



戶外通識教室：蒲桃的實用價值甚高

Nature's Classroom: Rose Apple is practical

外來樹種，原產印度及馬路，為桃金娘科，中等常綠喬木，可長高至9米。因適合在濕潤地方生長，且樹根長而深，不易被風吹倒，故廣泛被種植於岸邊作固堤防風用途。樹皮光滑，葉對生，尖鈍或突漸尖，側脈多而密。3-4月間開花，無數條狀黃白色雄蕊橫展，甚為美麗。漿果卵球形或壺形，像一個小梨子，初時淡青色，成熟時轉紅紫色，具強烈玫瑰香氣，故英文叫 Rose apple。果實中空，內藏1至3顆種子，搖動時有聲響，非常有趣。5-6月果熟時可食用，但要小心檢查是否有蟲，又可榨果汁或連皮製成果醬、蜜餞及糖果，乾後可入藥，未熟時又可用來製醋。此外，蒲桃的花又可釀酒或作香茶，乾花蕾也可製香料。故蒲桃的實用價值甚高。

Rose Apple (*Syzygium jambos*)

Exotic, originated from India & Malaysia. It is an evergreen tree with a maximum height of 9m. It grows well in moist places & its long deep roots & upright trunk provide a strong support against wind, so it is widely planted at seashores & banks to protect the shorelines from wind erosion. It blooms fully from Mar-Apr. Its fruit looks like a small pear, pale green when new but gradually turn to pink as they ripen. The fruit can be used for making jam or comfits, or for medicinal use when dried. Immature fruit can be used for making vinegar.

