

• 中文名稱：	楊梅
• 英文名稱：	Srrawberry Tree , Chinese Bayberry , Chinese Wax Myrtle
• 學名：	<i>Myrica rubra</i> (Lour) Sieb. et Zucc. <i>Myrica rubra</i> Sieb. & Zucc. var. <i>acuminata</i> Nakai <i>Myrica rubra</i> Siebold et Zuccarini
• 科名：	楊梅科(Myricaceae)楊梅屬(Myrica)
• 別名：	楊梅（通稱），山楊梅（浙江），朱紅、珠蓉、樹梅（福建），杧子、珠紅、龍睛、樹莓、椴梅、聖生梅、白蒂梅，古稱“機子” (Yumberry (common name)); also known as Mountain Waxberry (Zhejiang), Zhugue or Zhurong (Fujian), and Shumei (Fujian/Taiwan). Other names include Qiuzi , Dragon's Eye , Raspberry-like Waxberry , Duanmei , Shengshengmei , and Baidimei . In ancient texts, it was referred to as " Jizi ".)
• 原產地：	中國大陸長江以南兩廣、福建、湖南、浙江，日本，韓國，菲律賓及及台灣野生或栽培。 Distributed across Mainland China (south of the Yangtze River, including Guangdong, Guangxi, Fujian, Hunan, and Zhejiang), as well as Japan, Korea, the Philippines, and Taiwan; found both in the wild and under cultivation.
• 分佈：	分佈於台灣海拔 300~1500 公尺之山麓。 Distributed in the foothills of Taiwan at elevations between 300 and 1500 meters.
• 用途：	1. 園藝行道綠籬用：生性強健，生長緩慢，樹姿美觀，耐旱耐瘠，適合作行道樹、園景樹、誘鳥樹、綠籬。2. 食用：生食生津止渴，亦可做蜜餞、果醬。3. 樹皮含單寧甚豐，可以撮取；亦可入藥。4.木材用途：木材邊材寬闊，灰白色，心材狹窄，淡黃褐色，年輪不明顯，材質緻密較硬，多用為農具或做各種器具。5.藥用：楊梅具有止煩渴、和五臟、滌腸胃、除惡氣之功效，對於虛火上炎、口渴煩熱、腸胃不適等症有一定療效。性味：根、樹皮：苦、溫；果：酸、甘、平。效用：根、樹皮：散瘀、止血、止痛。治吐血、血崩、痔血，跌打損傷、骨折，胃及十二指腸潰瘍，腸炎、痢疾，牙痛；果：生津、止渴。治口乾，食慾不振；根皮適量研粉撒敷或食油調敷患處，治創傷出血、燒、燙傷。 Uses and Benefits of Yangmei (Waxberry) 1. Horticulture and Landscaping: It is a robust but slow-growing species with an aesthetically pleasing form. Being drought-tolerant and adaptable to poor soil, it is ideal as a street tree ,

landscape tree, bird-attracting tree, or hedge.

2. **Edible Uses:** The fruit promotes salivation and quenches thirst when eaten fresh. It can also be processed into **preserves (candied fruit)** and **jams**.
3. **Industrial & Medicinal Bark:** The bark is rich in **tannins**, which can be extracted for industrial use; it is also used in traditional medicine.
4. **Timber Properties:** The wood features a wide, grayish-white sapwood and a narrow, light yellowish-brown heartwood. The annual rings are indistinct. The texture is **dense and hard**, making it suitable for crafting **agricultural implements** and various household utensils.
5. **Medicinal Properties (Traditional Chinese Medicine):**
 - **Efficacy:** Yangmei helps relieve thirst, harmonize the internal organs, cleanse the digestive tract, and eliminate "malice qi." It is effective for conditions such as "upflaming of deficiency fire," excessive thirst, irritability from heat, and gastrointestinal discomfort.
 - **Properties & Flavor (Xingwei):**
 - **Roots/Bark:** Bitter, Warm.
 - **Fruit:** Sour, Sweet, Neutral.
 - **Functions:**
 - **Roots/Bark:** Dissipates stasis, stops bleeding, and relieves pain. Used to treat hematemesis (vomiting blood), metrorrhagia (heavy uterine bleeding), hemorrhoidal bleeding, traumatic injuries, fractures, gastric and duodenal ulcers, enteritis, dysentery, and toothaches.
 - **Fruit:** Promotes body fluids and quenches thirst. Used to treat dry mouth and loss of appetite.
 - **External Use:** Root bark powder can be applied dry or mixed with oil to treat traumatic bleeding, burns, and scalds.

