



中国名菜 — 莼菜

Chinese famous water vegetable - water shield

莼菜(*Brasenia schreberi* J. F Gmel.)为睡莲科多年生水生植物,分布我国多个省份,日本、印度、美国等也有分布,为国家重点保护野生植物,是珍贵的水生名菜,自古以来深受人们的赞赏,苏轼有诗云:“若问三吴胜事,不唯千里莼羹。”

莼菜茎、叶鲜美滑嫩,富含丰富的蛋白质和多种维生素等营养成分,同时具有清热、利水、解毒及提高免疫力等功效。

Brasenia schreberi (Nymphaeaceae) is widely distributed in freshwater lakes and ponds in temperate and tropical regions of the eastern Asia, west India, Africa and the Americas. This species is widely cultivated in Asia, and its young leaves have been used in cooking soup and different kinds of food which are considered as delicacy. The leaves are astringent and used in the treatment of phthisis and dysentery. The plant is anti-bacterial and is also used in treatment of cancer.



水中美人—粉美人蕉

Canna glauca Linn.

粉美人蕉(*Canna glauca* Linn.)是美人蕉科(Cannaceae)多年生草本植物,原产南美及西印度群岛。花期长达8个月,花色多样,色彩缤纷,鲜红的花朵挺立水中,有‘万绿丛中一点红,动人春色不须多’的景色特点。

粉美人蕉适应性强,是一种水陆皆宜的两栖植物,具有很高的园林观赏价值,成为园林造景的良好材料。



花中仙子—莲(荷花)

The fairy beauty of water—Lotus

莲(*Nelumbo nucifera* Gaertn.)又称荷,属睡莲科(Nymphaeaceae)多年生挺水植物。花期6—9月,果熟期9—10月,具有很高的观赏、药用和经济价值,因花叶出水而不沾染污泥,故有“出淤泥而不染,濯清涟而不妖”之赞,它清新自然,淡雅出俗:“接天莲叶无穷碧,映日荷花别样红”,被誉为花中仙子,受到历代文人墨客所喜爱和称颂。更是佛教净洁的象征,被佛教尊为圣花。

在我国,自古以来人们视莲子为珍贵营养品,莲藕是上好的蔬菜和蜜饯果品,莲叶、莲花、莲蕊等也是人们喜爱的药膳食品。

Lotus (*Nelumbo nucifera* Gaertn.), from the family Nymphaeaceae (water lily family), it is a perennial aquatic herb native to India, with the underground stem well known as a vegetable in China, leaves as medicine, seeds as high-grade tonic. It is the national flower of India, regarded as the symbol of holiness and the purity. It is regarded as sacred and representative in Buddhism and the white-colored flower is the most honored.



水生植物的肉食者—狸藻

Carnivorous submerged plant--bladderwort

狸藻(*Utricularia vulgaris* Linn.)为狸藻科沉水植物,分布于我国多省。是典型的食虫植物,其叶器互生,捕虫囊侧生于叶器的裂片上,斜卵球形,囊口侧生,具有内向的活门,门上有敏感的机构,水中小虫一经触动机构,门即向内开,同时囊体突然扩张,吸入小虫,门又随即闭合,小虫在囊中腐烂,成为狸藻的美食。

Utricularia vulgaris (Lentibulariaceae) is a free-floating submerged macrophyte, which is widely distributed in temperate low nutrients freshwater bodies. This species is carnivorous plant with delicate, finely-divided underwater leaves and emergent yellow flowers. The most distinctive underwater features are the small bladder-like traps. These traps use a vacuum to capture small invertebrates or even tiny fish that trigger the trap door. Enzymes are secreted to digest the prey which provides the plant with nutrients.



水中王八一水鳖

Frogbit

水鳖(*Hydrocharis dubia* (Blume) Backer)为水鳖科 (Hydrocharitaceae) 水鳖属多年生浮水草本植物。由于叶背有广卵形的泡状贮气组织,用来储存空气,外形象鳖,故名水鳖。水鳖的生长期在春夏季,花果期8~10月,到了秋季植株就停止生长,冬季则生出休眠芽沉入水底越冬。花单性,果卵圆形。

分布于我国云南、湖南、广东等省,欧洲、大洋洲等也有分布,主要生长在静水池沼、沟渠及稻田内,全草可作鱼或猪的饲料外,幼叶柄还可作蔬菜。

Belongs to the family Hydrocharitaceae, frogbit is an aquatic perennial with emergent and floating leaves; stolons rooted in shallow water, floating across deeper water.

Leaves with lamina broad-ovate to circular, base cordate to reniform or truncate; Flowers erect and aerial; petals are rounded, white, and yellow at the very base, seeds are tuberculate. Blooming and bearing fruits in summer. They usually grow in the shallow waters of swamps, ponds and lakes. Their native distributions are Europe, Asia and Australia etc. The whole plant can be used for fish or pig feed, the young petiole and vegetables are edible.



