

石竹

Dianthus chinensis



蒔蘿 Dill

 **科屬及分布**
Family and Distribution

蒔蘿(學名 *Anethum graveolens*)，又名小茴香、洋茴香或刁草，隸屬傘形花科(Apiaceae)蒔蘿屬(*Anethum*)，是多年生草本植物，原產於地中海地區及俄羅斯南方，現時在埃及、歐洲及亞洲地區廣泛種植。

Commonly known as Dill, *Anethum graveolens* is a perennial herb of the genus *Anethum* in the family Apiaceae. The plant is also called Dill Weed. Native to Mediterranean region and Southern Russia, it is now widely cultivated in Egypt, Europe and Asian countries.

 **生長習性及護理**
Growth Habits and Care

蒔蘿適合冷涼天氣，不耐熱，喜排水良好、光照充足及通風的生長環境。種植時以排水良好及濕潤肥沃的砂質土壤為佳，宜適量澆水。如在高溫及全日照位置種植，要保持土壤濕潤，以免植株因缺水而枯乾；雨季須注意積水。蒔蘿根系較長，如以盆栽種植，應選用較深的花盆。應避免放於當風位置；如有需要，可以竹枝支撐。視乎品種及種植環境，植株可高達200公分。蒔蘿長至20至30公分時可採收葉片，收割宜在早上進行。蒔蘿在春夏季開出黃色的傘形花，待種子成熟後可採收儲存。蒔蘿不適合移植，宜在秋季或冬季將種子直接撒播於泥土中繁殖。

Dill is considered as a cool-weather crop and intolerant of hot weather. It prefers a well-drained and sunny environment with good air circulation. It is ideally planted in well-drained, moist and rich sandy soil. If it is planted in areas with high temperature and full sun, the soil must be kept moist to prevent drying of leaves due to lack of moisture. Stagnant water should be avoided during rainy season. If it is planted in pots, deep pots are preferred to cater for its long taproots. The plant should stay away from exposed positions and should be supported by bamboo sticks if necessary. Depending on the variety and planting environment, the plant can grow up to 200 cm. Leaves can be snipped when the plant grows to a height of 20 to 30 cm. Harvesting should be done in the morning. Dill's yellow umbel flowers bloom from spring to summer, and its seeds can be collected upon maturity. Dill is not suitable for transplantation. It is advisable to sow the seeds directly in the soil during autumn or winter for reproduction.



 **防治病蟲害**
Prevention and Treatment of Pests and Diseases

蒔蘿的病蟲害比較少。採用正確的栽培方法，並保持環境清潔和空氣流通，可預防病蟲害。

Dill rarely suffers from pests and diseases. Infestation and infection can be prevented by employing proper cultivation techniques and keeping the environment clean and well-ventilated.

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

蒔蘿有翠綠的絲狀葉片及黃色的傘形花，適合種於庭園或香草園觀賞。蒔蘿全株具濃烈香味，可製作精油用於芳香療法。鮮嫩的葉片可切碎加入餃子、湯或沙律中，亦可用作魚類佐料、醃配海鮮如三文魚或製成香草牛油。種子可曬乾磨碎用作調味料。

With bright green filament-like leaves and yellow umbel flowers, Dill is suitable for planting in gardens or herb gardens for ornamental purpose. The heavily scented herb is an ingredient for essential oils used in aromatherapy. Fresh leaves, when finely chopped, can be used in dumplings, soup, salad and fish seasoning, or marinated with seafood such as salmon, and even for making herb butter. Grinded dried seeds are commonly used for seasoning.