• 莖：

喬木，高可達 20 公尺，樹徑 60~100 公分，樹幹通直，樹皮灰褐色，平滑，有多數分枝；樹枝斜上昇或水平伸展，幼時稍有柔毛或光滑無毛，老時則光滑無毛。Arbor (Tree), reaching up to 20 meters in height with a diameter (DBH) of 60 – 100 cm. The trunk is straight, and the

bark is grayish-brown and smooth with numerous branches. Branches are obliquely ascending or horizontally spreading; they are slightly pubescent (soft-haired) or glabrous (smooth/hairless) when young, becoming entirely glabrous as they mature.

• 葉：

葉為單葉互生，多螺旋狀排列叢生於枝條先端，長倒卵形或倒卵狀披針形，長 5~9 公分，有時亦可達 15 公分，寬 2~2.5 公分，有時亦可達 3.5 公分，先端鈍或銳尖，基部漸狹或楔形，葉緣上半部多散生鋸齒，半革質，表面稍帶有光澤的綠色，背面淡綠色，中肋、側脈及小脈於表裏兩面皆隆起；葉柄短，長 1~2 公分，光滑無毛，有溝紋。Leaves are simple and alternate, often arranged in a spiral cluster at the branch tips. They are long obovate or obovate-lanceolate, measuring 5 – 9 cm in length (occasionally up to 15 cm) and 2 – 2.5 cm in width (occasionally up to 3.5 cm). The apex is obtuse or acute, while the base is attenuate or cuneate. The upper half of the leaf margin is mostly sparsely serrated. The leaves are semi-coriaceous (semi-leathery); the upper surface is slightly glossy green, and the lower surface is pale green. The midrib, lateral veins, and veinlets are prominent on both sides. The petiole is short, 1 – 2 cm long, glabrous (smooth), and grooved.

• 花：

花單性，雌雄異株，雄花多數，直立的葇荑花序，排列呈穗狀；花序長 5~9 公分，鮮紅色或近似鮮紅色；無花萼及花瓣，但有苞片 2 枚及小苞片 3~4 枚；苞片卵狀三角形，長 0.4~0.5 公分，先端銳尖，小苞片微小；雄蕊 6~8 枚，花絲離生或部分合生，看起來似具有分枝似的；花藥橢圓形，長 0.1~0.15 公分；雌花多數，排列於較短的穗狀花序上，通常僅 1~2 枚會授粉結實，苞片及小苞片與雄花相同，子房卵形或圓形，周圍常包被有許多珠狀的小突起，1 室；花柱甚短，先端 2 分歧的柱頭，柱頭闊線形，長 0.6~0.7 公分，有毛茸。花期 3~5 月。Flowers are unisexual and dioecious (male and female on separate plants). Male flowers are numerous, arranged in erect, spike-like catkins (amentaceous inflorescences); the inflorescence is 5 – 9 cm long and bright red or near-bright red. They lack calyx and petals but possess 2 bracts and 3 – 4 bracteoles. Bracts are ovate-triangular, 0.4 – 0.5 cm long, with an acute apex; bracteoles are minute. There are 6 – 8 stamens with filaments that are either free or partially connate (fused), appearing branched. Anthers are elliptical, 0.1 – 0.15 cm long.

Female flowers are also numerous, arranged in shorter spike-like inflorescences, though usually only 1 – 2 flowers per spike will successfully pollinate and bear fruit. The bracts and bracteoles are similar to those of the male flowers. The ovary is ovoid or globose, 1-locular, and often surrounded by numerous bead-like papillae (small bumps). The style is very short, ending in a 2-cleft stigma; the stigma is broadly linear, 0.6 – 0.7 cm long, and pubescent (hairy). The flowering period occurs from March to

May.

