園種植。全株散發帶有肉桂香的羅勒香氣，具驅蚊效果，而且非常適合用來為酒、茶、肉類和湯調味及製作風味醋等。

Cinnamon Basil can be cultivated in flower pots, garden beds and herb gardens. With its flowers attractive to both bees and butterflies, it is an ideal plant for butterfly gardens. The whole plant gives off a basil aroma with a hint of cinnamon. This is a mosquito repellent, but it is also perfect for seasoning wine, tea, meat and soup, as well as making flavoured vinegar, among many other uses.



艾草 *Artemisia argyi* (Silvery wormwood)

科屬及分布 Family and Distribution

艾草又稱香艾、五月艾、灸草，隸屬菊科(Asteraceae)蒿屬(*Artemisia*)，是多年生草本植物。艾草自然分布廣泛，遍及中國，俄羅斯、蒙古、朝鮮、日本等地。

Commonly known as Silvery wormwood, *Artemisia argyi* is a herbaceous perennial of the genus *Artemisia* in the Asteraceae family. Silvery wormwood has a wide distribution in nature, with extensive habitats across places such as China, Russia, Mongolia, North Korea and Japan.

生長習性及護理 Growth Habits and Care

艾草適應力強，耐寒、耐旱，對土壤條件要求不嚴，但以陽光充足、溫暖、濕潤的環境，以及排水良好的肥沃土壤生長較佳。植株高約50至120厘米，秋天開花。全株具有濃烈香氣。

Known for its impressive adaptability and cold and drought tolerance, Silvery wormwood survives in virtually all types of soil conditions, but thrives in a sunny, warm and humid environment with a fertile and well-drained soil. Growing to a height ranging from about 50 cm to 120 cm, it flowers during autumn, with strong fragrance from the whole plant.

防治病蟲害 Prevention and Treatment of Pests and Diseases

艾草的病蟲害比較少，但積水會令根部腐爛，故炎夏時須注意排水及通風。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 Silvery wormwood to suffer pests and diseases. However, stagnant water would cause roots to rot. It is therefore imperative to keep the plant 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

艾草是常見中草藥，氣味清香寧神，有舒筋活絡、舒緩肌膚問題及抗菌驅蚊等功效，是很重要的民生植物，常用於針灸術的「灸」。除可入藥外，艾草也可製成糕點，是中國傳統食品艾糍的主要材料，其嫩葉芽及幼苗也可用作烹調料理。

A common Chinese herbal medicine with refreshing and soothing fragrance, Silvery wormwood serves to, inter alia, relax muscles and improve blood circulation; alleviate skin irritation; as well as kill bacteria and repel mosquitos. Playing an important role in daily lives, it is commonly used for the "moxibustion" in traditional Chinese acupuncture and moxibustion treatments. In addition to its medicinal purposes, the plant can also be made into pastry and desserts. As a matter of fact, it is a key ingredient in the traditional Chinese snack Ai Ci (wormwood mochi). Its leaf buds and seedlings can also be used in cooking.



到手香 *Plectranthus amboinicus* (Fragrant Coleus)

科屬及分布 Family and Distribution

到手香又名番檸檬、左手香或印度薄荷，屬唇形科(Lamiaceae)香茶菜屬(*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。

Plectranthus amboinicus, also known as Cuban Oregano, Indian Borage or Indian Mint, is a perennial herb belonging to the genus *Plectranthus* in the family Lamiaceae. Native to eastern and southern Africa, it is now a naturalised plant extensively found in all parts of the world.



生長習性及護理 Growth Habits and Care

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，宜於半遮陰的環境下生長。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。

While *Plectranthus amboinicus* prefers a warm and sunny environment, it is ideally grown in areas with partial shade, as direct exposure to strong sunlight will cause its leaves to turn yellow and their edges to curl and become scorched. With succulent leaves, *Plectranthus amboinicus* is quite tolerant of drought and thrives in either a well-drained, loose and fertile humus or a 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 is to be discouraged. It is advisable to replenish nitrogen fertiliser as appropriate after pruning to prompt lush growth.

防治病蟲害 Prevention and Treatment of Pests and Diseases

病蟲害比較少，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，並保持栽種環境衛生和空氣流通，可預防及減少病蟲害。

It is not that common for *Plectranthus amboinicus* to suffers pests and diseases. That said, if it is grown in soil that is over-watered or in a medium that is too wet, the roots may rot, causing the plant to wilt. Infestation and infection can both be prevented and minimised by employing proper cultivation techniques and keeping the planting environment hygienic and well-ventilated.

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

到手香適合種於庭園觀賞，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）廣泛使用。植株具有濃郁香氣，新鮮的葉片可驅蟲，可提煉精油用於芳香療法。

In addition to its ornamental value in gardens, *Plectranthus amboinicus*, is common for people to grow it in homes and herb gardens with extensive use throughout the world, especially in Southeast Asia. Fresh leaves of this strongly aromatic plant are used for serving as insect repellents. Essential oils can also be extracted for the purpose of aromatherapy.





