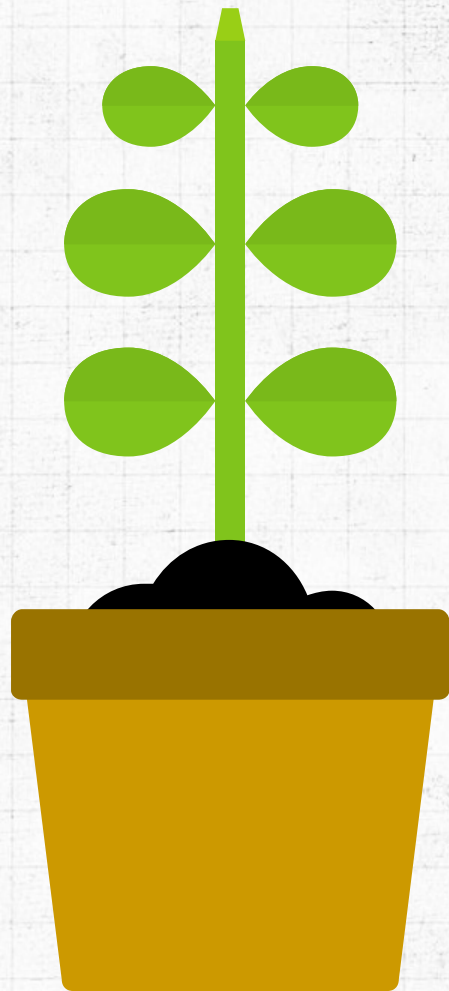


2020—2021 年度
「一人一花」

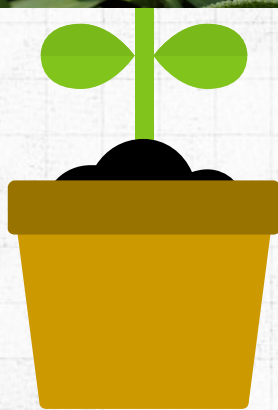
石竹



甚麼是石竹？



中文名：五彩石竹 / 中國石竹 / 印度石竹
科：石竹科
屬：石竹屬
產地：中國



形態及特徵



分布：世界各地

花色：花色豔麗，有紅、粉紅、紫紅、白色等，
呈純色或雙色

花期：十月至翌年四月

特點：多年生草本植物，多作一年生草本栽培



生長習性

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

流程



16 / 10 / 2020

派發花苗
及
《石竹的成長印記》

10 / 2020 至 3 / 2021

種植花苗
及
完成《石竹的成長印記》

3 / 2021

交回盆栽
及
《石竹的成長印記》

栽種示範影片



<https://www.youtube.com/watch?v=3lEdYfq3wI4>

石竹資料單張



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，唇瓣科植物(Lamiaceae (Labiate))的百里香屬(*Thymus*)，是多年生草本植物，原產於地中海區域，現時約有35至400個品種，均為帶有香味的亞灌木及小灌木，主要生長於英國、法國及法國，常見的品種有白花百里香、繡線百里香及櫻葉百里香。

Commonly known as French Thyme, *Thymus vulgaris* is a perennial dwarf shrub of the genus *Thymus* in the Lamiaceae (Labiate) family. Native to the Mediterranean region, it has about 350 to 400 identified 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-leaved Thyme.

生長習性及護理 Growth Habits and Care

法國百里香喜乾潔、陽光充足及通風的環境，排水良好的砂質土壤亦有其生長。

百里香植株矮小，葉片厚實肉質，不耐潮濕的泥土，故只能少量澆水，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，由於枝條基部老皮部分的再生力差，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，應立即用有效的殺菌劑和殺蟲藥噴灑植物，並消除受感染部分。

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，適宜在花園、香廊和天台花園種植。百里香廣泛用於芳香治療、製作香料、香茅茶、以及烹調食物。

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.

鼠尾草 Sage

科屬及分布 Family and Distribution

鼠尾草(學名 *Salvia officinalis*)屬唇瓣科植物(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區域，現時世界各地均有栽培，中國、非洲、澳洲、美國均有種植，主要產地為英國，品種亦最佳，常見品種有白鼠尾草、紫地鼠尾草、水鼠尾草。

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

鼠尾草喜乾潔、排水良好、通風及陽光充足的生長環境，耐寒，忌高濕及高濕，夏季須轉於陰涼處。種植時選擇排水良好的砂質土壤，以鹼性土為佳，澆水須適量，過多水會令根部腐爛，導致植株死亡。鼠尾草的葉片適土量，可在泥土面鋪石塊或石磚，避免葉片碰到土。

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 be unable to 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襲，但如發現有病蟲，應立即除去受影響部分，並能用有效殺菌劑或殺蟲劑。

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，鼠尾草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、藥膳和精油，在食用上多與海鮮和香腸烹調。

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.

時鐘 Dill

科屬及分布 Family and Distribution

時鐘(學名 *Anethum graveolens*)，又名小茴香、洋茴香或寸草，繡線草科植物(Apiaceae)繡線草屬(*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

時鐘適合冷涼天氣，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，要保時土壤濕潤，以免植株因缺水而枯乾；雨季須注意排水。時鐘根系較長，如以盆栽種植，應選用較深的花盆，應避免於當風位置；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。時鐘長至20至30公分時可採收嫩葉，收購宜在早上進行。時鐘在春夏季開出淡黃色的傘形花，待種子成熟後可採收儲存。時鐘不適於移植，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 taproot. The plant should stay away from exposed position 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 harvested 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

時鐘的病蟲害比較少，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

時鐘有翠綠的繡線葉片及淡黃色的傘形花，適合種於庭園或香草園觀賞。時鐘全株具濃烈香味，可製作精油用於芳香療法。時鐘的葉片可切碎加入餃子、湯或沙拉中，亦可用作魚類佐料，醃製成鮮魚或香茅牛油。種子可曬乾研碎用作調味料。

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.



康樂及文化事務署
Leisure and Cultural Services Department

石竹 *Dianthus chinensis*



植物及園藝教育組
Zoological and Horticultural Education Unit

https://www.lcsd.gov.hk/en/green/common/doc/leaflet_OPOF_PHSS_2020-21.pdf