鼠尾草 Sage

 **科屬及分布**
Family and Distribution

鼠尾草(學名 *Salvia officinalis*)隸屬唇形科(Lamiaceae)鼠尾草屬(*Salvia*)，是多年生草本植物，亦有灌木品種。鼠尾草原產於地中海地區，現時世界各地如歐洲南部、中東、非洲、美國均有種植，主要產地為英國，品質亦最佳。常見品種有白鼠尾草、紫鼠尾草、水果鼠尾草。

Commonly known as Sage, *Salvia officinalis* is a perennial herb of the genus *Salvia* in the Lamiaceae family. Native to the Mediterranean region, Sage also has shrub varieties. It is now grown worldwide in the southern part of Europe, the Middle East, Africa and the United States, while species of the best qualities mainly come from the United Kingdom. Common varieties include White Sage, Purple Sage and Fruit Sage.

 **生長習性及護理**
Growth Habits and Care

鼠尾草喜歡溫暖、排水良好、通風乾爽及陽光充足的生長環境，耐寒，忌高溫及高濕，夏季須種於陰涼處。種植時選排水良好的砂質土壤，以偏鹼性為佳，澆水須適量，過多水分会令根部腐爛，導致植株死亡。莖基部的葉片遇土易爛，可在泥土面置石塊或石春，避免葉片碰到泥土。

Sage prefers a warm, sunny and well-ventilated environment. The herb is cold-resistant and must be kept away from excessive heat and humidity. It should be planted in cool and shady areas in summer, and grows best in well-drained sandy soil, preferably alkaline. Appropriate watering is required as excessive moisture in the soil may rot the roots and kill the plant. As the leaves at the bases of the stems tend to rot while in contact with the soil, stones or cobbles may be used to separate the leaves from the soil.

 **防治病蟲害**
Prevention and Treatment of Pests and Diseases

鼠尾草不易受病蟲侵害，但如發現有病蟲害，應立即除去受影響部分，並施用有效殺蟲劑或殺菌劑。

Sage is resistant to pests and diseases. 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

鼠尾草用途和功能廣泛，莖、葉、花都有獨特和濃烈的香氣，適合種於香草園、庭園、天台花園；可用於美容、製藥和精油，在食用上多與海鮮和雞鴨烹調，也可泡茶及用來製造調味料。

Sage has a wide range of uses and functions. Since the stems, leaves and flowers of the plant produce a strong and unique fragrance, it is most suitable for garden, courtyard and rooftop planting. The herb can also be used for beauty care, making medicine and essential oils, cooking seafood and poultry, as well as making tea and food seasonings.



香草 Herbs

法國百里香 French Thyme

 **科屬及分布**
Family and Distribution

普通百里香(學名 *Thymus vulgaris*)，又名法國百里香，隸屬唇形科(Lamiaceae (Labiatae))的百里香屬(*Thymus*)，是多年生矮小灌木，原產於地中海區域。現時約有350至400個品種，均為帶有香味的常綠灌木及小灌木，主要生長於美國、英國及法國。常見的品種有白花百里香、鋪地百里香、檸檬百里香及斑葉百里香。

Commonly known as French Thyme, *Thymus vulgaris* is a perennial dwarf shrub of the genus *Thymus* in the Lamiaceae (Labiatae) family. Native to the Mediterranean region, it has about 350 to 400 scented varieties of evergreen shrubs and small shrubs. They are mainly grown in the United States, the United Kingdom and France. Common varieties include white-flowered Thyme, creeping Thyme, lemon Thyme and spotted-leafed Thyme.

 **生長習性及護理**
Growth Habits and Care

法國百里香喜歡溫暖、陽光充足及通風的環境，排水良好的砂質土壤亦有利其生長。

百里香植株矮小，葉片厚帶肉質，不耐潮濕的泥土，故只需少量澆水。如泥土長期保持潮濕，會令根部難以伸展，導致植株生長不良。修剪枝條時，切勿剪去枝條的木質部分。由於枝條基部老化部分的再生力差，剪去這部分可能會導致全株死亡。

French Thyme prefers a warm, sunny and well-ventilated environment and grows well in well-drained sandy soil.

As the plant is dwarf and the leaves are thick with succulents, Thyme is not resistant to humid soil and requires little watering. A prolonged period of humid soil conditions will hinder root growth and lead to weak plants. Do not cut off the woody parts of the branches while pruning. As aged parts at the branch base are weak in regeneration, the whole plant may die when those parts are cut.

