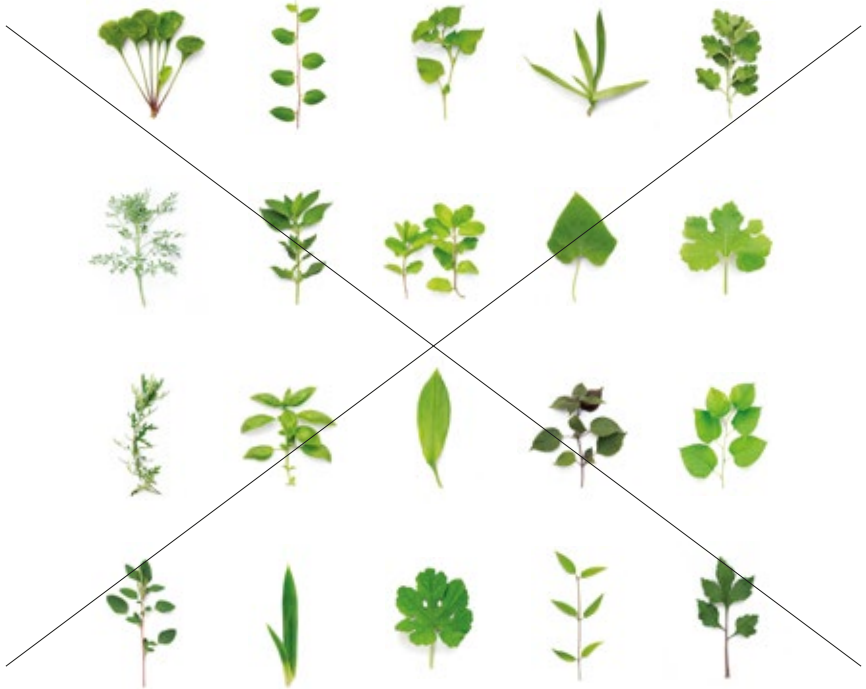


I'M PERFECT HERB GARDEN



I'M PERFECT X **Oil**

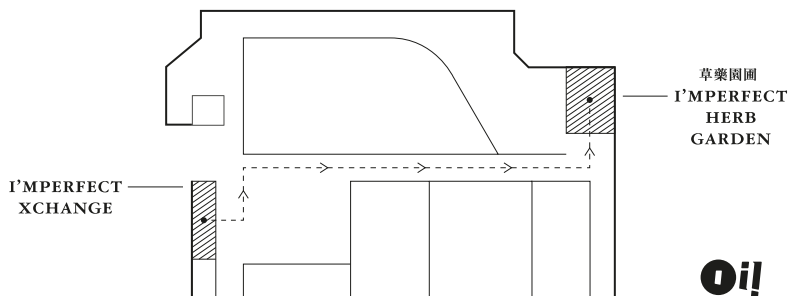
facebook.com/imperfectX

本土的涼茶文化源遠流長，品種繁多，每家每戶的配方都稍有不同。原本生長於田邊不起眼的草本植物，又或是只適合在岩縫間繁衍的野草，經過民間不斷嘗試與經驗的累積，成為涼茶的原材料，配方口耳相傳，一代傳一代，造就了涼茶文化的多樣性，應對著身體、心靈上各種的不完美。

The profound culture of local herbal teas comprises of a long list of varieties, and every family has its slightly different version of the recipes. Herbal teas came from inconspicuous herbal plants growing by the fields, or those wild plants that could only survive in crevices. The constant attempts of people and the accumulation of experiences also form the raw ingredients of herbal teas, whose recipes have been passed down verbally and through generations. All these have given the perfect environment that developed a diversity of herbal teas, which correspond to the imperfection of our bodies and minds.

手上捧著的一杯涼茶：車前草、銀菊露、火炭母……除了知道它們的名稱之外，你對這些植物的理解有多少？我們與本地農夫及中草藥專家在油街實現為參觀者帶來多款原味的本土涼茶體驗，更攜手打造草藥園圃。透過這份草藥園圃植物名錄，希望能讓你進一步了解園圃中各植物的基本藥性與功能，把身與土重新連結。

Looking at the herbal tea in your hands, you might know they are called “ce1 cin4 cou2” (車前草, broadleaf plantain drink), “ngan4 guk1 lou6” (銀菊露, silver chrysanthemum drink), “fo2 taan3 mou5” (火炭母, Polygonum Chinense Linn. drink). But other than these familiar names, how much do you know about the plants themselves? We have teamed with a local farmer and an expert in Chinese herbs and created the “I'MPERFECT HERB GARDEN” at Oil!, and brought visitors various original and local herbal teas. Through this I'MPERFECT HERB GARDEN's plant catalogue, you can familiarise yourself with the medicinal properties and efficacy of these herbs and reconnect your body with earth.





