

# 細賞水邊植物

## 簡介 Introduction

當大家參觀香港濕地公園的濕地保護區時，你會否想多認識身旁的水邊植物呢？

事實上，這些生長在水邊的植物不但具有千姿美態，而且也豐富了保護區的生態環境，並為野生動物提供食物、棲息地和孕育下一代的場所。它們的根部亦可以保護堤岸，減少水土流失；而它們的葉亦有助遮擋陽光的直接照射，從而降低及穩定岸邊環境的溫度。

香港濕地公園的濕地保護區劃分為多個主題區域，其中「演替之路」和「溪畔漫遊徑」都是欣賞水邊植物的好地方。我們選取了當中具有特色的植物為大家介紹。

When you walk into the Wetland Reserve of Hong Kong Wetland Park, do you want to learn more about the surrounding waterside plants?

In fact, these waterside plants show a variety of beauties of nature that flourishes the scenery. They also enrich the ecological environment of the reserve area by providing food, shelters and breeding sites for wildlife. Their roots can protect the shore from erosion and their leaves can block direct sun-light, so as to maintain temperature at the shore lower and more stable.

There are several themed areas in the reserve area of Hong Kong Wetland Park. The "Succession Walk" and the "Stream Walk" are wonderful places to admire waterside plants. We have selected some interesting plants there for introduction.

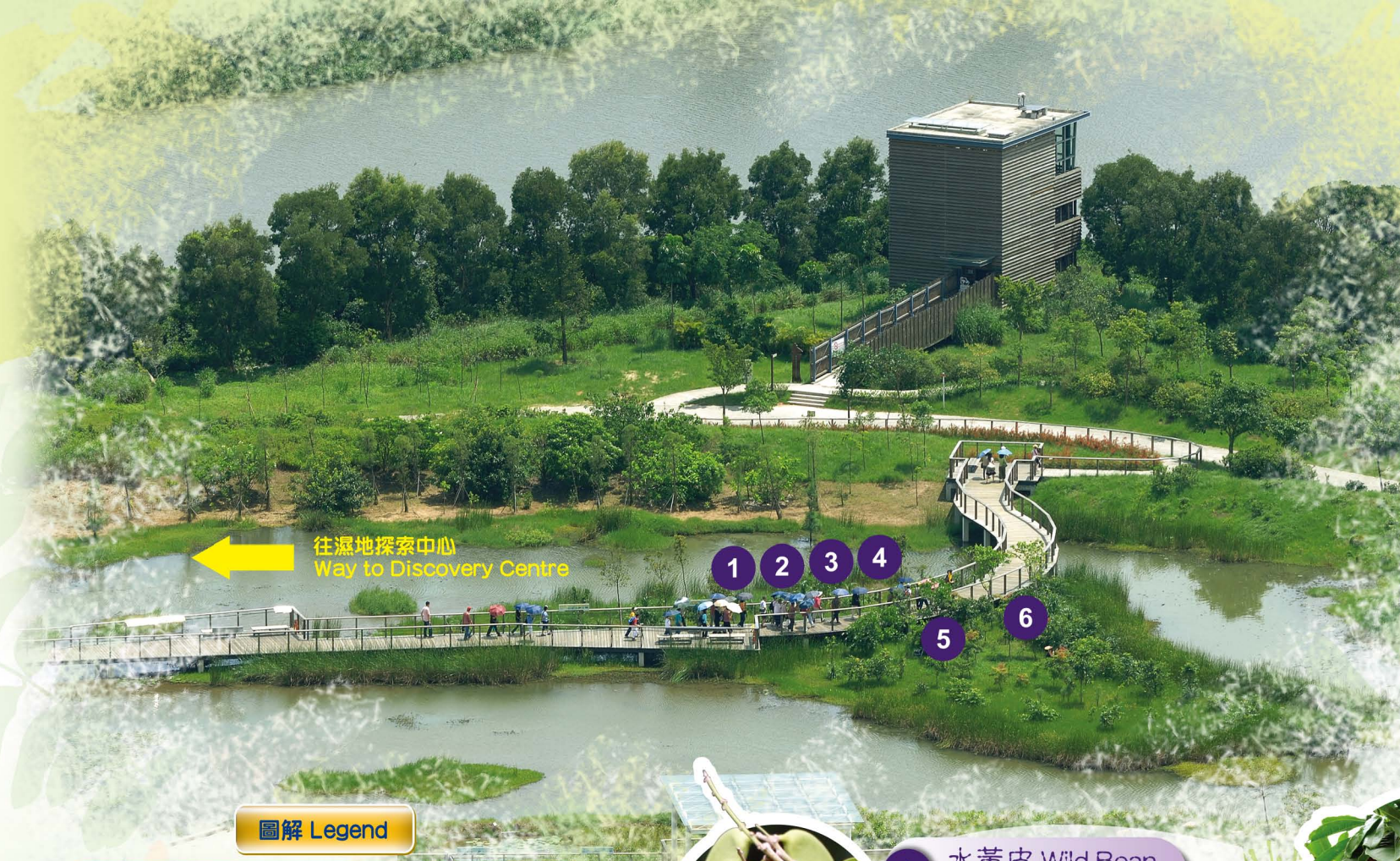
### 觀賞水邊植物地點 Waterside Plants Observation Spots



