

2022/23 年度一人一花計劃

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一人一花計劃網址：

<https://www.lcsd.gov.hk/tc/green/education/greeningschool/one.html>

種植示範

<https://youtu.be/gMCU8Bxu6jU>



蜆肉秋海棠

Begonia cucullata var. *hookeri*
(Perpetual Begonia)

科屬及分布 Family and Distribution

蜆肉秋海棠是秋海棠科(Begoniaceae)秋海棠屬(Begonia)植物，又名四季秋海棠或洋秋海棠。秋海棠屬包含很多原產熱帶和亞熱帶地區的多年生草本植物，當中計有原生種、變異種、雜交種及栽培種。根據愛丁堡皇家植物園於2022年5月所作的統計，其合共多達二千多個品種。蜆肉秋海棠是臘葉秋海棠(*Begonia cucullata* Willd.)的變異品種，為多年生肉質草本花木，原產巴西，現遍布熱帶和亞熱帶地區。

Commonly known as Perpetual Begonia, *Begonia cucullata* var. *hookeri* belongs to the family of Begoniaceae and genus of Begonia. It includes a variety of perennial herbs native to tropical and subtropical regions, ranging from natural species and varieties to hybrids and cultivars. According to the Royal Botanic Garden Edinburgh, the count total for this species was over 2 000 in May 2022. A variety of *Begonia cucullata* Willd. (Wax Begonia), *Begonia cucullata* var. *hookeri* is a succulent perennial herb native to Brazil which is extensively found across tropical and subtropical regions.

形態及特徵 Form and Characteristics

蜆肉秋海棠為鬚根系的多年生草本花木。植株具肉質莖，而莖分紅綠兩色，高度介乎15至45厘米。葉肉質，具臘質光澤，呈圓形或心形，顏色為深綠或深棕綠，葉背紅色，葉緣有幼毛。花開紅色、粉紅或白色，幾乎四季開花，雌雄異花同株，盛開期由秋天至翌年春季。果實膠囊狀，表面具三個翼，成熟果實為褐色，種子繁多。

Begonia cucullata var. *hookeri* is a fibrous rooted perennial herb. It has green or red succulent stems and grows to a height ranging from 15cm to 45cm. Its succulent glossy leaves, rounded or cordate in shape, are dark green or brownish green in colour, with red undersides and ciliated margins. It flowers virtually all year round, blooming from autumn through to spring. Both staminate and pistillate flowers growing on the same plant come in such colours as red, pink or white. Shaped like capsules with three wings, its fruits become brown in colour when ripe, bearing numerous seeds.

生長習性及護理 Growth Habit and Maintenance

蜆肉秋海棠盛長於肥沃、質地疏鬆、排水性能良好、富腐植質而酸鹼值介乎6至6.5的微酸壤土。生長適溫介乎15°C至25°C，需要充足的光照，但不適宜受猛烈陽光的直接照射。種植時應保持通風良好，使溫度降低，以防植株枯萎。於生長期及開花期中須定時澆水，以供應充足水分。施肥宜薄肥多施，在幼苗生長期中應施以氮肥；臨近花期，則可追加磷肥、鉀肥。

Begonia cucullata var. *hookeri* thrives in fertile, loose, well-drained, humus-rich and slightly acidic loam soil with a pH value ranging from 6 to 6.5. The optimal growth temperature is between 15°C and 25°C. Its growth requires sufficient sunlight and daylight, but not full sun. When planting, good ventilation should be maintained to lower the temperature around so as to prevent the plant from wilting. Regular watering is required to provide water during its growth and flowering. It is advisable to apply fertilisers at more frequent intervals yet in smaller quantities. While nitrogen fertilisers should be applied to the plants during the growth of seedlings, phosphate and potassium fertilisers may be added on the eve of the flowering season.