 **防治病蟲害**
Prevention and Treatment of Pests and Diseases

百里香不易受病蟲侵襲。如發現有病蟲，應立即用有效的除真菌劑和殺蟲藥噴灑植物，並清除受感染的部分。

Thyme is resistant to pests and diseases. If pests or diseases are found, spray the plant with effective fungicide and insecticide immediately, and remove the infected parts.

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

百里香帶有柔和香草味道，具提神功效，適宜在庭園、香草園和天台花園種植。百里香廣泛用於芳香治療；製作香料、香草茶；以及烹調食物等。

Thyme has a mildly scented flavour that has a refreshing effect. It is suitable for cultivation in gardens, herb gardens and roof gardens. Thyme is widely used in aromatherapy, production of perfume and herb tea, and cooking etc.



石竹

Dianthus chinensis

科屬及分布

Family and Distribution

石竹(學名 *Dianthus chinensis*)，又名五彩石竹、中國石竹或印度石竹，隸屬石竹科(Caryophyllaceae) 石竹屬(*Dianthus*)，是多年生草本植物，多作一年生草本栽培，原產於中國，現有多個栽培品種，花色繁多，更有重瓣品種，為世界各地廣泛栽種的觀賞花卉。

Dianthus chinensis, commonly known as Dianthus, Rainbow Pink, China Pink, Chinese Pink or Indian Pink, is a herbaceous perennial, though it is usually grown as an annual herb. The plant belongs to the genus *Dianthus* in the family Caryophyllaceae. Native to China, *Dianthus* is now available in a diverse range of cultivars with flowers in different colours, and also in varieties with multiple layers of petals. It is widely grown as ornamentals around the world.

形態及特徵

Form and Characteristics

石竹高10至20厘米，莖枝直立，纖細光滑，多分枝。葉片對生，線狀披針形，無毛，全緣，基部合生，抱莖。圓錐形聚繖花序頂生或數朵簇生。花瓣5枚，單瓣或重瓣，具香氣，邊緣具不整齊的淺齒裂。花色豔麗，有紅色、粉紅色、紫紅色、白色等，呈純色或雙色。花期由十月至翌年四月。圓筒形蒴果內藏細小黑種子。

Dianthus stands 10 to 20 cm in height with upright, slender, smooth and branched stems. The leaves are opposite, linear-lanceolate, glabrous with entire margins, connate at base and stem-clasping. The fragrant flowers with five petals are either terminal or in clusters of paniculate cymose inflorescences. Having single or double petals with irregularly lobed margins, the single or bi-coloured flowers are in a wide variety of striking hues including red, pink, magenta and white. The flowering period lasts from October to April of the following year. Small black seeds can be found in the cylindrical capsule.

生長習性及護理

Growth Habits and Care

石竹喜冷涼，耐寒，不耐酷熱，喜通風的環境，忌高溫多濕。生長適溫為10°C至25°C。日照良好則生長較旺盛。夏季適宜放於半遮蔭位置，並避免長期置於潮濕環境。栽培土質以排水良好和富有機質的砂質土壤為佳。應適時澆水，以防植料過乾、過濕或積水。

石竹分枝性強，除施以充足基肥外，生長期間每月適量施肥一次，亦可令植株健康生長，有利開花。成株後若主莖長高並先結蕾，應加以摘除，以促進其他側枝結蕾及使株形整齊。花謝後剪除殘花，再適量補給肥料，能促使植株繼續開花。

Dianthus favours cool weather and well-ventilated environment. Being cold-resistant, it is intolerant of extreme heat and sensitive to high temperature and excessive moisture. It has an optimum growth temperature of 10°C to 25°C and thrives under full sun. It is preferable to grow *Dianthus* in partial shade in summer and avoid prolonged exposure to humid environment. *Dianthus* grows best in well-drained sandy soil rich in organic matter. Timely watering is necessary to prevent the planting medium from being too dry, soggy or waterlogged.

