

- 中文名稱：月桃
- 英文名稱：Beautiful Galangal、Shell-flower

• 學名：
Alpinia zerumbet (Persoon) B. L. Burtt & R. M. Smith
Alpinia speciosa (Wendl.) K. Schum. *non* Dietr.
Alpinia speciosa K. Schum.

• 科名：薑科(Zingiberaceae)月桃屬(*Alpinia*)

月桃，草薹、大草薹(廣州)、豔山薑(廣州常見經濟植物)、玉桃、良薑、草荳蔻、虎子花(台灣)。Bassiyon(泰雅)、Garto(排灣)

• 別名：	通用名稱	月桃 (Shell Ginger)、玉桃	形容其花蕾圓潤潔白，尖端帶有粉紅，宛如玉石或精緻的小桃子。
	廣州/經濟植物	豔山薑 (Beautiful <i>Alpinia</i>)、草薹、大草薹	在中國大陸南方（如廣州），因其花姿明艷且屬於薑科，故稱「豔山薑」；「草薹」則與其種子可作為香料/藥材有關。
	藥學背景	良薑、草荳蔻	月桃的種子具有辛香味，在傳統中醫中常與「荳蔻」類藥材類比，用於理氣與腸胃疾病。
	台灣民間稱呼	虎子花 (Tiger Flower)	指其花冠內部具有鮮豔的黃色與紅褐色斑紋，看起來像老虎的斑紋。
	原住民文化	Bassiyon (泰雅語)、Garto (排灣語)	展現了月桃在台灣原住民生活中的重要性，如編織月桃蓆、包月桃飯等。

• 分布：台灣中低海拔平地及山地、蘭嶼、綠島 **Distribution (分布)**

- **Regions:** Widely distributed across Taiwan's low-to-mid altitude plains and mountainous regions.
- **Offshore Islands:** Also native to Orchid Island (Lanyu) and Green Island.

• 用途：1.觀賞、插花花材用：花朵似翩翩飛舞的蝴蝶，非常搶眼。2.莖狀的葉鞘，曬乾後編製成草

蓆或做繩索；又用月桃葉包粽子；用種子做「仁丹」。3.蝴蝶幼蟲的食草：有三種蝴蝶的幼蟲以月桃維生，其中黑弄蝶、菲律賓連紋黑弄蝶及大白紋蝶食用它的葉片，而白波紋小灰蝶則取食它的花序。4.蜜源植物：花是大鳳蝶和黑鳳蝶成蟲的蜜源食物。5.藥用：性味：種子(月桃子、本砂仁)：辛、澀、溫。效用：種子：燥熱祛寒，除痰截瘧，健脾暖胃。治心腹冷痛、胸腹脹滿、痰濕積滯、嘔吐腹瀉。 **Practical & Ornamental Uses (生活與觀賞用途)**

- **Floral Art:** Used for landscaping and as **cut flower material**; its blossoms resemble fluttering butterflies and are highly eye-catching.
- **Fiber & Crafts:** The dried **pseudo-stems (leaf sheaths)** are processed into fibers for weaving **straw mats** or twisting into durable **ropes**.
- **Culinary:** The fragrant leaves are iconic for wrapping **Zongzi (sticky rice dumplings)**, infusing them with a unique herbal aroma.
- **Industrial:** The seeds are a key ingredient in traditional "**Jintan**" (**breath fresheners/digestive pills**).

Ecological Role (生態功能)

- **Larval Host Plant (蝴蝶食草):**
 - **Leaves:** Eaten by the larvae of the **Common Banded Awl (黑弄蝶)**, **Philippine Banded Awl (菲律賓連紋黑弄蝶)**, and the **Up-dasher (大白紋弄蝶)**.
 - **Inflorescence (Flowers):** Eaten by the larvae of the **White Royal (白波紋小灰蝶)**.
- **Nectar Source (蜜源植物):** The flowers provide essential nectar for adult **Great Mormon (大鳳蝶)** and **Spangle (黑鳳蝶)** butterflies.

Medicinal Properties (藥用價值)

- **Nature (性味):** Seeds (known as *Moon-peach seeds* or *Taiwan Amomum*) are Acrid, Astringent, and Warm.
- **Efficacy (效用):**
 - Disperses cold and dries dampness.
 - Resolves phlegm and treats malaria.
 - Strengthens the spleen and warms the stomach.
- **Indications:** Treats **cold pain in the heart and abdomen**, bloating, vomiting, diarrhea, and

indigestion caused by "phlegm-dampness."

株高2~3 公尺。 **Stem and Habit (莖與習性)**

• 莖：

- **Size:** A robust perennial herb reaching **2 – 3 meters** in height.
- **Structure:** The apparent "stem" is actually a **pseudo-stem** formed by tightly overlapping leaf sheaths.

葉片披針形，長 30~60 公分，寬 5~10 公分，頂端漸尖而有一旋捲的小尖頭，基部漸狹，邊緣具短柔毛，兩面均無毛；葉柄長 1~1.5 公分；葉舌長 0.5~1.0 公分，外被毛。 **Foliage (葉)**

• 葉：

- **Shape:** Lanceolate (spear-shaped), **30 – 60 cm long** and 5 – 10 cm wide.
- **Details:** The apex is acuminate with a unique **spiral-curved tip**. The base narrows gradually.
- **Surface:** Both sides are hairless (**glabrous**), but the leaf margins are finely pubescent (covered in short soft hairs).
- **Petiole & Ligule:** Petiole is 1 – 1.5 cm long; the **ligule** (the flap at the leaf base) is 0.5 – 1.0 cm long and hairy on the outside.

