



奇異果的身世及名稱來歷 THE IDENTITY OF KIWIFRUIT

大約在二十世紀八十年代初期，一種新水果開始進入香港市場，商品名為“Kiwifruit”。由於從新西蘭進口，又冠有新西蘭國鳥“Kiwi”之名在前，人們多以為這種水果是新西蘭的特產，非常新奇；加上“Kiwi”第一個音節與粵語“奇”字的發音相近，水果商把它叫作“奇異果”，更增加了幾分神秘色彩。



At the beginning of 1980's, a new kind of fruit appeared in the Hong Kong market; its commercial name is "Kiwifruit". As it is imported from New Zealand, and has its name associated with the New Zealand bird Kiwi, most people believe that the fruit is endemic to New Zealand. Furthermore, because of the pronunciation of the first syllable of the word "Kiwi" is quite similar to that of the Chinese character “奇” (meaning strange) in Cantonese, the importer gave it the Chinese name "Qi Yi Guo" meaning "strange fruit", and adds an element of mystery to the fruit.

其實，奇異果一點也不奇，它就是土生土長於我國長江流域南北各省的硬毛獼猴桃，學名 *Actinidia deliciosa* (*A. chinensis* var. *hispida*)。我國利用獼猴桃已有兩千多年的歷史，早在初漢《爾雅》中已有記載。明代藥學家李時珍曾有“其形像梨，其色如桃，而獼猴喜食，故有其名”的描述。

Actually, the Kiwifruit should not be strange to us at all. It is the indigenous Chinese plant "Monkey Peach", *Actinidia deliciosa* (formerly *Actinidia chinensis* var. *hispida*). It is widely distributed in provinces of the Yangtze River Valley. People in China have made use of this plant for more than 2000 years. As early as the beginning of the Han Dynasty, it was recorded in the book *Er Ya*. In Ming Dynasty, the famous pharmacologist Li Shi Zhen described the fruit as "Its shape looks like Pear, its colour is similar to Peach, and it is a favourite food of monkeys, thus it was so named".



硬毛獼猴桃
Actinidia deliciosa

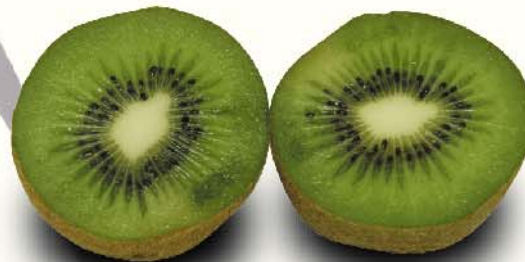
硬毛獼猴桃是一種落葉藤本，長可達10米；葉互生，近圓形或倒卵圓形；花雜性或雌雄異株，初開時白色，後為黃色；漿果卵球形或橢圓狀球形，密生棕色長毛，8至10月間成熟。大約在1900年左右，獼猴桃始由西方著名植物採集人 E. H. Wilson 引入英國和法國，被稱為中國鵝莓 (Chinese Gooseberry)，後傳入新西蘭，並於1910年首次開花結實，1930年左右才開始作為果樹栽培生產。至1980年，種植面積已發展到5000公頃，年產量達18,200噸，果實銷往世界各地。為了開拓市場，他們把這種水果取名“Kiwifruit”既新奇又打上了新西蘭的標誌，確實起到了良好的廣告效應。近年來，中國、美國、日本等國都在發展獼猴桃的生產，特別是我國內地還從野生種群中選育出許多優良品種。

The plant is a deciduous climber, up to 10 m long, with alternate, rounded or obovate leaves; the plants are polygamous or dioecious. The flowers are initially white, and turn to light yellow later. The fruit is a berry, ovoid to ellipsoid in shape, covered with brown hairs, mature between August and October. The plant was for the first time introduced to England and France by the famous English plant collector E. H. Wilson around 1900. The Europeans called it "Chinese Gooseberry". Later on it was transplanted to New Zealand and other countries. In New Zealand, it first fruited in 1910, became a commercial fruit crop in 1930's and a steady development of plantings and production had followed. In 1980 about 5000 hectares were under commercial cultivation, and the production was over 18,200 tones; the fruits were exported to every parts of the world for sale. The New Zealander named the fruits as "Kiwifruit". Being new in the market and bearing the New Zealand symbol, the name acquired tremendous advertising effect. In recent years, commercial cultivation of Kiwifruit was also carried out in the United States of America, Japan, and especially China, where many new high quality cultivars were selected from the wild populations.

獼猴桃被人們稱為“超級水果”，列入宇航員的菜單。它何以有如此大的魅力？原來，這種水果不僅具有特殊的清香味，酸甜可口，而且營養價值極高。據分析，獼猴桃鮮果營養成份平均含量如下：

The fruit was praised as "Super Fruit", and appeared in the menu of the astronauts. The fruit is not only delicious but also very nutritious. The chemical nutritive components composition of an average Kiwifruit is as follows:

獼猴桃營養資訊 Nutrition Information of Kiwifruit	
可溶性固體 Soluble Solids	15.0%
總酸 Total acidity	1.4%
總糖 Total sugar	10.0%
總碳水化合物 Total Carbohydrate	12%
蛋白質 Protein	1.0%
脂肪 Fat	0%
礦物質及維他命 Minerals and Vitamins	
鉀 Potassium	340.0 mg/100g
鈉 Sodium	9.5 mg/100g
鈣 Calcium	37.0 mg/100g
鎂 Magnesium	20 mg/100g
鐵 Iron	0.9 mg/100g
磷 Phosphorus	23.0 mg/100g
維他命C Vitamin C	105-420 mg/100g



上面的數字告訴我們，獼猴桃含有豐富的糖類、蛋白質、磷、鉀、鈉、鐵、鎂等人體必須的營養物質，且維他命C含量之高名列眾多水果、蔬菜前茅，比柑桔高3至4倍，比菠蘿高4倍，比蕃茄高10倍，比蘋果、葡萄和梨高20倍，比大白菜和菠菜高出3至4倍。因此，獼猴桃很快就成了家庭和宴會餐桌上的佳果，深受人們的喜愛。

As shown in the figures, the Chinese Monkey Peach contains various nutritious elements which are necessary for human, and its Vitamin C content is the highest in comparison with most vegetables and fruits. On average, it is 3 to 4 times higher than orange and pineapple, 20 times higher than apple, grape and pear, 3 to 4 times higher than Chinese cabbage and spinach, 10 times higher than tomato. No wonder it becomes one of the most favourite fruits in the market.

獼猴桃屬植物共約54種，絕大部份均分布於中國。香港有兩種獼猴桃屬植物，其中闊葉獼猴桃 (*Actinidia latifolia*) 與奇異果近緣，果實稍小，長3至3.5厘米，亦可食用。

There are about 54 species in the genus *Actinidia*, and most of them are distributed in China. In Hong Kong, the Kiwifruit does not occur naturally, but there is a closely related species – Broad-leaved *Actinidia* (*Actinidia latifolia*). Its fruit, though smaller (3 – 3.5 cm long) than Kiwifruit, is also edible.



闊葉獼猴桃
Actinidia latifolia

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