

救世軍韋理夫人紀念學校通告
有關：「一人一花計劃」
對象：全校學生

逕啟者：

為了推廣環保教育，培養學生耐性與愛護花卉的精神。本校已參與康文署舉辦之「一人一花計劃」。康文署將為本校每位學生免費提供「堇花苗」。學生把花苗帶回家後，請自備花盆、土壤種植。有關「堇花苗」的種植單張會上載至 Google Classroom。種植方法可觀看以下觀片：



<https://www.youtube.com/watch?v=ZWjcZf0hQWE&t=9s>

此外，為鼓勵學生用心照顧花卉，學生在種植完畢時與花卉合照，並按檔案名稱，上載照片到本校 Google Classroom，將獲得獎勵卡或小禮物一份，以作鼓勵。

種植活動詳情如下：

日期	事項
10月5日	派發通告
↓	
10月5日至10月11日期間(其中一日)	派發花苗
↓	
2022年1月17日至1月28日期間	學生與花卉合照

備註：上載照片於 Google Classroom Class 1A-6D

『2021-2022 一人一花』的人花合照活動

上載照片檔案名稱：例：4D01 陳小明

班別及學號

姓名

此 致
 貴家長



校長



啟

馬啓能

主曆二零二一年十月五日

三色堇

Viola tricolor (Pansy)



馬約蘭 *Origanum majorana* (Sweet Marjoram)

科屬及分布 Family and Distribution

馬約蘭，又名甜馬約蘭或馬鬱蘭，隸屬唇形科(*Lamiaceae*)的牛至屬(*Origanum*)，是多年生草本植物，在寒冷地區常為一年生植物，原產於地中海沿岸一帶，現分布於歐洲及土耳其。

Commonly known as Sweet Marjora or Marjoram, *Origanum majorana* is a herbaceous perennial of the genus *Origanum* in the family *Lamiaceae*. The plant is usually grown as an annual in cold regions. Native to the Mediterranean coast, it is now distributed over Europe and Turkey.

生長習性及護理 Growth Habits and Care

馬約蘭喜陽光充足、溫暖和乾燥的天氣，耐寒而不耐熱，當夏季溫度達30°C以上時，植株會呈現停止生長的狀態，因此要注意通風。馬約蘭耐旱忌積水，栽培土壤以含豐富有機物質、排水良好及略帶石灰質的砂土為佳。生長期多修剪可促進側枝生長，春夏交接和秋末是馬約蘭草的花期，宜於開花前採收。

Sweet Marjoram favours a warm and dry climate with full sunlight. It is cold-resistant and intolerant of heat. It will be in a state of growth cessation when the temperature reaches above 30°C in summer, so make sure there is good ventilation. Sweet Marjoram is drought-tolerant and stagnant water should be avoided. It grows best in well-drained and slightly calcareous sandy soil with rich organic matters. Pruning during the growth period can promote the growth of lateral stems. Stems should be harvested before the flowering period, which falls between spring and summer and in late autumn.

防治病蟲害 Prevention and Treatment of Pests and Diseases

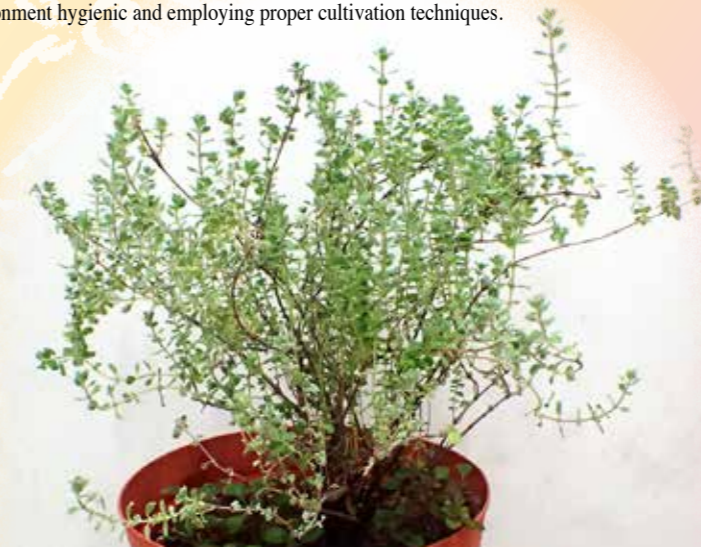
馬約蘭的病蟲害比較少，炎夏時要注意排水及通風，積水會令根部腐爛。保持種植環境衛生及採用正確的栽培方法可減少病蟲害。

Sweet Marjoram rarely suffers from pests and diseases. Keep it in a well-drained and well-ventilated place in the scorching heat of summer. Stagnant water will cause roots to rot. Infestation and infection can be minimised by keeping the planting environment hygienic and employing proper cultivation techniques.