圓錐花序呈總狀花序式，下垂，長達 30 公分，花序軸紫紅色，被絨毛，分枝極短，在每一分枝上有花 1~2 (3)朵；小苞片橢圓形，長 3~3.5 公分，白色，頂端粉紅色，蕾時包裹住花，無毛；小花梗極短；花萼近鐘形，長約 2 公分，白色，頂粉紅色，一側開裂，頂端又齒裂；花冠管較花萼為短，裂片長圓形，長約 3 公分，後方的 1 枚較大，乳白色，頂端粉紅色，側生退化雄蕊鑽狀，長約 0.2 公分，唇瓣匙狀寬卵形，長 4~6 公分，頂端皺波狀，黃色而有紫紅色紋彩；雄蕊長約 2.5 公分；子房被金黃色粗毛；腺體長約 0.25 公分。花期：4~6 月； **Inflorescence & Flowers (花)**

• 花：

- **Structure:** A drooping (pendulous) **panicle** arranged in a raceme-like fashion, up to 30 cm long.
- **Visuals:** The axis is a striking **purplish-red** and covered in velvety hairs (**tomentose**).
- **Buds (The "Shells"):** Before blooming, the flowers are encased in large, **white elliptic bracteoles** (3 – 3.5 cm) with **pinkish tips**, giving them a porcelain shell appearance.
- **Flower Anatomy:**
 - **Calyx:** Bell-shaped, white with pink tips, split on one side.

- **Corolla:** Creamy white with pink tips.
- **Labellum (The "Lip"):** The most showy part—spatulate and broad-ovate (4 – 6 cm long), **bright yellow with intricate purplish-red stripes** and a ruffled/wavy margin.
- **Ovary:** Densely covered in golden-yellow bristly hairs.
- **Flowering Season:** April to June.

果實為蒴果，卵圓形，直徑約 2 公分，具有多數縱稜，頂端常冠以宿萼，熟時朱紅色；種子多數，藍黑或藍灰色，具有白色膜質的假種皮。果期：7 月。 **Fruit and Seeds (果實與種子)**

• 果實：

- **Capsule:** An ovoid **capsule**, about 2 cm in diameter, featuring numerous **prominent longitudinal ribs**.
- **Color:** It matures to a vivid **vermilion/bright red** and is often crowned with persistent calyx remains.
- **Seeds:** Numerous, **blue-black or blue-gray** in color, enclosed in a white, membranous **aril** (false seed coat).
- **Fruiting Season:** July to October.

• 特性：

月桃為薑科月桃屬多年生草本，高 1-3 公尺。葉廣披針形，長 60-70 公分，寬 10-15 公分，葉緣生有細毛，葉鞘甚長。圓錐花序下垂性，長 10-15 公分，花漏斗狀，花萼管狀，花冠中的唇瓣大型而帶黃色，並具有紅點及條斑，雄蕊 4 枚，但有兩枚變成花瓣狀，只有一枚可孕性，雌蕊 4 枚，柱頭從雄蕊的花藥中鑽出。果實為蒴果，卵圓形，直徑約 2 公分，具有多數縱稜，頂端常冠以宿萼，熟時朱紅色；種子多數，藍黑或藍灰色，具有白色膜質的假種皮。果期：7 月。自古以來月桃就深深具有民俗味，昔日農家用月桃莖狀的葉鞘，曬乾後編製成草蓆或做繩索；又用月桃葉包粽子；用種子做「仁丹」。端午節前後正是月桃盛開時，欲賞月桃花可到郊野淺山，它的花可要近地看，看它的瓣裡吐出黃唇的美妙，花朵極易凋落，不適合取回家當插飾。 **Physical Form & Foliage (生長形態與葉部)**

- **Type:** A robust **perennial herb** of the Ginger family (Zingiberaceae), reaching 1 – 3 meters in height.
- **Foliage:** Large, broad-lanceolate leaves (60 – 70 cm long).
- **Details:** The leaf margins are fringed with **fine hairs**, and the plant features exceptionally long **leaf**

sheaths (the pseudo-stem).

2. Floral Mechanism (花部構造與機制)

- **Inflorescence:** A pendulous (drooping) panicle, 20 – 30 cm long.
- **The "Lip":** The most prominent feature is the **large yellow labellum (lip)**, decorated with intricate red dots and stripes.
- **Reproductive Strategy:** * Among the **3 stamens**, two have evolved into **petal-like staminodes** (sterile).
 - Only **one stamen is fertile**.
 - The **pistil** (stigma) uniquely emerges through the center of the fertile stamen's anther to facilitate pollination.

3. Fruit & Seeds (果實與種子)

- **Appearance:** Ovoid capsules (approx. 2 cm diameter) with prominent **longitudinal ribs**.
- **Color:** Matures to a vivid **vermilion (bright red)**, often crowned with the persistent calyx.
- **Seeds:** Numerous blue-black or blue-gray seeds, each wrapped in a **white membranous aril**.
- **Season:** Fruiting occurs from July to October.

4. Cultural & Folk Significance (民俗與生活)

- **Daily Utilities:** Historically, farmers dried the fiber-rich leaf sheaths to weave **straw mats** or twist into **ropes**.
- **Culinary Tradition:** The leaves are the soul of the traditional **Zongzi (sticky rice dumplings)**, providing a distinct fragrance.
- **Medicinal:** The seeds were traditionally processed into "**Jintan**" (breath fresheners).