繁殖 Propagation

繁殖蜆肉秋海棠可選用播種或扦插(葉片或枝條)法。種子好光，故播種後不可覆土。種子發芽適溫介乎15°C至20°C，播種後須保持植料濕潤，並避免受猛烈陽光的直接照射。在春至秋季以葉插法或杆插法進行扦插。葉插法選用連葉柄的成熟葉片，把葉柄埋入清潔植料中即可。至於杆插法，則選用莖部成熟且帶有三個節的枝條，將處理好的枝條下方約三分之一長度插進植料，之後須保持植料濕潤，並將其置於半陰位置，等待插條發根、發芽並長成幼苗。

Begonia cucullata var. *hookeri* can be propagated by seed sowing or cutting (leaf or stem). Germinating better in good daylight, the seeds should by no means be covered with topsoil. The optimal germination temperature ranges from 15°C to 20°C. Keep the medium moist, while avoiding full sun after sowing. Propagation by leaf or stem cuttings may be conducted from spring to autumn. For leaf cutting, mature leaves with a petiole are used by inserting the petiole into a clean medium. For stem cutting, cuttings with three nodes are taken from mature stems, with the lower end of each piece being inserted into a propagation medium to a depth of about one-third of length. The medium should be kept moist and placed in partial shades pending emergence of new shoots and development of seedlings.

防治病蟲害 Prevention and Treatment of Pests and Diseases

秋海棠屬植物常受綫蟲、介殼蟲、蟎、薊馬、蚜蟲、蝸牛、根腐病、灰霉菌、霉菌，以至病毒和細菌侵襲。植株一旦受到侵害，必須立即除掉和銷毀。要預防病蟲害，最佳方法莫如避免高溫潮濕的環境；加強通風；清理凋謝部分；適當澆水施肥；以及澆水後通風。

Begonias are susceptible to such infestations as eelworms, scale insects, mites, thrips, aphids and snails, while vulnerable to root rot, grey mould, mildew, virus and bacteria. Any infected plants should be dug up and destroyed immediately. The best solutions to prevent pests and diseases are to avoid growing the plant in a hot and humid environment; to enhance ventilation; to remove any withered parts of the plant; to water and apply fertilisers in a proper manner; as well as to maintain good ventilation after watering.



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

秋海棠屬植物極具觀賞價值，常作園圃花卉、花壇和室內盆栽用途，同時為藥用植物，具清熱解毒療效，可治肺熱咳嗽。

Begonias are of a very high ornamental value. In addition to being commonly cultivated as garden, floral bed or potted plants, they are a medicinal herb which can be used to remove heat, detoxify the body, as well as cure cough caused by lung heat.

一般護理 General Maintenance

繁殖及護理 Propagation and care		
最佳溫度 Optimal temperature	發芽 Germination 生長 Growth	15°C - 20°C 15°C - 25°C
泥土酸鹼值 pH value	pH 6 - 6.5	
繁殖 Propagation	播種 Seed sowing 扦插 Cutting	

	春 Spring	夏 Summer	秋 Autumn	冬 Winter
日照 Sunlight				
澆水 Watering				
施肥 Fertilising				
換盆 Re-potting				

圖例 Key	
	少許日照 Little sunlight
	少許 Little
	中等 Medium



生長階段 Growth Stages



Day 10 日



Day 30 日



Day 40 日



Day 50 日



Day 70 日



Day 80 日



Day 110 日



Day 130 日

芸香 *Ruta graveolens* (Rue)

科屬及分布 Family and Distribution

芸香，俗稱臭草，隸屬芸香科 (Rutaceae) 芸香屬 (*Ruta*)，是多年生常綠草本或亞灌木，原產於地中海沿岸，現時世界各地均有種植。

Commonly known as Rue or herb-of-grace, *Ruta graveolens* is a perennial evergreen herb or subshrub of the genus *Ruta* in the family Rutaceae. Indigenous to the coastal area along the Mediterranean, the plant is now cultivated around the globe.