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

馬約蘭可在香草園種植或以盆栽栽種。葉和莖發出淡雅幽香，是許多香水、古龍水、化妝品和香皂的香氣來源。花、莖和葉具有鎮靜、促進消化、紓緩頭痛及失眠和鬆弛神經的功效。

Sweet Marjoram can be cultivated in herb gardens or as potted plants. The leaves and stems produce a subtle and faint fragrance, which is the aromatic source of many perfumes, colognes, cosmetics and soaps. Its flowers, stems and leaves have the effects of calming, promoting digestion, relieving headaches and insomnia, as well as relaxing nerves.



龍蒿 *Artemisia dracunculus* (Tarragon)

科屬及分布 Family and Distribution

龍蒿屬菊科(*Compositae*)蒿屬(*Artemisia*)，又稱龍艾、香艾菊、狹葉青蒿，是多年生草本植物，原產於西伯利亞和西亞。

Commonly known as Tarragon, *Artemisia dracunculus* is a perennial herb of the genus *Artemisia* in the family *Compositae*. Also known as biting dragon, dragon plant and estragon, the plant is native to Siberia and West Asia.

生長習性及護理 Growth Habits and Care

半灌木狀草本，匍匐生長，常有短的地下莖。適宜在溫暖、陽光充足處生長，在冬季通常會進入休眠狀態。耐乾旱，忌積水，宜選擇含有腐殖質、疏鬆、排水良好的壤土栽種。

The herb is a subshrub that grows as a creeping plant, often with short underground stems. It grows well in a warm and sunny place, and usually enters a dormant state in winter. Tarragon is tolerant of drought, and stagnant water should be avoided. Loose and well-drained soil that contains humus is preferred for planting.

防治病蟲害 Prevention and Treatment of Pests and Diseases

龍蒿的病蟲害較少，但仍須注意種植環境衛生，採用正確的栽培方法及保持空氣流通，是預防病蟲害的最佳方法。

Tarragon rarely suffers from pests and diseases, but attention should still be paid to keep the planting environment hygienic. Employing proper cultivation techniques and maintaining good ventilation are the best ways to prevent pests and diseases.

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

龍蒿可種於花盆或園圃，供觀賞之用。在法國，龍蒿被稱為「四香草」之一，是伯納西醬(蛋黃醬、荷蘭醬)的主要成分，亦常用於一些蔬菜製備物、肉類和湯的調味料及製作風味醋等。

Tarragon can be planted in pots or gardens for ornamental purposes. Known as one of the "four herbs" in France, Tarragon is the main ingredient of Béarnaise sauce (mayonnaise, hollandaise). The herb is also commonly used in some vegetable preparations, meat and soup seasonings, flavored vinegars, etc.



留蘭香 *Mentha spicata* (Spearmint)

科屬及分布 Family and Distribution

留蘭香屬唇形科(*Lamiaceae*)薄荷屬(*Mentha*)，是多年生草本植物，又名綠薄荷、香薄荷、青薄荷或香花菜，原生於歐洲及亞洲西南部，現分布於歐洲南部、中國及美國。

Commonly known as Spearmint, *Mentha spicata* is a perennial herb of the genus *Mentha* in the family *Lamiaceae*. Native to Europe and Southwest Asia, it is now distributed in southern Europe, China and the United States.

生長習性及護理 Growth Habits and Care

留蘭香喜陽光充足及溫暖濕潤的環境，耐熱，耐寒，適應力強，即使在30°C以上高溫仍能正常生長，生長適溫為25°C至30°C。晝夜溫差越大，植株體內就會累積越多精油。留蘭香在苗期和花期需要較多水分，對土壤要求不高，一般土壤均適合生長，尤以砂壤土或壤土為佳，酸鹼值宜為6.5至7.5。

Spearmint prefers a sunny, warm and humid environment. Being heat and cold tolerant, it has such a strong adaptability that it can grow normally even in a high temperature of over 30°C. The optimum temperature for growth is between 25°C and 30°C. The greater the temperature difference between day and night, the more essential oil will be accumulated in the plant. More water is needed during the seedling and flowering stages. It does not have strict requirements for soil. Ordinary soil is suitable for its growth. It grows well in sandy or loam soil with a pH value between 6.5 and 7.5.