車前草 —— (寒)

別名：田貫草、錢貫草

學名：*Plantago major* L.

性味功能：味甘性寒

生長環境：田間潮濕處

用途：車前草茶（車前草、蜜棗）

BROADLEAF PLANTAIN —— *cold*

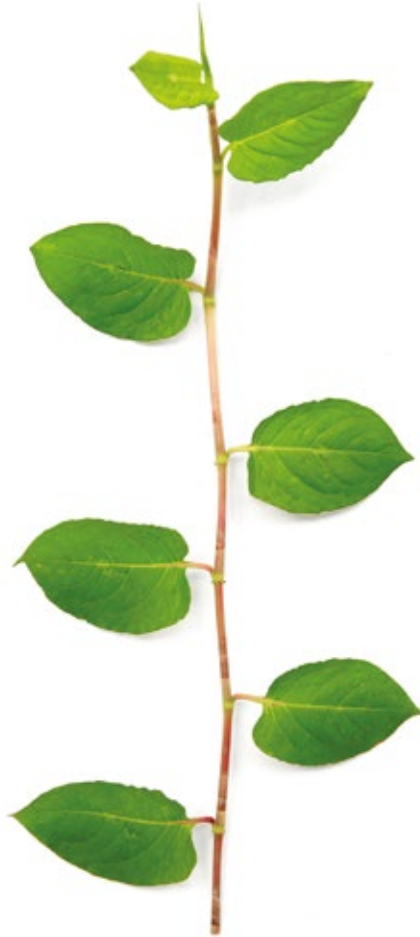
Chinese name: 車前草(*ce1 cin4 cou2*), 田貫草(*tin4 gun3 cou2*), 錢貫草(*cin4 gun3 cou2*)

Scientific name: *Plantago major* L.

Properties and efficacy: Tastes bitter-sweet with cold properties

Growing environment: Humid locations in the fields

Use: Broadleaf plantain tea (broadleaf plantain, dried dates)



火炭母 —— (涼)

別名：白飯草、火炭星

學名：*Polygonum chinense* Linn.

性味功能：性涼、微酸澀

生長環境：路旁濕地

用途：火炭母茶（火炭母、冰糖）

CHARCOAL MOTHER (*literally*) —— *cool*

Chinese name: 火炭母 (*fó2 taan3 mou5*), 白飯草 (*baak6 faan6 cou2*), 火炭星 (*fó2 taan3 sing1*)

Scientific name: *Polygonum chinense* Linn.

Properties and efficacy: Slightly sour and bitter with cool properties

Growing environment: Wet soil next to roads

Use: *Polygonum chinense* Linn. drink (*Polygonum chinense* Linn., rock sugar)



魚腥草 —— (寒)

別名：蕺菜

學名：*Houttuynia cordata* Thunb.

性味功能：性味寒、清熱解毒

生長環境：水溝邊陰濕處

用途：銀花茶

(魚腥草、金銀花、冰糖)

FISHY-SMELL HERB (*literally*) —— *cold*

Chinese name: 魚腥草 (*yu4 seng1 coi2*), 蕺菜 (*cap1 coi3*)

Scientific name: *Houttuynia cordata* Thunb.

Properties and efficacy: Tastes cold with cold properties; used in cooling and detoxifying

Growing environment: Shady and humid locations by gutters

Use: Honeysuckle flowers tea

(dried fishy-smell herb, dried honeysuckle flowers, rock sugar)



痰火草 —— (涼)

別名：大苞水竹葉

學名：*Murdannia bracteata*

性味功能：味甘淡、性涼

生長環境：水溝邊陰濕處、密林下

用途：煲湯水用

PHLEGM-FIRE HERB (*literally*) —— *cool*

Chinese name: 痰火草 (*taam4 fo2 cou2*), 大苞水竹葉 (*daai6 baau1 soi2 zuk1 jip6*)

Scientific name: *Murdannia bracteata*

Properties and efficacy: Tastes bitter-sweet and mild; with cool properties

Growing environment: Shady and humid locations by gutters;
under dense vegetation

Use: For making long-boiled soups



杭菊 —— (微)(寒)