生態習性及護理 Growth Habit and Maintenance

芸香是多年生常綠草本或亞灌木植物，全株光滑無毛，莖部直立，基部木質化，可生長至1米高。芸香是較耐旱的植物，盛長於乾爽、光線充足及通風良好的生長環境，喜鹼性土壤亦能適應貧瘠土壤，故以排水良好、酸鹼度介乎6至8的砂壤土種植為佳。在春天及夏季開花後修剪植株，可促使枝條茂密生長，保持植株形態。

芸香汁液可引致植物光化性皮炎；有些人烈日下接觸芸香後皮膚會紅腫甚或起泡，故修剪或採摘時宜穿長袖衣物及戴上手套。種植地點宜選花園內側，不宜靠近行人道，以免途人路過時無意中觸到。

Rue is a perennial evergreen herb or subshrub. The whole plant is smooth and hairless with straight stems and a woody base. It can grow to a height of 1 metre. Rue is quite tolerant of drought. It prefers a dry, sunny and well-ventilated environment and thrives in well-drained alkaline sandy loam soil with a pH value between 6 and 8. It can even grow in thin soil. Pruning in spring and after flowering in summer can encourage bushy growth and help maintain the plant's shape.

The sap of Rue may cause phytophotodermatitis. Some may develop rashes or even blistering after touching the plant in strong sunlight. It is therefore advisable to wear a long-sleeved shirt and gloves when pruning and picking the plant. It is better to place the plant at the inner side of the garden and away from walkways so that it is kept at a distance from passers-by.

防治病蟲害 Prevention and Treatment of Pests and Diseases

芸香主要受蚜蟲、粉介殼蟲、白粉蟲或污煤病侵害。然而，植土過濕會導致芸香幼苗易患立萎病。採用正確的栽培方法及保持環境清潔通爽，可有效預防病蟲害。如發現植株被病蟲侵害，應立即除去受影響部分，並按照產品說明妥為施用殺蟲劑或殺菌劑。

Rue is susceptible to major infestations by aphids, mealybugs, whiteflies and sooty moulds. However, young seedlings are prone to damping off if the soil is too wet. The best ways to prevent infestation and infection are to employ proper cultivation techniques and maintain a clean and well-ventilated environment. If a plant is infested or infected, remove the affected parts immediately and apply appropriate pesticide or fungicide in accordance with the product instruction.

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

芸香既具觀賞價值，亦可引為藥用。全株具有濃烈香氣，但也有人厭惡這種刺鼻的氣味，「臭草」之名可能由此而來。芸香形態柔美，葉片略帶藍綠色，與其他香草植物構成悅目的視覺效果，很適合香草園種植，也會種於庭園作觀賞植物。芸香自古以來常作藥用，新鮮或乾燥的芸香可以驅蟲。芸香葉及其製成的精油除可用作肥皂和化妝品香料外，也可作食用香料。不過，大量食用芸香可引致胃痛及嘔吐，孕婦禁用。

Rue is cultivated for both ornamental and medicinal purposes. The whole plant of Rue emits a strong, pungent scent which some may find unpleasant. Nevertheless, it makes a popular ornamental plant in the garden and herb garden with its graceful form and bluish green foliage, presenting a delightful contrast to other herb plants. Having been used in medicines for centuries, fresh and dried Rue can act as insect repellent. Apart from being used as a fragrance ingredient in soaps and cosmetic products, Rue leaf and its essential oil are also used as a flavouring. However, ingesting large amounts of Rue may cause stomach ache and vomiting. Hence the plant should not be used at all by pregnant women.

甜葉菊 *Stevia rebaudiana* (Stevia)

科屬及分布 Family and Distribution

甜葉菊又名甜菊，隸屬菊科 (Asteraceae) 甜葉菊屬 (*Stevia*)，是多年生草本植物，原產於南美洲，現廣泛栽種於肯尼亞、中國、美國、越南、印度等地。

Stevia rebaudiana, commonly known as Stevia or Sweetleaf, is a perennial herb of the genus *Stevia* in the family Asteraceae. Native to South America, the plant is now widely grown in countries like Kenya, China, the United States, Vietnam and India.

