



植物在傳統日常生活的應用 The Traditional Uses of Plants

植物在日常的應用非常廣泛，例如製造日常用具或作為建築材料，更為我們提供了食糧。現在我們應用的例子，都是先民努力研究及嘗試的成果。以下介紹一些植物在傳統生活的應用，希望透過這些與我們生活息息相關的例子，引發你們的興趣，更深入地去了解這些多樣化的植物資源。

也許年青一代對以下所介紹的傳統日用品不太熟識，但你可能覺得應用這些天然物品的概念相當有趣。或者有一天，你會發現一些新的方法去應用這些植物。

Plants have widely been utilized by us in our daily life. Besides their uses in making useful products and tools and providing raw materials for construction, the most important of all are the edible plants for our consumption. The successful examples we see today are the outcomes of decades of trials and studies from our ancestors. Through the following introductions to a number of plant species and their traditional uses, which are closely related to our daily life, we hope to stimulate the reader's interest in understanding and studying our diverse plant resources in more details.

The younger generation may not be familiar with the traditional products introduced below. However, you may find the ideas of using these relatively natural and unprocessed items interesting. Perhaps you would one day discover a new idea in using our plant resources.

染布顏料 Dye

-馬藍 *Strobilanthes cusia* (Nees) Kuntze

馬藍是一種草本植物，生於林下潮濕的地方。葉片含有藍靛，切碎用水泡浸後成染料，可將布疋染成藍色。根據記錄，沙田崗背村曾設立染廠生產染料，該村所處的觀音山一帶亦曾種植大量馬藍，為染廠提供染料來源。現在觀音山一帶仍有不少馬藍蔓生。

A herbaceous plant growing in damp areas. Owing to the presence of indigo (a deep blue dye) in the leaves, it has been used for dye extraction by soaking and crashing the leaves. Records showed that this species has widely been planted in Kwun Yam Shan, Shatin, to provide raw materials for dye production in the facilities at Kong Pui Tsuen nearby. To date, the facilities are no longer operating, however, *Strobilanthes cusia* could still be found growing wild in the area.



麻 Ramie

-青葉苧麻 *Boehmeria nivea* (L.) Gaudich. var. *tenacissima*
(Gaudich.) Miq. (Virid-leaved Boehmeria)

青葉苧麻是蕁麻科的矮小灌木，葉片薄，有鋸齒，葉背被雪白氈毛。麻是用青葉苧麻的樹皮製成一種粗糙的纖維，這些纖維細長堅韌。可編織成麻繩。

This species is a perennial plant of the family Urticaceae. Leaves thin, serrated with white hairs on the lower side. Ramie is a coarse fibre prepared by scraping off the outer bark of *Boehmeria nivea* var. *tenacissima*. The fibre it produced is strong with high resistance to pull but do not stand twisting well. Used for making ropes.



天然百潔布 Natural Scourer

-水瓜 *Luffa aegyptiaca* Mill. (Vegetable Sponge)



水瓜為一年生胡蘆科攀援植物，是夏天常見的瓜菜類，嫩瓜可供食用，味清甜，水份多。纖維囊即水瓜囊在老水瓜內形成，可作家居清潔用具。近年在美容店可見到水瓜囊出售，用作清潔皮膚的天然用品。

An annual climber of the family Cucurbitaceae, its fruit is edible and fleshy when immature. As the fruit of Vegetable Sponge gets older, it dries up and a dense mass of fibre is formed inside the fruit. The fibre mass has been used for household cleansing. In recent years, the fibre mass of Vegetable Sponge can be found on sale at beauty shops as an alternative to sponge for skin cleansing.

崗松掃帚 Baeckea Sweeper

-崗松 *Baeckea frutescens* L. (Dwarf Mountain Pine)

崗松屬桃金娘科，是一種有很多分枝的灌木，常見於郊野的草坡上，其葉狀似松針，故稱為崗松，但並非松科植物。新界村民常將崗松的枝條曬乾綯紮成掃帚。

Dwarf Mountain Pine is a shrub with much branching, commonly seen growing on hillslopes. Traditionally, the branches have been tied in a bunch as sweeper. Its leaves resemble pine needles but it is actually a species of the family Myrtaceae, not of Pinaceae.