別名：菊花、杭菊花

學名：*Dendranthema morifolium*

性味功能：味甘、性微寒

生長環境：田間栽培

用途：銀菊露

(金銀花、杭菊、冰糖)

HANGZHOU CHRYSANTHEMUM (*literally*) —— *mildly cold*

Chinese name: 菊花(*guk1 fa1*), 杭菊花(*hong4 guk1 fa1*)

Scientific name: *Dendranthema morifolium*

Properties and efficacy: Tastes bitter-sweet with mildly cold properties

Growing environment: farmed in a field

Use: Silver chrysanthemum tea

(dried honeysuckle flowers, dried Hangzhou chrysanthemums, rock sugar)



芸香 —— 涼

別名：臭草

學名：*Ruta graveolens*

性味功能：味辛味苦、性涼

生長環境：栽培

用途：臭草海帶綠豆水
(臭草、海帶、綠豆、冰糖)

FRAGRANT RUE (*literally*) —— *cool*

Chinese name: 芸香 (*wan4 boeng1*), 臭草 (*cau3 cou2*)

Scientific name: *Ruta graveolens*

Properties and efficacy: Tastes pungent and bitter, with cool properties

Growing environment: Farmed

Use: Sweet soup with rue, sea weed and mung beans
(dried rue, dried sea weed, mung beans, rock sugar)



雞屎藤 —— (平)

別名：雞矢藤

學名：*Prederia scandens*

性味功能：味甘澀、性平

生長環境：林邊、灌木叢

用途：雞屎藤（雞屎藤、冰糖）；

客家茶粿（清明仔）

VINE OF CHICKEN'S DROPPINGS (*literally*) —— *neutral*

Chinese name: 雞屎藤 (*gai1 si2 tang4*), 雞矢藤 (*gai1 ci2 tang4*)

Scientific name: *Prederia scandens*

Properties and efficacy: Tastes bitter-sweet and puckery with neutral properties

Growing environment: Besides forests, in bushes

Use: *Prederia scandens* drink (*prederia scandens*, rock sugar);

Hakka glutinous rice flour dumpling (or 清明仔, *cing1 ming4 zai2*)



香花菜 —— (微)(溫)

別名：綠薄荷

學名：*Mentha spicata*

性味功能：味辛甘、性微溫

生長環境：栽培

用途：香花菜豬肝湯
(香花菜、豬肝、姜)

GREEN MINT —— *mildly warm*

Chinese name: 香花菜 (*boeng1 faa1 coi3*)

Scientific name: *Mentha spicata*

Properties and efficacy: Tastes pungent & bitter-sweet, with mildly warm properties

Growing environment: Farmed

Use: Green mint and pig's liver soup
(green mint, pig's liver, ginger)



薄荷 —— 涼

別名：胡椒薄荷

學名：*Mentha arvensis*

性味功能：味辛、性涼

生長環境：水邊濕地

用途：薄荷茶（薄荷、冰糖）

PEPPERMINT —— *cool*

Chinese name: 薄荷 (*bok6 bo4*)

Scientific name: *Mentha arvensis*

Properties and efficacy: Tastes pungent, with cool properties

Growing environment: Wet soil by waters

Use: Mint tea (mint, rock sugar)



鴨腳艾 —— (平)

別名：珍珠菜、甜仔菜

學名：*Artemisia lactiflora*

性味功能：味甘微苦、性平

生長環境：路邊、村邊

用途：作野菜食用或煲湯水用

WHITE MUGWORT —— *neutral*

Chinese name: 鴨腳艾 (*aap3 goek3 ngaai6*), 珍珠菜 (*zan1 zyu1 coi3*), 甜仔菜 (*tim4 zai2 coi3*)

Scientific name: *Artemisia lactiflora*

Properties and efficacy: Tastes bitter-sweet and slightly bitter with neutral properties

Growing environment: By roads, by villages

Use: Eaten as vegetables or for making long-boiled soups



含羞草 —— (微)(寒)

別名：怕醜草

學名：*Mimosa pudica*

性味功能：味甘澀、性微寒

生長環境：路旁

用途：跌打

SENSITIVE PLANT / TOUCH-ME-NOT —— *mildly cold*

Chinese name: 含羞草 (*ham4 sau1 cou2*), 怕醜草 (*paa3 cau2 cou2*)

Scientific name: *Mimosa pudica*

Properties and efficacy: Tastes bitter-sweet and puckery, with mildly cold properties

Growing environment: Next to roads

Use: Bonesetting



艾 — (溫)

