



戶外通識教室：不應削黃牛木做拐杖

Nature's Classroom: Don't hew down Yellow Cow Wood

山竹子科，黃牛木屬，落葉灌木或喬木，花紅色，有橢圓形果實。因樹皮淡黃色，光滑似黃牛皮，故名。葉對生，其嫩葉也可作茶葉，也稱黃牛茶。由於其木質甚硬可用作雕刻、做拐杖或鳥籠，故又名鳥籠木。有些行山人士會以小刀削下細棵黃牛木的樹幹用來權充一天拐杖，這種破壞大自然的行為最要不得！黃牛木之嫩葉、根、樹皮可入藥，治感冒發熱、腸炎；而黃牛茶為廿四味涼茶主要材料之一。



Yellow Cow Wood

(*Cratoxylum cochinchinense*)

Native, deciduous tree or shrub, its bark looks like yellow-cow skin. Some hill hikers hew down small tree's trunk or branch to make it as a one-off walking stick, please bear in mind that such inconsiderate act will affect the nature!



Its young leaves can be used as an ingredient for brewing the famous Cantonese 24-herbal tea.