防治病蟲害 Prevention and Treatment of Pests and Diseases

留蘭香在高溫濕潤的環境容易受真菌侵害。如發現葉片上有深褐色病斑，應盡快摘除受影響葉片。適當修剪、保持通風及注意栽種環境衛生可減少病蟲害。

Spearmint is susceptible to fungal infection in a hot and humid environment. If dark brown spots are found on the leaves, remove the infected leaves as soon as possible. Appropriate pruning, good ventilation and keeping the planting environment hygienic can reduce pests and diseases.

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

留蘭香適合作地被植物，可種植於花盆或香草園。其用途廣泛，可入藥，有抗氧化及清除自由基的功效，亦可作烹調之用，如用作沙拉配料、沖泡茶等。莖和葉含精油，經蒸餾後可提煉成留蘭香油。

Spearmint is suitable to be used as ground cover plants, potted plants, or for cultivation in herb gardens. It has a wide range of applications. With the effects of anti-oxidation and scavenging free radicals, it can be used for medicinal purposes. It can also be used for cooking, such as making salads and brewing scented tea. The stems and leaves contain essential oil, which can be extracted to produce spearmint oil after distillation.



三色堇 *Viola tricolor* (Pansy)

科屬及分布 Family and Distribution

三色堇，又名蝴蝶花、人臉花、貓臉花，隸屬堇菜科(*Violaceae*)的堇菜屬(*Viola*)，是二年生或短期多年生草本植物。三色堇原產歐洲北部，是冰島及波蘭的國花。

Viola tricolor, also known as Pansy, Viola or Violet, is a biennial or short-lived perennial herb under the genus *Viola* in the family *Violaceae*. Native to Northern Europe, the plant is the national flower of both Iceland and Poland.

形態及特徵 Form and Characteristics

三色堇高10至25厘米，全株光滑。地上莖較粗。葉片卵形，葉緣具疏圓齒或鈍鋸齒。花兩性，常有三色，直徑約3至5厘米，花瓣5片，頂瓣2片，側瓣2片及下瓣1片，側瓣及下瓣常有條紋。

Viola tricolor stands 10 to 25 cm in height with smooth and thick stem. The leaves are ovate with sparsely crenate margins. Flowers are bisexual and usually tri-coloured, each about 3 to 5 cm in diameter with 5 petals, i.e. 2 upper petals, 2 side petals and 1 lip petal. There are usually lines on the side and lip petals.

生長習性及護理 Growth Habits and Care

三色堇喜涼爽及光照充足的環境，忌高溫多濕，生長適溫為12°C至20°C。光照不足會影響植株生長及開花，每天最好有不少於4小時的日光照射。若持續高溫，植株或不能發芽或形成花瓣。種植時應保持通風良好，使溫度降低，以防植株枯萎。三色堇喜濕不耐旱，所以在生長期及開花時，應保持水分充足。植料以肥沃、排水良好、富有機質及酸鹼度介乎6至6.5的微酸壤土為佳。在幼苗生長期，應施以氮肥；臨近花期，則可追加磷肥；開花後，可停止施肥。宜薄肥多施。

Viola tricolor prefers a cool environment with adequate sunlight, and it is intolerant of high temperature and excessive moisture. The optimum temperature for growth is 12°C to 20°C. Since insufficient sunlight affects its growth and production of flowers, *Viola tricolor* should be exposed to sunlight for at least 4 hours every day. However, consistent exposure to high temperature will lead to failure in germination or formation of petals. During planting, a well-ventilated environment should be maintained to lower the temperature so as to prevent the plant from withering. As the drought-intolerant plant prefers a moist environment, sufficient moist should be kept during its growth and flowering periods. *Viola tricolor* thrives in rich, well-drained and slightly acidic soil with organic matters and a pH value between 6 and 6.5. Nitrogen fertilisers should be applied during the growing stage of the seedlings; phosphate fertilisers can then be added when approaching the flowering period. No fertilisers should be applied after flowering. Fertilisers should be applied at frequent intervals but in small quantities.

