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

洋鳳仙
Impatiens walleriana
(African Balsam)



科屬及分布
Family and Distribution

洋鳳仙（學名 *Impatiens walleriana*），又名非洲鳳仙、指甲花或急性子，屬於鳳仙花科（Balsaminaceae）鳳仙花屬（*Impatiens*），是多年生草本植物，常作一年生種植。原產於非洲東部，現廣泛栽種於世界各地，栽培品種繁多，更有重瓣品種，花色豐富，多作觀賞用途。

Impatiens walleriana, commonly known as African Balsam, Busy Lizzie, Touch-me-not or Impatiens, belongs to the genus *Impatiens* in the family Balsaminaceae. It is a herbaceous perennial that is usually grown as an annual. Native to Eastern Africa, African Balsam is now available in a diverse range of cultivars, including double-flowered varieties. With its rich array of colours, it is widely grown as an ornamental plant around the world.





形態及特徵
Form and Characteristics

洋鳳仙高30至60厘米，分枝多，株型緊密。莖直立、肉質、光滑，多為綠色或紅褐色。葉互生，呈螺旋狀排列，寬橢圓形或卵形，葉端急尖或漸尖，基部楔形，葉緣具鋸齒。花常2至3朵簇生於植株上部的葉腋。花瓣5片，花色豐富，有紅、橙、粉紅、紫紅、紫或白等色。基部有一片萼片延伸成窄長的花距，內含花蜜。花期主要由秋天至翌年春末。紡錘形綠色蒴果成熟時，只要輕輕觸碰，果皮會立即收縮並捲曲成毛蟲狀，把內裏的種子彈出，急性子一名由此而來。

African Balsam typically grows 30 to 60 cm tall with a compact, multi-branched and mounding habit. Its stems are upright, succulent, smooth, and green or reddish brown in colour. The leaves are alternate and spirally arranged, broadly elliptical or ovate, with an acute or acuminate apex, a cuneate base and serrate margins. The flowers are usually borne in clusters of 2 or 3 at the upper leaf axils, with 5 petals in a rich variety of colours such as red, orange, pink, purplish-red, purple and white. The base of the flower features a sepal that extends into a long, slender nectar spur. The flowering period runs mainly from autumn to late spring of the following year. When ripe, even the slightest touch causes the walls of the spindle-shaped green capsules to contract into a caterpillar-like shape and eject the seeds within, hence the name Impatiens.

生長習性及護理
Growth Habits and Care

洋鳳仙喜温暖、中等光照或半遮陰、通風的環境，生長適温為15℃至25℃。若低於5℃或高於30℃，植株會受損，嚴重時可致落葉。種植時需避免強光直射，在炎夏須適度遮陰，在冬季則可適當提高光照以利生長。植料以疏鬆肥沃、濕潤和排水良好的土壤為佳，應適時澆水，以防植料過乾，但同時須避免積水，以免根部腐爛。

生長初期，待苗高約15厘米時可摘心去頂，其後可定時重複摘除頂芽，以促進分枝，塑造理想株形，並增加花蕾數目。從定植到開花約需45天。

洋鳳仙花期較長，生長期間每隔二至三星期可適量施用一次含氮、磷、鉀的複合肥，令植株健康生長並促進開花。蒴果成熟時會將種子彈出，待條件合適，泥土中的種子會長成新的植株。

African Balsam prefers a warm, medium-lit or partly shaded, and airy environment. Its optimum growth temperature ranges from 15°C to 25°C. Temperatures below 5°C or above 30°C can damage the plant, leading to defoliation in severe cases. Avoid exposure to strong and direct sunlight. Provide adequate shading in summer, and increase light exposure in winter to promote growth. African Balsam thrives in loose, rich, moist and well-drained soil. Water regularly to prevent the medium from drying out and avoid waterlogging to prevent root rot.