Dianthus is a multi-branched plant. In addition to adequate application of base fertiliser, moderate fertilisation can be carried out once a month to promote healthy growth and flowering. When the main stem grows tall and flower buds begin to emerge, the new buds should be pinched to promote the growth of other lateral buds and keep the plant shapely. Deadheading with appropriate supplementation of fertiliser can promote further flowering.

繁殖

Propagation

石竹可用播種、扦插和分株等方式繁殖。播種須在秋季進行，播種適溫為18°C至22°C。把種子撒播在疏鬆濕潤的土壤上，播種後要以薄土覆蓋。發芽適溫為21°C至22°C。播種後澆水保持濕潤，約一周後種子便會發芽。育苗期間應避免過度澆水，以防幼苗倒伏。如幼苗過於密集，須拔除弱苗。待幼苗長至約5厘米或長出4至6片葉片後，可移植到盆中。定植後應保持充足日照。在植株生長期間，每月施用含小量氮、磷、鉀三種要素的肥料一次。幼苗定植成株後可摘心一次，以增加分枝及花蕾數目。從播種到成苗約需9至11周，定植約45天後開花。開花期間每月施用三種要素肥料一次，可使花朵開得更茂盛。

除播種外，石竹也可以扦插和分株繁殖。扦插可在晚秋至翌年春季期間進行。扦插介質以透氣及排水良好的乾淨砂質土壤為佳。扦插時應選取母莖中間的健壯枝條作插穗，每根插穗應長約5至8厘米，最少有3至4個節，節與節之間距離宜短。除頂端2至4塊葉片外，摘掉其餘葉片，然後將插穗下方三分之一至二分之一插入培植土壤。澆透水後把插穗置於半遮蔭處，溫度保持在18°C以上，約兩星期後再移到較明亮處接受柔光照射，其間必須保持植料濕潤。插穗約兩星期發根，待根部旺盛後再進行定植。分株多在開花後利用老株進行。先把母株脫盆，去掉土壤，找出幼苗(又稱根蘖苗)，然後把根蘖苗連根與母株分開，隨即上盆栽植。

Dianthus can be propagated by methods such as seed sowing, cutting and plant division. For seed propagation, seeds should be sown for cultivation in autumn at an optimum temperature of 18°C to 22°C. Seeds can be scattered onto loose and moist soil, and after that they should be covered with a thin layer of soil. The optimum temperature for germination is between 21°C and 22°C. After sowing, keep the soil moist by watering. Germination takes place in about 1 week, during which overwatering should be avoided to prevent the seedlings from drooping. If the seedlings are too crowded, remove the weaker ones. The seedlings are ready for potting as soon as they grow to about 5 cm tall or when 4 to 6 pieces of leaves have developed. After establishment, sufficient sunlight should be maintained. Fertiliser containing tiny amounts of the essential elements of nitrogen, phosphorus and potassium should be applied every month during the growth period. Pinch the growing tips once when the seedlings are established to promote branching and flower bud formation. It takes about 9 to 11 weeks for seeds to become seedlings. *Dianthus* generally flowers in approximately 45 days from establishment. During the flowering period, apply fertiliser containing the above three essential elements every month for more vigorous blooming.

Apart from seed sowing, cutting and plant division can also be employed to propagate *Dianthus*. Cutting can be carried out from late autumn to spring of the following year. The rooting medium should preferably be well-aerated, properly drained and clean sandy soil. Select healthy and sturdy branches at the middle of the mother stem as cuttings, each of which should be 5 to 8 cm long with at least 3 to 4 nodes and ideally short internodes. Strip all but the top 2 to 4 leaves and insert the bottom one-third to half of the cuttings into the medium. Water the mixture thoroughly. Then leave the cuttings in a partially shaded place at a temperature above 18°C for around 2 weeks before moving them to a brighter area under subdued light. Keep the medium moist throughout the period. Roots will develop in about 2 weeks. Cuttings with vigorous root development can be transplanted for establishment. For plant division, usually old plants that have bloomed are used. First of all, detach the parent plant from its pot and remove the soil. Then find the tillers (also known as suckers) and cut the suckers with roots from the parent plant and replant the new divisions into pots promptly.