繁殖 Propagation

三色堇可用播種、扦插和分株的方法繁殖。發芽適溫為15°C至20°C，播種後必須保持植料濕潤，避光遮陰。扦插可在3至5月進行，剪取基部萌發的枝條，插入泥中，保持植料濕潤。插穗約15至20天發根，成活率高。分株多在開花後進行，把不定根的側枝或根莖處萌發的帶根新枝剪下，之後直接用盆栽種，並放在半遮陰處，待幼苗發根。

Viola tricolor can be propagated by seed sowing, cutting and plant division. The optimum temperature for germination is 15°C to 20°C. Keep the medium moist, avoid direct sunlight and provide adequate shading after sowing. Cutting can be carried out from March to May. Cut the branches grown at the base, insert them into the medium and keep the medium moist throughout the period. Roots will develop in about 15 to 20 days with a high survival rate. Plant division is usually carried out after flowering. Cut the lateral buds with adventitious roots or new branches with roots grown at the root part, replant the new divisions into pots and leave them in a partially shaded place for establishment.

防治病蟲害 Prevention and Treatment of Pests and Diseases

避免高溫潮濕的環境，加強通風，清理凋謝部分，適當澆水施肥，澆水後通風，都是預防病蟲害的最佳方法。如發現病葉、病花，應立即摘除。

Pests and diseases can best be prevented by avoiding hot and humid conditions, improving ventilation, removing withered parts of the plant, watering and fertilising moderately, and maintaining good ventilation after watering. If sick leaves and flowers are found, remove them immediately.













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

三色堇適宜在花壇、庭園和盆栽種植。三色堇的花可作食用，常用於裝飾甜點。三色堇也是藥用植物，能清熱解毒及殺菌。

Viola tricolor is suitable for planting in floral beds, courtyard and container pots. It is edible and often used for dessert decoration. It is also a medicinal herb which can be used to remove heat, detoxify the body and serve as bactericide.

一般護理 General Maintenance

繁殖及護理 Propagation and care		
最適溫度 Optimum temperature	發芽 Germination 生長 Growth	15°C - 20°C 12°C - 20°C
泥土酸鹼值 pH value	pH 6 - 6.5	
繁殖 Propagation	播種 Seed sowing 扦插 Cutting 分株 Plant division	

	春 Spring	夏 Summer	秋 Autumn	冬 Winter
日照 Sunlight				
澆水 Watering				
施肥 Fertilising				
換盆 Re-potting				

圖例 Key		
	日照充足 Abundant sunlight	
		少許 Little
		中等 Medium

三色堇的生長過程 The Course of Growth of Pansy



移植幼苗 Transplanting Seedlings

步驟一 Step one :

把培養土放入花盆，直至泥土離盆頂半吋。培養土可加入有機質或緩效性化學肥料作為基肥，以供植株生長所需。

Fill each pot with potting mix up to half an inch from the top rim. Organic matter or slow-release chemical fertilisers may be added to the potting mix as a base fertiliser to support plant growth.

步驟二 Step two :

用小鏟子把幼苗移離播種盆，切勿弄斷幼苗根部。

Remove the seedlings from the germination tray with a small shovel. Do not damage the roots of the seedlings.

步驟三 Step three :

用小鏟子在花盆中央挖一個洞，其闊度和深度應與幼苗根部泥膽大小相若。把幼苗置於洞中，蓋上培養土，並輕輕壓平，讓培養土與泥膽接觸。切勿壓斷幼苗根部。移盆後切記馬上澆水，同時亦可摘心，促使幼苗萌發側芽，多長花蕾。

Dig a hole in the centre of each pot with a small shovel. The width and depth of the hole should be similar to those of the root ball of the seedling. Place the seedling in the hole and fill it with potting mix. Flatten the potting mix gently until it comes into contact with the root ball. Do not crush the roots of the seedling. Remember to water the plant immediately after transplanting. Pinch the growing tips as necessary to promote the development of lateral buds and flowers.

步驟四 Step four :

把移植後的幼苗置於半遮陰處，避免陽光直射。其後幼苗必須每天接受6至8小時日照，以促進生長和開花。花盆表土漸乾時便應澆水。

Place the transplanted seedlings in a semi-shaded area and avoid direct sunlight. Thereafter, the seedlings should be exposed to sunlight for 6 to 8 hours a day to encourage growth and flowering. Water them when the soil surface begins to dry out.