During the early growth stage, pinch off the growing tips when the seedlings reach about 15 cm in height. Repeat this process regularly to encourage branching, keep the plant shapely and stimulate flower budding. It takes approximately 45 days from transplanting to flowering.

African Balsam has a long flowering period. Throughout the growth period, apply compound fertilisers containing nitrogen, phosphorus and potassium (NPK) every 2 to 3 weeks to ensure healthy growth and encourage flowering. Upon ripening, the capsules eject their seeds, which sprout into new plants in the soil when conditions are favourable.

繁殖
Propagation

洋鳳仙主要以播種繁殖，秋、冬、早春均適合播種。種子可撒播在疏鬆濕潤的土壤上，發芽適溫為18℃至22℃。播種後澆水保持濕潤，約8至15天後種子便會發芽。育苗期間避免過度澆水，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對葉片後，便可移植到盆中，並保持充足日照。

除播種外，洋鳳仙也可以頂蕩扦插法繁殖。扦插可於春、秋兩季進行，介質以透氣及排水良好的砂質土壤為佳。扦插時，應選取不帶花芽的健壯枝條為插穗。每根插穗應長約5至8厘米，最少要有3至4個節，節與節之間相距宜短。除保留頂端3至4塊葉片外，摘掉其餘葉片，然後將插穗下半段三分之一至二分之一插入培植土壤。澆透水後，把插穗置於半遮陰處，溫度保持在18℃以上，約一星期後再移到較明亮處照射柔光，其間必須保持土壤濕潤。插穗約15至20天後可見生根，約30天後，待根部生長旺盛便可移植。

African Balsam is mainly propagated by seed sowing, ideally in autumn, winter and early spring. Scatter seeds over loose, moist soil. The optimum germination temperature is 18°C to 22°C. Water regularly to keep the soil moist after sowing, and germination usually occurs in about 8 to 15 days. During the seedling stage, avoid overwatering to prevent lodging. Thin out the weaker seedlings if overcrowded. The seedlings are ready for potting once they have grown to about 5 cm tall or have developed 4 to 6 pairs of leaves. Once potted, ensure sufficient sunlight exposure.



Alternatively, African Balsam can be propagated by soft tip cuttings in spring or autumn. The rooting medium should preferably be well-aerated, properly drained sandy soil. Select healthy and sturdy shoots without flower buds as cuttings, each about 5 to 8 cm long with at least 3 to 4 nodes and preferably short internodes. Remove all leaves except the top 3 to 4 and insert the lower one-third to half of the cuttings into the growing medium. Water thoroughly and place the cuttings in a partially shaded area with temperatures above 18°C for about a week before moving them to a brighter spot with subdued light. Keep the medium moist throughout. The cuttings will root in about 15 to 20 days and can be transplanted once the roots are well-developed after around 30 days.

防治病蟲害
Pest and Disease Control

洋鳳仙的病蟲害問題一般不嚴重，常見病害包括灰霉病，而蟲害則有蚜蟲、紅蜘蛛等。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。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。

African Balsam generally has no serious pest and disease problems. Common diseases include grey mould (also known as Botrytis blight), while pests include aphids and red spider mites. If pests or diseases are found, remove the affected parts immediately and apply an appropriate insecticide or fungicide. The best prevention is to place the plant in an environment with abundant sunlight, good air circulation and proper drainage. Moderate watering and fertilising also help maintain plant health.

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

洋鳳仙花色艷麗多變，花期長，幾乎全年見花，常用作花壇布置和圍邊植物，亦適合作盆栽或以吊籃栽種，裝飾陽台或窗邊。它也是蜜源植物，非常適合種於蝴蝶園吸引蝴蝶。

洋鳳仙及其他鳳仙花花瓣含有天然色素。古人將花瓣搗碎，加入少量明礬，敷在指甲上，就能染出淡橘紅色或粉紅色。這個天然染甲小妙招流傳已久，因此鳳仙花也有「指甲花」之稱。



The flowers of African Balsam come in a vibrant array of colours. With an exceptionally long flowering period running almost year-round, African Balsam is commonly cultivated for floral bedding displays or as edging plants. It is also suitable for planting in pots or hanging baskets to brighten balconies or windowsills. As a nectar plant, it attracts butterflies and is ideal for butterfly gardens.