生態習性及護理 Growth Habit and Maintenance

甜葉菊是多年生常綠草本植物。可生長至30-60公分。甜葉菊好暖喜光，全日照或半日照均可，但炎夏酷熱時要遮陰及放置於陰涼通風處。甜葉菊是短日照植物，秋冬季開白色小花。它生長在酸性濕潤砂土中，以排水良好、疏鬆、濕潤及含腐植質壤土或砂壤土種植為佳。甜葉菊適合以盆栽種植，在生長季節植株要保持適度濕潤。春夏期間可定期摘心剪枝以刺激分枝，促使植株茂密生長。冬季天氣寒冷，植株生長較慢，應避免修剪，溫度低於7°C時須保溫。甜葉菊修剪後宜補充適量氮肥，以助枝葉生長。多施氮肥會令葉片變大，但亦會令其甜度降低。葉片應在開花前採收，以免影響甜味。採收時保留植株由地面起計15厘米的部分，其餘連枝葉剪下，倒掛於溫暖通風處風乾。風乾時間愈短，甜味愈能保留。

Stevia is a perennial evergreen herb that can grow to a height of 30 to 60 cm. Stevia prefers a warm and sunny environment and can thrive in full or partial sun. However, it should be placed at a cool, shady and well-ventilated place on sizzling summer days. Being a short-day plant, Stevia produces little white flowers in autumn and winter. It grows well in moist, acidic, sandy soil and performs best in well-drained, loose and moist humus or sandy soil. Stevia makes an ideal potted plant. It requires adequate moisture in the soil during the growing season. Regular pinching and pruning in spring and summer can induce branching and encourage bushy growth. Nevertheless, pruning should be avoided in winter as the plant grows slower in cold weather. When the temperature falls below 7°C, the plant has to be kept warm. After pruning, apply nitrogen fertiliser as appropriate to prompt growth. Heavy application of nitrogen fertiliser, however, will produce large leaves with less sweetness. Harvest the leaves before flowering to retain their sweetness. Cut off the entire plant about 15 cm above the ground and hang it upside down to dry in a warm and airy place. The shorter the drying time, the sweeter the leaves will be.

防治病蟲害 Prevention and Treatment of Pests and Diseases

甜葉菊的病蟲害比較少，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，保持環境清潔和空氣流通，可預防病蟲害。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。

Stevia rarely suffers from pests and diseases. However, if it is grown in soil that is over-watered or too wet, 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. If pests or diseases are found, remove the infected parts and apply appropriate insecticide or fungicide immediately.

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

甜葉菊適宜植於庭院及香草園，其葉片帶有甜味，含多種甜菊糖苷。甜菊糖苷是天然成分，比蔗糖甜200至300倍，而且熱量低、耐高溫。甜葉菊葉片中的甜菊糖苷主要為甜菊糖苷及瑞端迪武A，可製成甜味劑。數世紀前，甜葉菊已在巴西及巴拉圭民間用作增添食物、飲品的甜味；現時亦為中國、日本、韓國、澳洲、新西蘭、美國及歐盟國家用於多類產品，包括小食、甜品、香口膠、汽水、大豆醬汁及餐桌代糖等。適量進食含甜菊糖苷的食物，不會超出糖分的每日可攝入量；個別人士（包括服用處方藥物者）如有疑問，應徵詢醫生的意見。

Stevia is suitable for planting in courtyards and herb gardens. Its leaves have a sweet taste and contain natural steviol glycosides, which are 200 to 300 times sweeter than sucrose, low in calories and heat-tolerant. Stevioside and rebaudioside A, two major steviol glycosides found in the leaves of the plant, are the ingredients for sweeteners. Stevia has been used for centuries to sweeten food and drinks in Brazil and Paraguay. Today, it is also involved in the manufacturing of snacks, desserts, chewing gum, soft drinks, soybean sauce and table-top sweeteners in China, Japan, Korea, Australia, New Zealand, the United States and member countries of the European Union. While the acceptable daily intake for sugar will not be exceeded if food containing steviol glycosides is taken in moderation, individuals (including those taking prescription drugs) should seek medical advice if in doubt.