• 果實：

果實為核果，球形或橢圓形，徑 1.5~2 公分，有時亦可達 3 公分，外被多數囊狀體密生而成之細瘤粒，初為青綠色，成熟時為鮮紅色，熟果外披囊狀體，多汁液，酸甜芳香、可口，味美可食，野鳥亦喜食之，可生食或製蜜餞；種子 1 枚，直立，略與桃仁同形；成熟時期約5~7 月。The fruit is a drupe, globose (spherical) or elliptical in shape, measuring 1.5 – 2 cm in diameter, occasionally reaching up to 3 cm. The exterior is densely covered with numerous fine tubercles formed by fleshy vesicles. Initially green, the fruit turns bright red upon ripening. The mature fruit is succulent (juicy), with a pleasant sweet-and-sour aroma and a delicious taste. It is edible for humans and also a favorite of wild birds; it can be consumed fresh or processed into preserves. Each fruit contains a single, upright seed, which is similar in shape to a peach kernel. The ripening period occurs from May to July.

• 特性：

常綠喬木，樹皮灰色，小枝粗壯。葉互生，密生枝端，柄長 2~10 公分，葉片革質，倒卵或長倒卵狀披針形，長 5~15 公分，寬 1~4 公分，基部狹楔形，先端鈍形，全緣或上端不明顯疏鈍齒緣，上表面深綠色，背面淡綠色，兩面無毛，具金黃色腺體。花雌雄異株；雄花序數條叢生葉腋，圓柱形，長約 3 公分，黃紅色，具苞片 1 枚，小苞片 2~4 枚，卵形；雄蕊 5~6 枚；雌花序卵狀長橢圓形，長約 1.5 公分，單生葉腋，花基部具苞片及小苞片；子房卵形，花柱甚短，2 歧。果實為核果，球形，徑 1~1.8 公分，具乳頭狀突起，熟時深紅色或紫紅色。花期 3~5 月。果期 4~6 月。李時珍《本草綱目》說它"形如水楊子，而味似梅"，故稱楊梅。楊梅適應力很強，喜陽光充足、排水良好之地。是我國著名之果樹，果圓球形，夏季成熟時為鮮紅色，生食生津止渴，亦可做蜜餞、果醬等，極適合種植於庭園內觀賞及誘鳥。繁殖採播種或扦插，春、秋季較為適宜。Yangmei (*Morella rubra*) —

Botanical Profile & Cultural Origin

Morphological Characteristics: An evergreen tree with gray bark and robust branchlets. Leaves are alternate and densely clustered at the branch tips; petioles are 2 – 10 cm long. The leaf blades are coriaceous (leathery), obovate or long obovate-lanceolate, 5 – 15 cm long and 1 – 4 cm wide. The base is narrowly cuneate, and the apex is obtuse. Margins are entire or inconspicuously and sparsely blunt-serrate near the upper end. The upper surface is deep green, while the underside is pale green; both surfaces are glabrous (hairless) and dotted with golden-yellow glandular scales.

Inflorescence & Reproduction: The species is dioecious. Male inflorescences are clustered in leaf axils, cylindrical, about 3 cm long, and yellowish-red; they possess 1 bract and 2 – 4 ovate bracteoles with 5 – 6 stamens. Female inflorescences are ovoid-oblong, approximately 1.5 cm long, solitary in leaf

axils. The base of the flower has bracts and bracteoles; the ovary is ovoid with a very short, **bifid (2-cleft)** style.

Fruit & Phenology: The fruit is a **spherical drupe**, 1 – 1.8 cm in diameter, featuring **papillate (nipple-like) protuberances**. It turns deep red or purplish-red when ripe. **Flowering period:** March to May.

Fruiting period: April to June.

Cultural Origin & Historical Context: Li Shizhen noted in the *Compendium of Materia Medica* (*Bencao Gangmu*): "*Its shape resembles the fruit of the water willow (Shuiyang), yet its taste is similar to the plum (Mei)*," hence the name **Yangmei**.

Cultivation & Usage: Yangmei is highly adaptable, thriving in areas with **ample sunlight and well-drained soil**. It is a renowned fruit tree in East Asia. The spherical summer fruits are 鮮紅色 (bright red) when mature; they promote salivation and quench thirst. Beyond fresh consumption, they are used for preserves and jams. The tree is excellent for **ornamental landscaping** and as a **bird-attracting species** in gardens. **Propagation** is typically done via seeds or cuttings, ideally during spring or autumn.