防治病蟲害

Prevention and Treatment of Pests and Diseases

石竹病蟲害較多，尤以病害為甚，主要有立枯病、葉斑病及銹病等。為預防病害，扦插繁殖時應選用健康的插穗。如於苗期發現病株，必須將其清除，並噴灑藥劑，消毒土壤。蟲害方面主要有紅蜘蛛、蚜蟲及夜盜蛾等。最佳預防方法是把植株放在陽光充足、通風及排水良好的環境中。適量澆水施肥，亦有利植株健康生長。

Dianthus is susceptible to many pests and diseases, particularly the latter, including damping off, leaf spot and rust, etc. For the prevention of diseases, healthy shoots should be selected for propagation by cutting. Infected seedlings must be removed once found and sprayed with disinfectant for soil sterilisation. The pests affecting the plant are mainly red spider mites, aphids and armyworms, etc. The best prevention is to place the plant in an environment with abundant sunlight, good ventilation and proper drainage. Water and fertilise moderately to encourage healthy plant growth.

園藝應用

Horticultural Application

石竹花色豔麗多變，形態優美，耐寒及花期長，深受惜花者喜愛。經常用於園林造景和花壇布置等，亦適合以盆栽種在陽台或窗邊觀賞。

Dianthus is well cherished by flower lovers for its variety of bright colours, elegant form, tolerance against cold weather and long flowering period. It is often used in landscape and floral bedding displays, etc. It is also suitable to be planted in container pots on the balcony or window side for appreciation.

一般護理

General Maintenance

繁殖及護理 Propagation and care		
最適溫度 Optimum temperature	發芽 Germination 生長 Growth	18°C - 22°C 10°C - 25°C
泥土酸鹼值 pH value	pH 6 - 7	
繁殖 Propagation	播種 Seed sowing 扦插 Cutting 分株 Plant division	

	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

石竹的生長過程

The Course of Growth of Dianthus



移植幼苗

Transplanting Seedlings

步驟一 Step one :

把培養土放入花盆，直至泥土離盆頂半吋。培養土可加入有機質或緩效性化學肥料作為基肥，以供植株生長所需。

Fill each pot with potting mix up to half an inch from the top rim. Organic matter or slow-release chemical fertilisers may be added to the potting mix as a base fertiliser to support plant growth.

步驟二 Step two :

用小鏟子把幼苗移離播種盆，切勿弄斷幼苗根部。

Remove the seedlings from the germination tray with a small shovel. Do not damage the roots of the seedlings.

步驟三 Step three :

用小鏟子在花盆中央挖一個洞，其闊度和深度應與幼苗根部泥膽大小相若。把幼苗置於洞中，蓋上培養土，並輕輕壓平，讓培養土與泥膽接觸。切勿壓斷幼苗根部。移盆後切記馬上澆水，同時亦可摘心，促使幼苗萌發側芽，多長花蕾。

Dig a hole in the centre of each pot with a small shovel. The width and depth of the hole should be similar to those of the root ball of the seedling. Place the seedling in the hole and fill it with potting mix. Flatten the potting mix gently until it comes into contact with the root ball. Do not crush the roots of the seedling. Remember to water the plant immediately after transplanting. Pinch the growing tips as necessary to promote the development of lateral buds and flowers.

步驟四 Step four :

把移植後的幼苗置於半遮蔭處，避免陽光直射。其後幼苗必須每天接受6至8小時日照，以促進生長和開花。花盆表土漸乾時便應澆水。

Place the transplanted seedlings in a semi-shaded area and avoid direct sunlight. Thereafter, the seedlings should be exposed to sunlight for 6 to 8 hours a day to encourage growth and flowering. Water them when the soil surface begins to dry out.