茶仔餅 Tea Seed Cake -油茶 *Camellia oleifera* Abel (Oil-tea Camellia)



油茶是山茶科的灌木。其種子含有豐富的油份(茶油)，可供食用或工業用。榨油後所剩下的殘渣，可壓製成茶仔餅。茶仔餅含有皂醇，可作洗髮劑，亦有漁民用作毒魚。

Oil-tea Camellia is a shrub belonging to the family Theaceae. Its seeds have high oil contents for extraction for human consumption and industrial use. After oil is extracted from the seed, the residue is compressed into Tea Seed Cakes as a side product. The seed residue which contains saponin has been used for washing hairs. Fishermen also used it for fish poisoning.

刨花 Pao Fa

-刨花潤楠 *Machilus pauhoi* Kanehira (Many-nerved Machilus)

刨花潤楠為樟科高大喬木，木材刨成薄片即為刨花，將刨花放在水中浸泡後成粘液，昔日婦女用作固定髮型之用。在本地生長的粗壯潤楠*Machilus robusta*及絨毛潤楠*Machilus velutina*亦可製成刨花。

Machilus pauhoi is a large tree of the family Lauraceae. A thin slice of the timber (Pao Fa) soaked in water yields gelatine which has traditionally been used by Chinese women for fixing and setting hairs. The timber of the native species *Machilus robusta* and *Machilus velutina* can also be used for production of Pao Fa.



天然驅蟲劑 Natural Insect-repellent

-樟 *Cinnamomum camphora* (L.) Presl (Camphor Tree)



樟樹是樟科高大喬木。樹身及樹葉均含有豐富的油脂，嗅之有濃烈的樟腦氣味。其製成品樟腦有驅蟲作用，民間更喜用其木材製成樟木櫃。樟樹亦是優美的遮陰樹種，常見於村旁及風水林。

Camphor tree is a large tree of the family Lauraceae. Its tree trunk and leaves release strong fragrance of camphor. The timber of Camphor tree is used for making chests and furniture because of its beauty as well as insect-repellent properties. This species is also a good shade tree. Mature specimens are often seen in villages and Fung Shui Woods.

鹹水草 Natural string

-短葉茛苳 *Cyperus malaccensis* Lam. var. *brevifolius* Boeck.
(Short-leaved Malacca Galingale)

短葉茛苳是多年生莎草科植物，多叢生於水邊或荒田，稈堅韌，可作編織草製品，如草蓆。早年街市中更用以綑綁蔬菜肉食，現多於端午節時用來紮糉子。

It is a perennial herb belonging to the family Cyperaceae growing in freshwater and brackish marshes. The stem is tough, which can be used as strings or for weaving mats. It used to be commonly seen in markets for tying meat and vegetables. It is still used for tying rice dumplings during the Dragon Boat Festival.



藤製品 Rattan

-白藤 *Calamus tetradactylus* Hance (Four-finger Rattan Palm)



白藤又稱為雞藤，是棕櫚科的藤本植物。其枝莖非常柔韌，可編織成藤器製品。果成熟時橙黃色，果皮呈鱗片狀。植株全身長有刺，生於密林中。

It is a spiny climbing species of the family Arecaceae (Palmae), with flexible stems of high tensile strength and thus used as rattan for weaving baskets and making furniture. It can be found in dense woodlands, easily to be identified when it bears mature fruits, which are in orange-yellow with scale-like pericarps.

油甘子枕頭 Myrobalan Pillow

-餘甘子 *Phyllanthus emblica* L. (Myrobalan)

大戟科的落葉喬木。葉細小，曬乾後可用作填滿枕頭的物料。據說在炎熱的夏夜枕油甘子枕頭，有份外涼快的感覺。果可吃，初咀嚼時有澀味，後漸感甘甜。

It is a deciduous tree belonging to the family Euphorbiaceae. After drying, the small leaves are used for stuffing pillows. It is said that Myrobalan Pillow can give a feeling of "coolness" particularly during hot summer nights. The fruit is edible. After chewing, it first gives a bitter taste but is then followed by a sweet taste.