水罌粟

Hydrocleys nymphoides (Willd.) Buchenau

水罌粟(*Hydrocleys nymphoides* (Willd.) Buchenau), 花蔺科(Butomaceae) 浮游性水生植物。株高5cm, 茎圓柱形。叶簇生于茎上, 叶片呈卵形, 叶面油亮光滑, 具长柄, 叶柄圓柱形, 叶柄的长度会随着水的深浅而有所变化, 有横隔。花单生, 具长柄, 罌粟状, 3瓣, 金黄色。蒴果披针形。花期6~9月。

原产中美洲、南美洲。花姿亮丽优雅, 现多栽培于园林水景的水池、大型水槽中。

Hydrocleys nymphoides (Willd.) Buchenau, Butomaceae. Phytoplankton, 5cm tall, stem cylindrical. Leaves long petiolate, fascicled on the stem apex, ovate, shiny, petiole, septate, length varies with the depth of the water. Flowers solitary, long pedicelate, poppy-like, perianths 3, golden yellow. Capsule lanceolate. Flowering in June-September. Native in Central and Southern America. It is usually cultivated in pools or troughs.



“睡美人”——睡莲

Water lily



睡莲(*Nymphaea* spp.),睡莲科(Nymphaeaceae),花叶浮于水面,叶圆盾形,花有白、红、粉、黄、蓝、紫等色,如凌波仙子俏立水面。在古希腊和古罗马,睡莲与中国的荷花一样,被视为圣洁和美丽的化身;圣经中有“圣洁之物,出淤泥而不染”之说,睡莲属“*Nymphaea*”意为居住在水乡泽国的仙女。睡莲有“睡眠”习惯,大多数睡莲午时开花,傍晚闭合;也有少部分子时开午时闭,故又名“子午莲”。

睡莲大部分产北非和东南亚热带地区,少数产于南非、欧洲和亚洲的温带和寒带地区。

Water lily (*Nymphaea* spp.) is a perennial herb in the family Nymphaeaceae, with leaves and flowers floating on the water. The leaves are shield-like and flowers are colorful, such as white, red, pink, yellow, blue and purple. In ancient Greece and Rome, water lily was regarded as the embodiment of beauty and sanctity. In the Bible, water lily was also deemed as a "holy and pure" object. The latin name *Nymphaea* means a fairy living in the water. Some water lilies have a habit of sleeping for they open at midday like waking up and close at midnight like falling asleep. Most water lilies open at noon and closes at dusk.

Water lily originates in tropical areas in North Africa and Southeast Asia, and a few varieties originate in South Africa, Europe and the temperate zone of Asia.



荇菜

Nymphoides



《诗经》：“窈窕淑女，君子好逑。参差荇菜，左右流之”，其中的荇菜就是指该植物。花每天开放时间(早上9-12时)短,但全株花很多,花期长达4个多月,为美丽的水生观赏植物。

荇菜(*Nymphoides peltatum* (Gmel.)O.Kuntze.) 别名:荇菜、金莲子,是睡菜科(Menyanthaceae)多年生水生植物。叶片飘浮,圆形或卵圆形,花金黄色,簇生节上,花果期4-10月。我国大多数省份有分布。全草可入药,有发汗、透疹、清热、利尿之功效;外用治毒蛇咬伤。

Nymphoides is a perennial aquatic plant belonging to family Menyanthaceae. It has round or oval leaves floating on water. The flower is in golden yellow and fascicled at joints, it is so beautiful that was praised in Chinese ancient book "The Book of Songs". Its flowering and fruiting period is from April to October while its flowers open out for quite short time each day. It has medicinal use for reducing fever and induce diuresis etc. it is also used to treat venomous snake bite.



亚洲栽培稻的祖先-野生稻

The progenitor of cultivated rice - common wild rice

野生稻(*Oryza rufipogon* Griff.)为禾本科(Gramineae)多年生植物,伏地而长,其貌不扬,却是亚洲栽培稻的祖先,杂交亲和性好,利用该特性已培育出抗白叶枯病及耐涝、耐寒等抗性强的优良品种,对提高栽培稻性能,提高粮食产量和减少农药用量具有重大的意义,被列为国家二级重点保护野生植物。

野生稻性喜温暖,主要分布于广东、广西、云南、海南、台湾一带。

Common wild rice (*Oryza rufipogon* Griff.) is perennial aquatic plant and is widely distributed in the tropics and subtropics of monsoon Asia. Although common wild rice is always considered as weeds, it's thought to be the ancestor of cultivated rice (*O. sativa*) - the important worldwide food crop. The two species are closely related and can hybridize freely. *O. rufipogon* represents high genetic diversity, which has been proved a valuable gene pool for rice genetic improvement and breeding in the future.



百变神君 — 紫苏草

(*Limnophila aromatica* (Lam.) Merr.)

紫苏草(*Limnophila aromatica* (Lam.) Merr.), 别名止咳草, 为玄参科(Scrophulariaceae)一年或多年生植物。分布于我国广东、福建等省。是一种典型的两栖植物, 既能完全沉没于水中, 也能在陆上湿地生长, 对研究植物从水生到陆生的进化具有很高的价值。从水下到水面, 叶形由丝状逐渐过度到披针状椭圆形, 形态多变, 是一种优质的观赏水草。

紫苏草具有清肺止咳、解毒消肿的功效。