金錢薄荷 *Glechoma hederacea* (Ground-ivy)

科屬及分布 Family and Distribution

金錢薄荷屬唇形科 (*Lamiaceae*) 活血丹屬 (*Glechoma*)，是多年生草本植物，又名連錢草、大馬蹄草，原產於歐洲及亞洲西南部，現分布於歐亞大陸、北美和新西蘭。

Commonly known as Ground-ivy, Gill-over-the-ground or Creeping Charlie, *Glechoma hederacea* is a perennial herb of the genus *Glechoma* in the family *Lamiaceae*. Native to Europe and Southwest Asia, it is extensively grown in Eurasia, North America and New Zealand.

生態習性及護理 Growth Habit and Maintenance

金錢薄荷生於潮濕半陰地面，但頗耐日照，常見於草地和荒地。金錢薄荷莖部橫切面呈四棱形，有匍匐莖和直立莖之分；匍匐莖為營養枝，節位著地生根，直立莖為開花枝，藍色小花輪生葉腋上。金錢薄荷與雷公根的葉片均呈心形，具圓齒緣；兩者葉形相若，因此容易混淆。金錢薄荷葉序對生，而葉面通常長有絨毛，具濃烈薄荷氣味。此植物易於栽種，半陰處生長良好，單一植株可散布四周幾公尺範圍，常在庭園或樹林中長成大片，本身耐修剪但不堪踐踏。

Commonly growing in grassland and barren land, *Glechoma hederacea* thrives in a moist and partially shaded environment, yet can tolerate sunlight well. Square in cross-section, its stems are categorised as either creeping or upright forms. The former are vegetative stems where each leaf node has the potential for rooting, while the latter are flowering stems where small labiate flowers in blue grow in whorls in the leaf axils. *Glechoma hederacea* may be hardly distinguishable from *Centella asiatica*, as both have cordate and lobed leaves. The hairy leaves of *Glechoma hederacea* are arrayed in opposite pairs, with a very strong mint scent. Easily cultivated, it thrives in partially shaded places. Single plants can grow to cover an area up to several metres in diameter, often clustering to form a dense mat in gardens or woodland. The plant survives mowing but is intolerant of trampling.

防治病蟲害 Prevention and Treatment of Pests and Diseases

金錢薄荷在夏季常受寄生性真菌或白粉菌侵害。此外，癭蜂科昆蟲會在葉面上造成蟲癭。須採用正確栽培方法，並保持環境清潔和空氣流通，可預防病蟲害。如發現有病蟲害，須立即除去受影響部分，並施用有效殺蟲劑或殺菌劑。

Glechoma hederacea is susceptible to such infections as parasitic fungi and powdery mildew in summer. Insects of the *Cynipidae* family will also induce galls on the leaves of the plant. Infestation and infection can be prevented by employing proper cultivation techniques and keeping the environment clean and well-ventilated. If pests or diseases are found, any infected parts should immediately be removed and insecticide or fungicide should be applied as appropriate.

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

金錢薄荷有商業培育品種，包括葉長白斑者，可作盆栽觀賞植物或庭園鋪地植物之用。自古至今，葉子可作食用及藥用。金錢薄荷對若干牲口有毒害，馬匹尤然，惟對人無害。

Glechoma hederacea has commercial cultivars, including the one with white variegated foliage, which can be used as potted plants for ornamental purposes or in gardens as a ground cover plant. Its leaves have been used for both culinary and medicinal purposes for centuries. Attention should be paid to the fact that *Glechoma hederacea* is poisonous to certain livestock, horses in particular, but not hazardous to humans.