The petals of African Balsam and other Impatiens flowers contain natural pigments. In ancient times, people would crush the petals with a small amount of alum and use the paste to dye their nails light orange-red or pink. This natural nail-dyeing hack has been passed down for generations, which is why Impatiens is also known as the “nail flower”.

一般護理須知
Notes on General Care

繁殖及護理 Propagation and care	
最適合溫度 Optimum temperature	發芽 Germination 18°C - 22°C 生長 Growth 15°C - 25°C
泥土酸鹼值 pH value	pH 5.8-6.2
繁殖 Propagation	播種 Seed sowing 頂蕊扦插 Soft tip cuttings

	春 Spring	夏 Summer	秋 Autumn	冬 Winter
日照 Sunlight	☀	☀	☀	☀
澆水 Watering	💧	💧💧	💧	💧
施肥 Fertilising	🌱🌱	🌱	🌱🌱	🌱

圖例 Key

☀ 日照充足 Abundant sunlight　　🌱 少許 Little　　💧🌱 中等 Medium

番茄
Tomato





科屬及分布
Family and Distribution

番茄，又名西紅柿，屬於茄科 (Solanaceae) 茄屬 (*Solanum*)，是一年生草本植物。原產於中南美洲，其後傳播至全球溫帶及熱帶地區廣泛種植。品種繁多，多為紅色，也有橙、黃、綠、紫色等，有些還帶彩色條紋；大小不一，既有一口大小的車厘茄，也有直徑達十多厘米的牛番茄。香港氣候溫暖濕潤，適合種植耐熱品種。

Tomato is an annual herbaceous plant of the genus *Solanum* in the family Solanaceae. Native to Central and South America, it is now widely cultivated in temperate and tropical regions around the world. There are many varieties of tomatoes, most of which bear red fruit, while others are orange, yellow, green or purple, and some even have colourful stripes. Fruit size varies, ranging from bite-sized cherry tomatoes to large beef tomatoes over 10 cm in diameter. Hong Kong's warm and humid climate is suitable for growing heat-tolerant varieties.

生長習性及護理
Growth Habits and Care

生長週期：一般為60至150天，依品種和種植環境而定。

溫度：生長適溫為20°C至30°C，高於35°C可引致落花落果。

日照：喜歡溫暖、乾爽及陽光充足的環境，忌高溫高濕，夏季需適當遮陰降溫。

澆水：保持土壤濕潤不積水，早晚澆水，切忌於炎熱的正午灌溉，以免果實裂開，雨季需注意排水。

土壤：以土層深厚、疏鬆、排水良好、富含有機質及pH值5.5至6.8的砂質壤土為佳，可添加堆肥或腐葉土改良土質。

種植方式：宜於春、秋兩季播種，秋季更佳。直接播種或育苗移植均可，行距約60至80厘米，株距約40至50厘米。

施肥：以腐熟堆肥作基肥，生長期每兩至三周施一次均衡肥。開花期及結果期需要充足養分，臨近花期改用高磷鉀肥，促進開花與果實發育。

修剪及支撐：適時摘除側芽，以保持通風透光。每株保留6至7個花序控制果實數量，以提升品質。可搭建支架或網架，防止倒伏。

Growth cycle: 60 to 150 days in general, depending on the variety and planting environment.

Temperature: The optimum growth temperature is 20°C to 30°C. Temperatures above 35°C may cause flowers and fruits to fall.

Sunlight: Prefer a warm, dry and sunny environment; avoid high temperature and humidity. Keep cool under shade in summer.

Watering: Keep the soil moist without waterlogging. Water in the morning and evening. Avoid watering in the hot midday sun to prevent fruit cracking. Ensure good drainage during the rainy season.

