

薄荷 Peppermint

Mentha canadensis

唇形科 LAMIACEAE




你知道牙膏所採用的薄荷味配方是從薄荷葉提煉出來嗎？古羅馬人兩千多年前已經用它來保持口氣清新！

Do you know the flavour of mint in toothpaste actually comes from Peppermint leaves? Thanks to its freshness, ancient Romans used it as mouth freshener about 2000 years ago.

 花期 Flowering:

1 2 3 4 5 6 7 8 9 10 11 12

 果期 Fruiting:

1 2 3 4 5 6 7 8 9 10 11 12

更多資料 More Details



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Morphology	<ul style="list-style-type: none">• Perennial aromatic herbs, 30-60 cm tall• Many-branched, with creeping rhizomes• Leave opposite, leave blade ovate-lanceolate
Distribution	<ul style="list-style-type: none">• Widely distributed in all provinces of China• Also in Korea, Japan, Vietnam, Laos, Cambodia, Thailand, Malaysia, Russia (Far East) and North America
Cultivation	<ul style="list-style-type: none">• Grows well in heavy clay soils• Prefers a slightly acid soil and partial shaded• Germination is usually fairly quick
Uses	<ul style="list-style-type: none">• Essential oils, medicinal, spice and strewing herb


香茅 Lemongrass

Cymbopogon citratus

禾本科 POACEAE

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香茅的氣味清新，常用作製成香油。它的氣味更可以驅蟲，製成香包到郊外就不怕蚊叮蟲咬了！

The scent of Lemongrass makes it perfect aromatic oil. If you are scared of insect bites, a Lemongrass sachet can help you!



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Morphology

- Perennial herbs, 40-200 cm tall
- Densely tufted fibrous root, bluish-green leaves
- Leaf blades , linear, flat, 30–90 cm long, 0.5-1.5 cm width
- Lemon-scented

Distribution

- Hainan, Guangdong, Taiwan (cultivated), Indian
- Widely cultivated in tropical Asia

Cultivation

- Prefers a moisture-retentive soil in full sun
- The plant seldom flowers

Uses

- Seasoning, and essential oil
- The leaves are used in cooking for pork and roasted chicken

羅勒 Basil

Ocimum basilicum

唇形科 LAMIACEAE


別名：九層塔、金不換

羅勒，亦即我們熟悉的「九層塔」— 越南菜常用的配料。它的嫩葉除了能製成調味香料外，也是天然驅蟲劑。

Do you like Vietnamese food? Basil leaf is one of the common ingredients in their seasoning. Moreover, they also serve as natural insect repellents!

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Morphology

- Annual herbs
- 25-80 cm tall, stems erect, many-branched, leave opposite
- Leaf blade ovate or elliptic ovate, green or purple, glabrescent or hairy

Distribution

- Guangdong, Guangxi, Guizhou, Yunnan, Sichuan, Xinjiang, Jilin, Hebei, Henan, Hubei, Hunan, Jiangxi, Anhui, Jiangsu, Zhejiang, Fujian, Taiwan
- Widely spread throughout the Old World tropics

Cultivation

- Prefers a moist but well-drained soil in a sunny position
- Germination is usually free and quick, prick out the seedlings into individual pots

Uses

- Seasoning and essential oils

紫蘇 Perilla


Perilla frutescens

唇形科 LAMIACEAE




為甚麼一些海鮮壽司或飯糰中會被加上一片紫蘇葉？據聞可以緩和進食海鮮後引致的腸胃不適。

Why does a piece of Perilla leaf is served with sushi or rice ball? The local peoples believe the Perilla leaves can soothe stomach or intestinal pain caused by seafood.

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Morphology

- Annual herbs, 50-150 cm tall
- Stems erect, obtusely 4-angled, purple or green
- Leaf blade broadly ovate to suborbicular, margin coarsely serrate, purple or green, 5-21 cm long, 3-16 cm width

Distribution

- Widely cultivated and naturalized in China
- Also introduced to Japan, Myanmar, Korean Peninsula, India and Nepal

Cultivation

- Prefers a light soil
- Requires a rich well-drained moisture-retentive soil in full sun

Uses

- Seasoning and medicinal
- Older leaves are also salted and used as a condiment for tofu and as a garnish for tempura

辣椒 Chilli

Capsicum annuum

茄科 SOLANACEAE

我們吃少量辣椒已感到「辣」，相反雀鳥不怕而且還可把種子經由糞便傳播到更遠的地方。

Do you feel "hot" and "spicy" when eating chili peppers? But birds cannot taste the hot spice! They like eating chili and also help to poop the seeds far and wide.



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Morphology

- Annual or perennial herbs, 50–80 cm tall
- Stems much branched, woody at base
- Leaf blade ovate to ovate-lanceolate, 4–10 cm long, 1.5–4 cm width
- Berry usually red, orange-yellow, variously shaped

Distribution

- Native to Mexico and South America
- Widely cultivated worldwide and naturalized in tropical and subtropical regions

Uses

- Vegetables, seasoning and colouring

Fun facts

- Birds do not feel "hot" or "spicy" when eating chili peppers. The chemical "Capsaicin" inside chili peppers will only affect mammals but not birds, because the digestive system in mammals will destroy their seeds and lowering their chance to spread far and wide