



香港的薑科植物

Gingers of Hong Kong

香港的薑科植物知多少？

薑科(Zingiberaceae)是單子葉植物中的一個科，全世界有50個屬，1500種，主要分布於熱帶地區，尤其是熱帶亞洲；香港的薑科植物連引入栽培的有7屬，約20種。潔白而芳香的薑花是最受香港市民歡迎的切花之一，而薑則是家喻戶曉的烹飪材料，但香港薑科中還有許多有價值的種類大家就未必知道了。藥用種類除了薑(*Zingiber officinale*)之外還有紅豆蔻、草豆蔻、高良薑、閉鞘薑、鬱金、薑三七等。觀賞種類除了白花的薑花外，還有黃花的印度薑花、艷山薑及其栽培品種花葉艷山薑、紅球薑、花葉山柰(*Kaempferia pulchra*)。港人喜愛的調味香料中除了生薑用於烹飪海鮮外，還有沙薑(*Kaempferia galanga*)用於製作鹽焗雞，薑黃用於製作咖喱食品，如咖喱牛肉、咖喱雞等。薑科植物的用途還真不少呢！

How much do you know about the Zingibers of Hong Kong?

The Zingiberaceae (ginger family) is one of the families of monocotyledons comprising about 50 genera, 1500 species widely distributed in tropical and subtropical regions, especially in tropical Asia. There are 7 genera, about 20 species (including cultivated) in Hong Kong. Do you know the other valuable gingers in Hong Kong? For medicinal purpose, there are *Alpinia galanga*, *Alpinia katsumadai*, *Alpinia officinarum*, *Costus speciosus*, *Curcuma aromatica*, *Stahlianthus involucratus* etc. For ornamental, there are *Hedychium gardnerianum* with yellow flowers, *Alpinia zerumbet* and its cultivar *Variegata*, *Zingiber zerumbet*, *Kaempferia pulchra* etc. For condiment, there are *Kaempferia galanga* used for cooking braised chicken with salt and *Curcuma longa* which is an important ingredient of curries. The gingers really have many uses.

The Ginger Lily, with white and fragrant blossoms, is one of the best-loved cut flowers in Hong Kong. While the Ginger is well known to every family for its rhizome which is a popular condiment for cooking Chinese dishes and the traditional medicine.



郁金(鬱金) *Curcuma aromatica*

怎樣認識薑科植物？

How to recognize the ginger family plants?

薑科植物很容易識別。首先它的葉子很不一般，由葉片、葉柄、葉舌和葉鞘組成，其次它有濃烈的樟腦味，只要將有上述構造的葉片用手搓一搓，聞一聞，便可確定是否為薑科植物了。薑科植物花的構造也很特別，除了有花萼、花冠外，花中顯著的部分往往是退化雄蕊，而發育雄蕊只有1枚。

It is very easy to recognize the Zingiberaceous plants. Firstly its leaf is very specific and composed of 3 parts: leaf sheath, leaf petiole and leaf blade. Each leaf sheath is usually terminated with a membranaceous ligule at apex. Secondly, it has a very strong camphoric smell when crushed up with hand.

If a plant has the above-mentioned characteristics, it undoubtedly belongs to the ginger family. The structure of ginger flowers is also very specific: besides the calyx and corolla, the showy part of the flower usually is the staminodes and only one fertile stamen exists.



生薑花的構造
The structure of ginger flower

高良薑 *Alpinia officinarum* Hance Galangal

葉片線形，夏季頂部生長不逾10厘米之總狀花序。有一個長達3厘米的膜質葉舌，是其特徵。花白色，唇瓣為卵形，長約2厘米，上有紅色條紋。根狀莖供藥用，有溫中散寒、止痛消食的功能。

The leaves are linear, sessile, with a membranaceous ligule to 3cm long. The inflorescence is a terminal raceme, less than 10 cm long, appearing in summer. The flower is white. The lip is ovoid, white marked with red streaks. Its rhizomes are used as Chinese medicine.



艷山薑 *Alpinia zerumbet* (Pers.) B. L. Burtt & R. M. Sm. Shell Ginger

庭園中很令人注目的一种植物。株高2-3米，莖叢生，葉片披針形。花芳香，生於頂部、點垂的圓錐花序上，苞片白色，蠟質，唇瓣黃色，雜以紅色及棕色的紋彩。

This striking plant can be seen in parks and private gardens, about 2 to 3 m high with lanceolate leaves. The flowers are fragrant in a terminal and nodding panicles. The bracts are white and waxy. The lip is yellow with red and brown blotches.



花葉艷山薑 *Alpinia zerumbet* (Pers.) B. L. Burtt & R. M. Sm. cv. *Variegata* Variegated Shell Ginger

葉片上有黃綠相間的條紋，夏季晶瑩明亮的花朵生於點垂的花序上，布置於庭園，尤顯趣致。

The leaves are dark green pinnately marked with creamy yellow stripes and bands. Flowers appear in summer in form of a drooping inflorescence, making it a graceful looking plant in garden landscape.