### 圖解 Legend

習性 Habit:	
喬木 Tree 	灌木 Shrub 
草本 Herb 	藤本 Climber 
蕨類 Fern 	
花期 Flowering Period 	
果期 Fruiting Period 	
趣味資料 Interesting Information 	

\* 註 Remarks: 植物的果期和花期是根據香港濕地公園內觀察所得  
Flowering and fruiting periods of plants are based on the observations at HKWP



往濕地探索中心  
Way to Discovery Centre

**3 水黃皮 Wild Bean**  
*Pongamia pinnata*

果 Fruit 

5-6月 May - June 

8-10月 August - October 

習性 Habit: 喬木 Tree 

可見於海邊或河邊；莢果具有浮力，能隨水漂流，散播種子。

It can be found in coastal area and riverside; its floatable pods facilitate seed dispersal by water.

花 Flower 

**4 海杧果 Cerbera**  
*Cerbera manghas*

果 Fruit 

3-10月 March - October 

7-12月 July - December 

習性 Habit: 灌木 Shrub 

全株植物有毒；果實成熟時會由綠色轉為紅色，外型與芒果有點相似，其果與種子卻含劇毒。

All parts of the plant are poisonous. The fruits look like a mango which change from green to red when ripe; the fruit and seed are severely poisonous.

花 Flower 

## A. 演替之路 Succession Walk

演替之路是模擬一個濕地環境的生態演替過程。當沉積物不斷在水邊堆積，原本開闊的水域會漸漸變成陸地，一些喜歡生長在水邊的植物也開始在這裏紮根。

Succession Walk demonstrates the process of ecological succession in wetland environment. The continuous deposition of sediments in water gradually forms the land at water front, and thus plant species that prefer growing at the waterside emerge.

**1 珊瑚樹 Sweet Viburnum**  
*Viburnum odoratissimum*

果 Fruit 

3-4月 March - April 

6-7月 June - July 

習性 Habit: 喬木 Tree 

春天盛開的小白花散發出芬芳的香氣；肉質的漿果則是雀鳥的美食。

Its tiny white flowers blossom in spring are fragrant; its fleshy berries are attractive to birds.

花 Flower 

**5 恒春黃槿 Portia Tree**  
*Thespesia populnea*

果 Fruit 

全年 All the year round 

習性 Habit: 喬木 Tree 

初開的花是黃色，在凋謝前漸漸轉為紫紅色；果實具有浮力，能隨水漂流，幫助散播種子。

Its flowers change gradually from yellow to purplish red before withering; Its floatable fruits facilitate seed dispersal by water.

花 Flower 

即將凋謝的花 Withering flowers 

**2 露兜樹 Screw Pine**  
*Pandanus tectorius*

果 Fruit 

1-5月 January - May 

習性 Habit: 喬木 Tree 

碩大的球狀果是由許多顆小果實組成，因外型像一個菠蘿，故又名「假菠蘿」。小果實的基部有甜味，能吸引小昆蟲來覓食。

The big fruit composed of many small fruits looks like a pineapple and so called "False Pineapple" in Chinese. The basal parts of the small fruits are sweet and thus attractive to small insects.

葉 Leaf 

**6 香港算盤子**  
*Glochidion zeylanicum*

果 Fruit 

3-8月 March - August 

7-11月 July - November 

習性 Habit: 喬木 Tree 

是其中一種以「香港」命名的植物；亦因其扁球狀的果實形似算盤的算珠而得名。

It is one of the plants named after "Hong Kong". Its name also comes from the flattened ball fruits which look like the beads of an abacus.

葉 Leaf 



參觀時可備下列圖鑑或參考書籍以作辨認：  
Recommended field guides and reference books for visitors:



**香港濕地公園觀賞植物提示**  
Tips for plant observation in Hong Kong Wetland Park

在戶外活動時，要做足防曬措施  
Remember to bring your hat and sun-block lotion for outdoor activities

切勿採摘植物  
Do not collect any part of plants

避免觸摸任何不熟悉的植物  
Do not touch any plant that you are not familiar with

利用相機記錄植物不同的形態和特徵  
Capture images of different forms and features of plants with a camera

尋找植物上動物的蹤跡，可能會為你帶來驚喜  
Observe signs of animal activities and you may get a surprise

**愛護濕地訊息**  
Wetland Conservation Message

濕地是許多生物賴以為生的地方，同時也為人類提供各種生活所需。當大家遊覽濕地時，請想想我們可以如何去保護這寶貴的自然資源！

Wetlands support not only wildlife, but also our daily needs. While you are enjoying the beauties of wetlands, please think about how we can step forward to conserve our natural resources.