Soil: Deep, loose, well-drained, organic-rich sandy loam with a pH of 5.5 to 6.8 is preferred. Add compost or leaf mould to improve soil quality.

Planting: Best sown in spring and autumn, preferably autumn. Direct seeding or seedling transplanting are both feasible, with about 60 to 80 cm between rows and about 40 to 50 cm between plants.

Fertilisation: Use mature compost as a base fertiliser. Apply a balanced fertiliser every 2 to 3 weeks during the growth period. To ensure sufficient nutrients during the flowering and fruiting periods, switch to high-phosphorus-and-potassium fertilisers near the flowering period to encourage flowering and fruiting.

Pruning and support: Remove lateral buds in time to maintain airflow and light penetration. Control the number of fruits by retaining 6 to 7 inflorescences per plant to improve quality. Set up supports or trellises to prevent lodging.



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

果實色彩鮮艷，「櫻桃番茄」等品種更兼具食用與觀賞價值，適合盆栽或庭院種植。番茄既是蔬菜也是水果，不但富含維他命C、茄紅素和胡蘿蔔素等營養成分，更具抗氧化功效，有助維持心血管健康。其用途廣泛，既可生吃，又能烹調入膳，還可加工製成番茄醬、罐頭及飲品等，經濟價值顯著。惟須注意未成熟果實含有生物鹼，不宜食用。

Tomatoes produce vibrantly coloured fruit and are ideal for potting or planting in the garden. Varieties such as "cherry tomatoes" offer both culinary and ornamental value.

Tomatoes are both a vegetable and a fruit. Rich in vitamin C, lycopene and carotene, they also possess antioxidant properties that help support cardiovascular health. Incredibly versatile, tomatoes can be enjoyed fresh, cooked, or processed into sauces, canned food and beverages, making them highly economically valuable. It should be noted, however, that unripe tomatoes contain alkaloids and are therefore unsuitable for consumption.

大豆
Soybean





科屬及分布
Family and Distribution

大豆屬於豆科 (Fabaceae) 大豆屬 (*Glycine*)，是一年生草本植物。原產於中國，現已廣泛栽種於美國、巴西、阿根廷及印度等地，品種繁多。成熟前稱為毛豆，呈青綠色；成熟後則稱為大豆。種皮顏色因品種而異，有黃、青、黑、棕四色，分別稱為黃大豆、青大豆、黑大豆、茶大豆，其中以黃大豆最常見。

Soybean is an annual herbaceous plant of the genus *Glycine* in the family Fabaceae. Native to China, it is now widely cultivated in the United States, Brazil, Argentina, India, and elsewhere, with numerous varieties. Before maturity, the beans are bright green and are called edamame. When fully ripe, they are called soybean. Depending on the variety, the seed coats come in four colours, namely yellow, green, black, and brown, which are respectively named yellow soybean, green soybean, black soybean, and brown soybean. Among these, yellow soybean is the most common.

生長習性及護理
Growth Habits and Care

生長週期：一般為80至120天，依品種和種植環境而定。

溫度：喜溫暖氣候，生長適溫為20℃至28℃。

日照：短日照植物，花期受日照長度影響，不同品種對日照長短的反應差異顯著。

澆水：以土乾再澆為原則，忌積水，以免引致根腐；開花至鼓粒期間需適度加強澆水，確保水分供應充足。

土壤：以土質疏鬆、排水良好、富含有機質及pH值6.0至7.5的壤土為佳。

種植方式：宜於春、秋兩季播種，直播或育苗移植均可；行距約50至75厘米，株距約30至40厘米。忌連作，應配合適當的作物輪替種植。

施肥：以腐熟堆肥作基肥，生長期每隔兩周補充一次磷肥；臨近花期改用磷鉀肥，可促進開花與結莢。

採收：豆莢飽滿時及時收割，防止裂莢落粒。

Growth cycle: 80-120 days in general, depending on the variety and planting environment.