別名：五月艾

學名：*Artemisia vulgaris*

性味功能：味苦、辛，性溫

生長環境：荒野、草地

用途：用作艾灸或煲湯藥用

MUGWORT — *warm*

Chinese name: 艾 (*ngaii6*), 五月艾 (*ng5 jyut6 ngaii6*)

Scientific name: *Artemisia vulgaris*

Properties and efficacy: Tastes bitter and pungent, with warm properties

Growing environment: Wilderness, grassland

Use: Used in moxibustion or boiled into a medicinal soup



九層塔 —— (溫)

別名：羅勒

學名：*Ocimum basilicum*

性味功能：味辛、性溫

生長環境：栽培

用途：用作調味或作香菜食用

BASIL —— *warm*

Chinese name: 九層塔 (*gau2 caŋ4 taap3*)

Scientific name: *Ocimum basilicum*

Properties and efficacy: Tastes pungent, with warm properties

Growing environment: Farmed

Use: Used as a seasoning or eaten as a fragrant vegetable



香蘭葉 —— (涼)

別名：斑蘭

學名：*Pandanus amaryllifolius*

性味功能：味甘淡、性涼

生長環境：栽培、潮濕處

用途：常見於東南亞食品

PANDAN —— *cool*

Chinese name: 香蘭葉(*boeng1 laan4 jip6*)

Scientific name: *Pandanus amaryllifolius*

Properties and efficacy: Tastes bitter-sweet and mild, with cool properties

Growing environment: Farmed, humid locations

Use: A common ingredient in Southeast Asian cuisines



紫蘇 — 溫

別名：蘇葉

學名：*Perilla frutescens*

性味功能：味辛、性溫

生長環境：栽培

用途：紫蘇茶（紫蘇、檸檬、冰糖）

PERILLA / SHISO — warm

Chinese name: 紫蘇 (*zi2 sou1*), 蘇葉 (*sou1 jip6*)

Scientific name: *Perilla frutescens*

Properties and efficacy: Tastes pungent with warm properties

Growing environment: Farmed

Use: Purple perilla tea (purple perilla, lemon, rock sugar)



野萵 —— 微寒

別名：—

學名：*Amaranthus viridis*

性味功能：味甘淡、性微寒

生長環境：曠野、路旁

用途：作野菜食用或煲湯水用

SLENDER AMARANTH —— *mildly cold*

Chinese name: 野萵 (*je5 jin6*)

Scientific name: *Perilla frutescens*

Properties and efficacy: Tastes bitter-sweet and mild, with mildly cold properties

Growing environment: In wilderness, next to roads

Use: Eaten as vegetables or for making long-boiled soups



金絲草 —— (涼)

別名：黃毛草

學名：*Pogonatherum crinitum*

性味功能：味甘淡、性涼

生長環境：陰濕山坡岩縫

用途：金絲草茶（金絲草、冰糖）

GOLDEN THREAD HERB (*literally*) —— *cool*

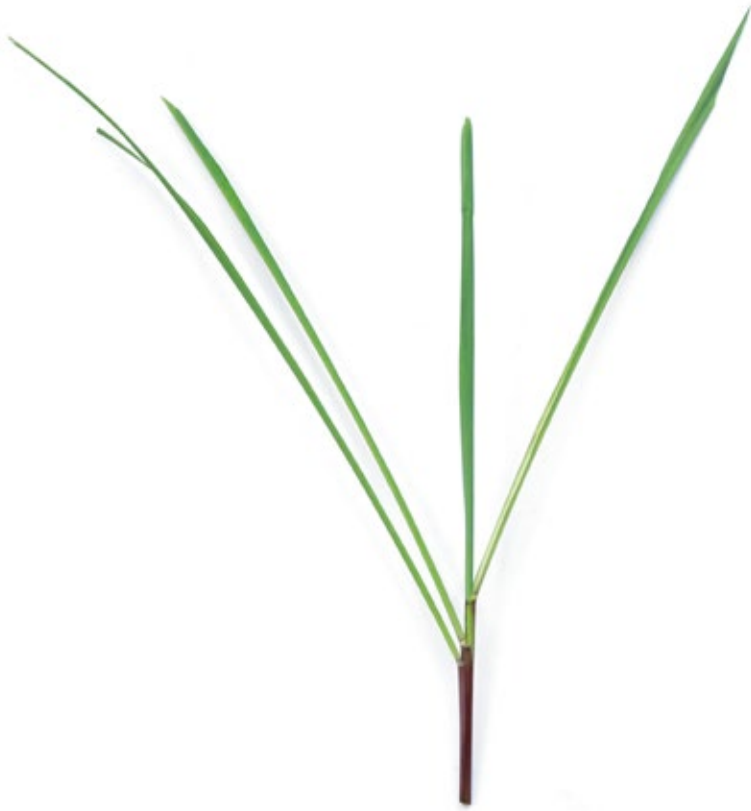
Chinese name: 金絲草 (*gam1 si1 cou2*), 黃毛草 (*wong4 mou4 cou2*)