萬壽菊 *Tagetes erecta* (African Marigold)

形態及特徵 Form and Characteristics

萬壽菊品種繁多，有高矮性之分，而花形亦有單重瓣之別。花瓣呈波浪狀，色澤豔麗，有白、黃、金黃、橙黃、橙紅等色，花期長。

There is wide diversity in species for *Tagetes erecta*, featuring both tall and dwarf species. Known for either its single or double petals with wavy margins, the plant's flowers offer a profusion of colours including white, yellow, golden yellow, orange-yellow and orange-red during its long flowering period.



生長習性及護理 Growth Habits and Care

萬壽菊喜溫熱而不耐寒，生長適溫介乎攝氏15度至30度。植料以含豐富有機質及排水良好的土壤為佳，並須在日照充足的環境下生長。當幼苗達10厘米高時可摘心，以增加分枝，促進開花。如欲控制花朵數量和大小，可摘除側花芽。如植於半陰處，可致枝條徒長軟弱，開花減少。栽培期間不可施放過多氮肥，以免花朵變小。宜每隔兩至三周施肥一次，薄肥多施。至於追肥，須以氮、磷、鉀三種主要元素的肥料為主，亦可加入少量銅、錳、硼等微量元素。開花期應小心澆水，不要讓水留在花朵上，以免讓其腐爛。只要陽光充足，就能確保花色鮮豔，開花不斷。花凋謝後，應及早摘除，以促進新芽生長。

A heat-loving plant with intolerance to cold, *Tagetes erecta* grows optimally at a temperature ranging from 15°C to 30°C. In addition, *Tagetes erecta* thrives in a well-drained soil rich in organic material, and sufficient sunlight is a must for its healthy growth. When the seedlings reach a height of 10 cm, they should be pinched to promote growth of branches and flower buds. Removal of lateral buds would help control both the number and size of flowers. The plant will develop leggy yet weak branches and produce fewer flowers if in partial shade. During cultivation, excessive application of nitrogen fertilisers is to be discouraged, for this would cause the flowers to shrink in size. It is advisable to apply fertilisers once every two to three weeks at more frequent intervals yet in smaller quantities. Applying additional fertilisers with three major elements, namely nitrogen, phosphorus and potassium, is also highly desirable. An insignificant amount of trace elements including copper, manganese and boron may be added as well. Careful watering is particularly important during the flowering period due to the fact that water left on flowers can lead to rotting. *Tagetes erecta* blooms in vibrant colours with continual flowering as long as there is adequate sunlight. Wilted flowers should be removed early to spur growth of new buds.

繁殖 Propagation

萬壽菊主要以播種繁殖，春、秋、冬三季均可播種，種子發芽率極高。花期因播種期而異，秋播種，春開花；春播種，夏秋兩季開花。花期甚長。由種子發芽生長到開花，需時約60至90天，視乎品種而定。

Known for its distinctively high germination rate, *Tagetes erecta* is mainly propagated by seed sowing in all seasons except summer. Its flowering period varies with the sowing period where autumn and spring sowing would, respectively, lead to spring flowering, and flowering between summer and autumn. Having a long flowering period, the plant takes about 60 to 90 days from germination to flowering, with length contingent on species.



防治病蟲害 Prevention and Treatment of Pests and Diseases

萬壽菊不易受病蟲侵害，惟葉斑病、莖腐病、銹病、飛蛾及蚜蟲等病蟲害除外。如發現有病蟲侵害，應立即除去受影響部分，並施用有效殺菌或殺蟲藥。

It is not that common for *Tagetes erecta* to suffer pests and diseases, but it can be susceptible to diseases such as leaf spot, stem rot and rust, as well as infestations including moths and aphids. In the event of infestation and plant diseases, it is advisable to remove the affected parts immediately, while applying fungicide or insecticide as appropriate in an effective manner.

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

萬壽菊花色豔麗，花期長達數周，不單可用於堆砌花壇、布置屋頂花園及盆植，亦可用作插花、花圈和花籃的材料。

Offering splendid colours and having a long flowering period lasting weeks, *Tagetes erecta* can be cultivated as floral bedding displays, roof garden ornaments and potted plants, while serving as the ideal material for flower arrangements, wreaths and flower baskets.



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 15°C - 20°C 生長 Growth 15°C - 30°C |
| 泥土酸鹼值 pH value | pH 6-6.5 |
| 繁殖 Propagation | 播種 Seed sowing |
| 日照 Sunlight | 春 Spring 夏 Summer 秋 Autumn 冬 Winter |
| 澆水 Watering | 春 Spring 夏 Summer 秋 Autumn 冬 Winter |
| 施肥 Fertilising | 春 Spring 夏 Summer 秋 Autumn 冬 Winter |
| 換盆 Re-potting | 春 Spring 夏 Summer 秋 Autumn 冬 Winter |

| 圖例 Key | |
|--------|------------------------|
| | 日照充足 Abundant daylight |
| | 少許 Little |
| | 中等 Medium |

萬壽菊的生長過程 The Course of Growth of *Tagetes erecta*



科屬及分布 Family and Distribution

萬壽菊(*Tagetes erecta*)隸屬菊科(Asteraceae)萬壽菊屬(*Tagetes*)，是一年生草本植物，原產於墨西哥，輾轉傳遍世界各地，適合種於花壇，作觀賞花卉。

Native to Mexico with very wide distribution throughout the world, *Tagetes erecta* is a herbaceous annual belonging to the genus *Tagetes* in the family Asteraceae, ideal for growing in flower beds for ornamental purposes.