Temperature: Prefer warm climates. The optimum growth temperature ranges between 20°C and 28°C.

Sunlight: As a short-day plant, its flowering period is influenced by day length. Different varieties show significant differences in their response to photoperiod.

Watering: Allow the soil to dry before watering, avoiding waterlogging to prevent root rot. From flowering through seed development, increase watering moderately to ensure sufficient water availability.

Soil: Loose, well-drained, organic-rich loam with a pH of 6.0 to 7.5 is preferred.

Planting: Best sown in spring and autumn. Direct seeding and seedling transplanting are both feasible, with about 50 to 75 cm between rows and about 30 to 40 cm between plants. Avoid continuous cropping and implement proper crop rotation.

Fertilisation: Use mature compost as base fertilisers. Apply phosphorus fertiliser every 2 weeks during vegetative growth. Switch to phosphorus and potassium fertiliser as the flowering period approaches to promote flowering and pod development.

Harvest: Harvest in a timely manner once the pods are fully developed to prevent pod shattering and seed loss.



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

大豆富含營養與優質蛋白質，其蛋白質含量約為同重量肉類的兩倍，素有「田裏的肉」之稱。未成熟時(即毛豆)可作蔬菜，用於家常料理；成熟後則可加工製成豆漿、豆腐、豆乾、醬油、味噌、黃豆粉及腐乳等豆製品。此外，大豆也是食用油的重要來源，榨油後所得豆渣常用於禽畜飼料與有機肥料，並具廣泛工業用途；部分大豆加工品亦可作中藥材。

農業方面，大豆與土壤中的根瘤菌互利共生，於根部形成具固氮能力的根瘤。根瘤菌可將空氣中的氮氣轉化為植物可用的含氨物質，令泥土更肥沃。因此，以大豆作為綠肥栽培，有助於改善土壤結構並培肥地力。

Soybean is rich in nutrients and high-quality protein, containing roughly twice the protein content of an equivalent weight of meat, earning it the name “meat of the field”. Unripe soybeans (i.e. edamame) can be used as a vegetable in everyday cooking. Once mature, they can be processed into diverse soy products, including soy milk, tofu, dried tofu, soy sauce, miso, soy flour, and fermented bean curd. Beyond food, soybean is a significant global source of edible oil. The soybean meal left after oil extraction is commonly used for animal feed, organic fertiliser, and various industrial applications. Some processed soybean derivatives also serve as ingredients in traditional Chinese medicine.

In agriculture, soybean establishes a symbiotic relationship with rhizobia in the soil, forming nitrogen-fixing nodules on its roots. These bacteria convert atmospheric nitrogen into ammonia for use by plants, enriching the soil. For this reason, cultivating soybean as a green manure crop helps improve soil structure and enhance soil fertility.

豌豆
Garden Pea





科屬及分布
Family and Distribution

豌豆屬於豆科 (Fabaceae) 豌豆屬 (*Pisum*)，是一年生攀緣草本植物。原產於地中海及西亞一帶，現廣為栽種於歐洲、亞洲、美洲的溫帶地區。豌豆亞種和變種繁多，其中軟莢品種荷蘭豆的豆莢及豆苗常作蔬菜食用。

Garden Pea, also known as the pea, is an annual climbing herbaceous plant of the genus *Pisum* in the family Fabaceae. Native to the Mediterranean and West Asia, it is now widely cultivated in the temperate regions of Europe, Asia, and the Americas. There are many subspecies and varieties, among which the edible-podded snow pea is commonly grown for its tender pods and shoots used as vegetables.

