



## 戶外通識教室：梅葉冬青有藥用價值

### Nature's Classroom: Rough-leaved Holly is a medicinal herb

本地原生落葉灌木或小喬木，最高可達3米。葉子卵形或卵狀橢圓形，對生，柔軟、精緻，葉緣呈細鋸齒狀，縱向撕開葉子時會發現有幼絲連接；夏季開大量小白花，成熟時長深紫色漿果，吸引本地野生生物。褐色的莖部和附枝上有白色斑點，容易辨認。其根具藥用價值，可製成中藥材崗梅根用以治傷風感冒、氣管炎和咳嗽；更可治理跌打損傷。



Rough-leaved Holly/Plum-leaved holly  
(*Ilex asprella*)

Native, deciduous shrub to small tree. Leaves are soft & delicate with serrulated margins. Silky threads can be found when the leaf is pieced laterally into two. Numerous tiny white flowers & ripen dark purple berries which are attractive to local wildlife. White spots can be easily found on the brownish stems & auxiliary branches. The roots are used in local herbal medicine for fever, influenza & tonsillitis. It also cures physical injury & wounds externally.