**香港濕地公園**  
Hong Kong Wetland Park

地址：香港新界天水圍濕地公園路  
Address: Hong Kong Wetland Park Road,  
Tin Shui Wai, New Territories, Hong Kong  
電話 Tel: 3152 2666 傳真 Fax: 3152 2668  
網址 Website: www.wetlandpark.gov.hk

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**B. 溪畔漫遊徑 Stream Walk**

溪畔漫遊徑展示了香港的典型河溪生境。從河溪的上游走到下游，沿途不但可以欣賞多種水邊植物，而且還不時聽到當中傳來的鳥語蟲鳴。幸運的話，你還會看到小動物的蹤跡。

Stream Walk showcases a typical stream habitat in Hong Kong. Walking from upper stream to lower stream, you will meet many of waterside plants and hear the chirps and whirrs of birds and insects respectively. If you are lucky, you will also find tracks of animals.



**7 忍冬(金銀花) Honeysuckle**  
*Lonicera japonica*



3-8月 March - August  
9月 September

忍冬花初開時白色，後轉為黃色；是「五花茶」其中一種主要材料。

Its flowers change from white to yellow. Honeysuckle is one of the main ingredients of the famous Chinese herbal tea, "Five Flowers Tea".



**12 海芋 Giant Alocasia**  
*Alocasia macrorrhizos*



3-4月 March - April  
4-5月 April - May

叢生的紅色漿果是雀鳥的食物；植物汁液有毒，人接觸後可能會引起敏感。

The cluster of red berry fruits is attractive to birds, but the plant sap is poisonous and may cause allergic reactions.



**8 巢蕨 Bird-nest Fern**  
*Neottopteris nidus*



不會開花的維管束植物，只透過孢子來繁殖；外形像雀巢，多生長在潮濕陰暗的環境；其嫩芽可作為蔬菜食用。

It belongs to a group of non-flowering vascular plants which reproduce by spores. It looks like a bird nest and mainly grows in wet and shaded environment; its leaf buds are a vegetable food.



**13 翅莢決明 Winged Cassia**  
*Senna alata*



11-1月 November - January  
1-2月 January - February

翅莢決明擁有漂亮的大型黃色花序，是多種昆蟲的蜜源，也是多種蝴蝶(如：寬邊黃粉蝶和梨花遷粉蝶)幼蟲的食用植物。

It has conspicuous inflorescence which is a nectar source of many insects, as well as larval food plant of some butterflies, e.g. Common Grass Yellow (*Eurema hecabe hecabe*) and Mottled Emigrant (*Catopsilia pyranthe pyranthe*).



**9 對葉榕 Opposite-leaved Fig**  
*Ficus hispida*



5-10月 May - October  
5-10月 May - October

桑科植物，一般皆是隱頭花序，即花朵被發育的花托包裹著，成為我們所見的榕果，因此榕果都是無花果。果蝠是這種植物的主要種子傳播媒介。

Moraceae plant which all flowers are tiny and invisible. They are hidden inside the green fig which is a developed receptacle called Hypanthodium; fruit bats are one of the most important seed dispersers of it.



**14 薑花 Ginger Lily**  
*Hedychium coronarium*



6-10月 June - October  
11-12月 November - December

薑弄蝶幼蟲的食用植物；花潔白芳香，被廣泛栽培為觀賞植物。

It is the larval food plant of Grass Demon (*Udaspes folus*). It is widely cultivated for ornamental purpose as its white flowers have a pleasant scent.

**10 腎蕨 Tuberous Sword Fern**  
*Nephrolepis auriculata*



不會開花的維管束植物，只透過孢子來繁殖；名稱的由來，可能與其孢子囊具有腎形的囊群蓋有關。

It belongs to a group of non-flowering vascular plants which reproduce by spores. All these spores covered by a layer of kidney-like membrane (indusium), so Chinese called it "Kidney Fern".



**15 水團花 Chinese Buttonbush**  
*Adina pilulifera*



6-9月 June - September  
8-11月 August - November

新月帶蛱蝶幼蟲的食用植物；華南地區的居民很早已懂得利用這種植物製作木器或治病。

It is the larval food plant of Staff Sergeant (*Athyma selenophora leucophryne*); it has been widely used for making wooden tools or for medical purpose in southern China.



**11 假蘋婆 Lance-leaved Sterculia**  
*Sterculia lanceolata*



4-5月 April - May  
6-8月 June - August

黑色橢圓形的種子就像粒龍眼核，是中國七姐誕(乞巧節)的傳統祭品，也是多種野生鳥獸，例如果子狸的食物。

Its black seeds look like the seed of Longan. Fruits are food source for wildlife, such as Mask Palm Civet. In the Seventh Sister Festival, the seeds are used as offering to gods / goddesses.



**16 水翁 Lidded Cleistocalyx**  
*Cleistocalyx nervosum*



5-6月 May - June  
7-9月 July - September

果實多汁，是雀鳥喜愛的食物；水翁的花是「二十四味涼茶」常用的其中一種材料。

Its juicy fruits attract the fruit-eating birds. Its flowers are one of the common ingredients of the herbal tea, "24-chinese-herb" tea.