Scientific name: *Pogonatherum crinitum*

Properties and efficacy: Tastes bitter-sweet and mild, with cool properties

Growing environment: Shady and humid crevices on slopes

Use: Pogonatherum crinitum tea (Pogonatherum crinitum, rock sugar)



香茅 — (溫)

別名：檸檬茅

學名：*Cymbopogon citratus*

性味功能：味辛、性溫

生長環境：栽培

用途：香茅薑飲（香茅、薑、香花菜）

LEMONGRASS — *warm*

Chinese name: 香茅 (*boeng1 maau4*)

Scientific name: *Cymbopogon citratus*

Properties and efficacy: Tastes pungent, with warm properties

Growing environment: Farmed

Use: Lemongrass and ginger drink (lemongrass, ginger, green mint)



桑葉 —— 寒

別名：白桑

學名：*Morus alba*

性味功能：(葉) 味苦甘、性寒

生長環境：野生或栽培

用途：夏桑菊

(夏枯草、桑葉、菊花)

MULBERRY LEAVES —— *cold*

Chinese name: 桑葉(*song1 jip6*), 白桑(*baak6 song1*)

Scientific name: *Morus alba*

Properties and efficacy: (leaves) Tastes bitter and bitter-sweet, with cold properties

Growing environment: Wild plant or farmed

Use: Prunella, mulberry and chrysanthemum tea

(dried prunella, dried white mulberry leaves, chrysanthemum)



冬瓜 —— 涼

別名：—

學名：*Benincasa hispida*

性味功能：味甘、性涼

生長環境：栽培

用途：冬瓜薏米水

(冬瓜、薏米、蜜棗)

*圖片為冬瓜葉

WINTER MELON —— *cool*

Chinese name: 冬瓜(*dung1 gwaa1*)

Scientific name: *Benincasa hispida*

Properties and efficacy: Tastes bitter-sweet with cool properties

Growing environment: Farmed

Use: Soup with winter melon and Job's tears

(winter melon , Job's tears, dried dates)

*Image shown is the leaf of winter melon



苦瓜 —— 寒

別名：金荔枝

學名：*Momordica charantia*

性味功能：味苦、性寒

生長環境：栽培

用途：苦瓜茶（乾苦瓜）

*圖片為苦瓜葉

BITTER MELON —— *cold*

Chinese name: 苦瓜 (*fū2 gwaa1*), 金荔枝 (*gam1 lai6 zi1*)

Scientific name: *Momordica charantia*

Properties and efficacy: Tastes bitter, with cold properties

Growing environment: Farmed

Use: Bitter melon tea (dried bitter melon)

*Image shown is the leaf of bitter melon



老黃瓜 —— (寒)

別名：—

學名：*Cucumis sativus*

性味功能：味甘、性寒

生長環境：栽培

用途：黃瓜茶 (老黃瓜、蜜棗或冰糖)

*圖片為老黃瓜葉

OLD CUCUMBER —— *cold*

Chinese name: 老黃瓜 (*lou5 wong4 gwaa1*)

Scientific name: *Cucumis sativus*

Properties and efficacy: Tastes bitter-sweet with cold properties

Growing environment: Farmed

Use: Old cucumber tea (cucumber, dried dates or rock sugar)

*Image shown is the leaf of old cucumber



薑 —— (微)(溫)

別名：生薑

學名：*Zingiber officinale*

性味功能：味苦、性微溫

生長環境：栽培

用途：生薑紫蘇飲

(生薑、紫蘇、紅糖)

*圖片為薑葉

GINGER —— *mildly warm*

Chinese name: 薑(*goeng1*), 生薑(*saang1 goeng1*)

Scientific name: *Zingiber officinale*

Properties and efficacy: Tastes bitter with mildly warm properties

Growing environment: Farmed

Use: : Raw ginger and purple perilla drink

(ground ginger, purple perilla, dark brown sugar)

*Image shown is the leaf of ginger