

Nature's Tasty Cure-alls 草本植物妙用无穷

Herbs add flavor to our food and **muscle** to our medicine. They're as **versatile** as they are varied, and they've been used by every major civilization for thousands of years. **Technically** speaking, herbs can be defined as plants that are valued for some reason other than their worth as foods. It's strange then, that they would be best known for their usefulness in cooking.

草本植物增添食物风味、增强药物效用。各式各样的草本也有多种用途。各大主要的文明社会几千年前就已经开始使用草本植物。学术上来说，草本植物可被定义为不只具备食用功能的植物。奇怪地是，草本植物最为人所知的还是其烹饪上的用途。

Taiwanese food is commonly **seasoned** with spices and **soy sauce**, but there are two herbs that feature strongly in local cuisine. **Basil** is often served with chicken dishes and with Taiwanese sausages, while **coriander**, or **cilantro**, is used to **garnish** many **snack** foods.

台湾的食物通常会用辛香料跟酱油加以调味，但有两种草本植物被广泛地使用在台湾的美食中。罗勒常用于鸡肉料理跟台式香肠中，然而香菜则常用来点缀台湾的小吃。

Tasty food is obviously a good thing, but **in terms of** importance, herbs' culinary **virtues** are **overshadowed** by their medicinal properties. The **healing** powers of herbs were written about as early as 1000 B.C., and ingredients for several modern medicines are still **extracted** from these plants. The reason why herbs are so effective is that they contain things called **phytochemicals**, which are believed to help the body's **immune system** and which could even help combat life-threatening diseases such as cancer.

美味的食物固然是件好事，但说到草本的重要性，其可供烹饪的优点就远不及其医疗上的用途。草本的疗效早在公元前 1000 年就有记载，现今很多药物的成分就是从这些植物淬取而来。草本之所以会如此有效的原因就在于含有植物化学物质，据称对身体免疫系统有益，甚至可以帮助对抗如癌症般致命的疾病。

Amazingly, proper scientific research into the effects of herbs is still in its **infancy**, so it might be **some time** before your doctor **prescribes** you a bit of **rosemary** or **thyme**. However, herbs are already being used to enhance shampoos, toothpastes, body lotions, and throat **lozenges**. Now that you know herbs taste great and help keep you healthy, isn't it **about time** you added some to your diet?

神奇地是，草本效用的相关科学研究仍未臻成熟，所以要从你的医生那拿到迷迭香或是百里香的处方药还需要一段时间。然而，草本已被用来增强洗发、牙膏、身体乳液及喉糖的效用。所以，草本植物不仅美味也对健康有益，该是时候在你的饮食中增添一些草本植物了吧？

—by Andrew Crosthwaite

Vocabulary

cure-all [ˈkjʊr,ɔl] n. 万灵药 a remedy that cures all diseases or evils; a panacea

muscle [ˈmʌsl] v. 加强 *Informal* power
versatile [ˈvɜːsətl̩] adj. 多功能的
technically [ˈtɛknɪkəl̩] adv. 技术上,学术上 according to the facts
season [ˈsiːzn̩] v. 调味; 加味于[(+with)]
basil [ˈbæzɪl] n. 罗勒
coriander [ˌkɒrɪˈændə] n. 芫荽, 香菜
cilantro [sɪˈlæntro] n. 胡荽叶
garnish [ˈgɑːnɪʃ] v. 在(食物)上加饰菜
snack [snæk] n. 快餐; 小吃
virtue [ˈvɜːtʃu] n. 优点, 长处
overshadow [ˌovəˈʃædə] v. 使相形见绌
healing [ˈhiːlɪŋ] adj. 有治疗功用的
extract [ɪkˈstrækt] v. 提炼
phytochemical [ˌfaɪtoˈkɛmɪkəl] n. 植物化学物质
immune system 免疫系统
infancy [ˈɪnfənsɪ] n. 初期; 未发达阶段
prescribe [prɪˈskraɪb] v. 开药, 开处方
rosemary [ˈrɒzməɪrɪ] n. 迷迭香
thyme [taɪm] n. 百里香
lozenge [ˈlɒzɪndʒ] n. (含有药物的) 小块扁糖, 糖锭, 药糖

More Information

in terms of: 就...方面来说 in relation to; with reference to

some time: 经过若干时间 a period of time

It's about time! 该,终于,到...时候了 *Inf.* It is almost too late!; I've been waiting a long time!