



# 戶外通識教室：用山菅蘭炒冷飯？

## Nature's Classroom: Poisonous Fried Rice with Dianella

山菅蘭(菅，粵音奸，跟「管」不同)，乃本地原生，百合科多年生草本植物，又名桔梗蘭。葉子和葉脈呈長線形，葉基互相交疊互生。花小，淡黃色，成熟時結紫色有光澤的漿果。全株帶劇毒，古時鄉民會以其嫩葉及莖汁炒冷飯；或浸米再曬乾製成老鼠藥後置於灶底。其毒性雖較本港有名之四大毒草稍輕，但此植物卻非常普遍，差不多每個郊野公園都可發現它們的蹤影。

(註：四大毒草以斷腸草為首，其他三草為馬錢子、羊角拗、洋金花)

Remarks: The "4-poisonous plants" in HK are: Graceful Jesamine, Narrow-flowered Poison-nut, Goat Horns & Hindu Datura)

Dianella (*Dianella ensifolia*)

Native herb with longitudinal leaves & veins, with the base overlapping of each others alternatively. Pale yellow flowers & shiny dark purple berries when ripen. It is very toxic & therefore in the past, villagers mixed its juice from fresh leaves & stems to fry rice, then placed the rice under the kitchen range for poisoning rats.