薑花 *Hedychium coronarium* Koen. Ginger Lily

潔白美麗的薑花是切花的上好材料，布置於室內可散發出幽雅的清香，令人心曠神怡。本種廣泛栽培於熱帶地區，尤其是東南亞各國。

It is cultivated for ornamental throughout the tropics. The white flowers are one of the best materials for cut flower and indoor decoration. The flowers send forth a delicate and delighted fragrance.

閉鞘薑 *Costus speciosus* (Koen.) Smith
Crape Ginger

株高1-3米，頂端分枝，老時旋卷。葉長圓形或倒披針形，具封閉的鞘，螺旋排列於莖上。花序頂生，具鮮紅色苞片，唇瓣白色，呈喇叭形，是濕地上比較常見的一種薑科植物；根狀莖是一種民間草藥，有消炎、利尿的功效。

The stem is 1-3 m tall, apex branched and spirally twisted when old. The leaves are oblong or oblanceolate with closed - sheath, spirally arranged on stem. The terminal inflorescence has bright red bracts. The lip is white, trumpet shaped. It is more often seen in damp places. Rhizomes are folk medicinal herbs, used for diminishing inflammation and diuresis.



郁金(鬱金) *Curcuma aromatica* Salisb.
Aromatic Tumeric

多年生宿根草本。葉背有微柔毛。春季從花莖上抽出球果狀花序，先葉而出。繖苞片白而染粉紅，孕性苞片翠綠色，非常美麗。根狀莖淡黃色，膨大的塊根即為中藥材“鬱金”，有破瘀、止痛的功效。

Perennial herb has yellowish rhizomes and hairs on the under side of leaves. Inflorescences appear before leaves in spring, with white but tinged with reddish coma beacts and light green fertile bracts. The expanded root end is called “Yu Jin” in Chinese medicine, used for lessening pain.

紅豆蔻 *Alpinia galanga* (L.) Willd.
Great Galangal

生於郊野次生林下，果實為著名中藥“紅豆蔻”，有散寒、消食的功效；根狀莖稱“大高良薑”，也有暖胃、止痛之功效。

A cultivated or wild ginger can be seen in suburb. The fruits are the famous Chinese medicine—“Hong Dou Kou”(Red Cardamon). It is used for helping digestion and dispelling chill. The rhizome is called Great Galanga (Da Gao Liang Jiang) and used to warm stomach and relieve pain.

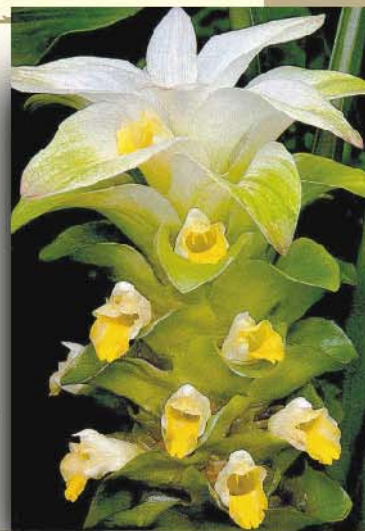


薑黃 *Curcuma longa* L.

Turmeric

多年生宿根草本。葉基生，光亮無毛。秋季從葉叢中抽出球果狀花序。花序頂端的苞片稱繖片，為白色。花黃色，從中下部能育的苞片中開出。根狀莖橙黃色，是製咖喱的原料之一，也是一種傳統的黃色染料。

This perennial herb with glabrous basal leaves is widely distributed in south-eastern Asia. The inflorescences, appearing in autumn, is cone-like with white and green bracts, sometimes tinged reddish purple. The lip is obovate, yellowish with central yellow band. Its rhizome, orange inside is a popular spice used for making curries and it is also a traditional yellow dye, used for medical purposes.



土田七 (薑三七) *Stahlianthus involucratus* (King ex Bak.) Craib Involucrate *Stahlianthus*

本種是薑科中體態較小，適合盆栽的為數不多的種類之一。葉片倒披針形，或綠或紫，花苞似風鈴，惹人喜愛。

A small ginger with green or purple lanceolate leaves is applicable to cultivate as a pot plant. The involucre, shaped like a wind-bell, is very attractive and interesting.



距花山薑 *Alpinia calcarata* Roscoe Indian Galangal

葉片狹披針形，寬約2-3.5厘米，無葉柄。夏季頂部開長不逾10厘米之圓錐花序，花白色，唇瓣倒卵形，長2.7-3.5厘米，雜以玫瑰紅及紫堇色斑紋，可布置於庭園供觀賞。

The leaves are sessile, narrowly lanceolate, about 2-3.5 cm wide. The inflorescence is a terminal panicle, less than 10 cm long. The flowers are white. The lip is obovate, 2.7-3.5 cm long, white dotted with rose-red and purple streaks. This species is usually cultivated in gardens for ornamental.



紅球薑 *Zingiber zerumbet* (L.) Roscoe ex Sm. Wild Ginger

郊野常見的一種野生花卉，在秋季球果狀花序上的苞片由綠變紅，點綴於萬綠叢中，十分可愛，亦可切取用作插花。

A wild flower often can be seen in suburb or cultivated in gardens. The cone-like inflorescence arises on a separate scape directly from the rhizome. The bracts are green in summer, turning red in autumn. The red inflorescence embellished with the green leaves are very beautiful.

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