生長習性及護理
Growth Habits and Care

生長週期：採收豆莢約需65至150天，採收豌豆苗約30至40天，兩者均視乎品種而定。

溫度：喜冷涼乾燥氣候，耐寒不耐熱，生長適溫為15℃至20℃；高於25℃會使其生長受阻、病害易發且授粉率降低；低於5℃則開花數減少，幼嫩豆莢亦易凍傷。

日照：屬全日照植物，充足的日照能有效促進生長。

澆水：育苗期須保持土壤濕潤，開花結莢期需水量較多，但對淹水極為敏感，切忌積水；雨量過多或排水不良，根部會因缺氧而腐爛。

土壤：適應力廣，土層宜深厚；pH值6至7.5的砂質壤土至黏質壤土皆可。

種植方式：可直播或育苗移植，行距約30至45厘米，株距約5至10厘米。種植密度依品種而定，蔓生種宜稀植，須設立支架供藤蔓攀爬，矮生種則可密植。忌連作，宜與不同科的作物輪替種植。

施肥：以基肥為主，追肥為輔；氮、磷、鉀三要素約每10至15天均衡補充一次；臨近花期改用磷鉀肥，可促進開花與結莢。

採收：荷蘭豆應於幼莢充分長大、尚未鼓粒時採收嫩莢。若作豌豆苗食用，則於開花前適時採收嫩葉。

Growth cycle: Approximately 65 to 150 days for pea pods and 30 to 40 days for pea shoots, depending on the variety.

Temperature: Prefer cool, dry climates. It is cold-hardy but not heat-tolerant, with an optimum growth temperature of 15°C to 20°C. Above 25°C, growth is inhibited, diseases become more prevalent, and pollination rates decrease. Below 5°C, flowering decreases and young pods are easily damaged by frost.

Sunlight: Thrives in full sun; sufficient sunlight is essential to promote growth.

Watering: Keep the soil moist during the seedling stage. While water demand increases during flowering and pod formation, the plant is extremely sensitive to waterlogging. Avoid water logging; excessive rainfall or poor drainage will cause the roots to rot due to a lack of oxygen.

Soil: Highly adaptable but performs best in deep soil layers. It thrives in sandy loam to clay loam soils with a pH of 6 to 7.5.

Planting method: Suitable for direct seeding or seedling transplanting, with about 30 to 45 cm between rows and about 5 to 10 cm between plants. Planting density depends on the variety; vining varieties should be planted sparsely and require a trellis or support frame to climb, while dwarf varieties can be planted more densely. Avoid continuous cropping, and rotate with crops from other families.

Fertilisation: Use base fertiliser as the primary component, supplemented by topdressing. Replenish a balanced NPK (nitrogen, phosphorus, and potassium) fertiliser every 10 to 15 days. Switch to phosphorus and potassium fertiliser as the flowering period approaches to promote flowering and pod development.

Harvest: Harvest snow peas when the young pods are fully grown but before the seeds swell. If grown for pea shoots, harvest the tender leaves before flowering.

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

豌豆兼具觀賞與食用價值，不僅適合作為庭院、陽台的綠籬或棚架植物，亦是全球重要的蛋白質來源之一。其鮮豆、乾豆、豆苗及嫩莢均可食用，營養豐富。此外，豌豆亦可加工製成豌豆粉、豌豆蛋白、急凍豌豆粒及罐頭等食品。

豌豆與土壤中的根瘤菌互利共生，於根部形成具固氮能力的根瘤，是優良的綠肥作物。採收後把莖葉翻壓入土，亦可增加土壤有機質，有助改善土壤結構。



Peas are valued for both their ornamental beauty and edible qualities. They are not only suitable for use as hedges or trellis plants in courtyards and balconies, but also serve as one of the world's most important sources of protein. Their fresh and dried peas, tender shoots and crisp pods are edible and highly nutritious. They can also be processed into pea flour, pea protein, frozen peas, and canned goods.

Peas establish a symbiotic relationship with rhizobia in the soil, forming nitrogen-fixing nodules on their roots, making them an excellent green manure crop. After harvest, turning the stems and leaves into the soil can also enrich the soil with organic matter and help improve soil structure.

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