

# 中国长白山 种志

药食兼用植物资源



ZHONGGUO CHANGBAISHAN YAOSHI  
JIANYONG ZHIWU ZIYUAN ZHONGZHI

严仲铠 王永明 范惠明◎主编



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## 【 内容简介 】

本书是在多年对长白山药用植物资源调查总结的基础上，为适应新形势，以药用资源种为主，调查、查阅、比对、有关食用经验和知识，又经分析整理，查阅有关食品法规后，又一次对本区药食兼用植物资源作较全面总结。书中共收载药食兼用资源种543种（正文种293种，附注250种）及彩色图片447张。正文种内容包括：一、概述〔含植物名（或草药名）科属分类定位、古本草地位、法定地位、性状与鉴别、产地、生境与分布、采收加工、化学成分（或营养成分）〕；二、药用与食用价值；三、生物学特性等；附注项下记述该属种可同等作食药种的有关资料。每种后附上参考文献，供进一步使用查阅参考。本书对有志从事药品、食品研究、开发工作，从事教学、科研、医疗临床的工作者及自身保健爱好者使用和参考。

# 肖培根院士序

中国长白山是植物资源的宝库，具有很丰富的植物多种多样性。当地人民在长期和自然及疾病作斗争的过程中积累了利用这些植物资源的宝贵经验。

长白山提供了食用、药用、药食兼用植物等众多资源。它也是我国优质、独具特色的“关药”、“北药”道地药材的重要基地之一。

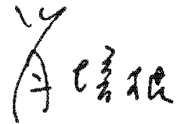
严仲铠研究员的团队有鉴于此，早在30年前就立项调查研究长白山药用资源，编撰出版了《长白山植物药志》（1982）、《中国长白山药用植物彩色图志》（1997）。在此基础上，他们以中医“药食同源”理论为基础，从资源角度，再次对全山的“药材”、“食材”及药食兼用资源作一次总结，并从消费者（使用者）利益出发，把编著重点放在“性状与鉴别”上，在解决药材、食材“真伪”与“优劣”的质量问题上加以详细介绍。在对药用植物的种类、分布认识的基础上，使消费者用上优质药材、食材，以提高药源质量和资源利用度，造福人民。

该专著以药食兼用资源为单位，从性状与鉴别、药用与食用成分、简易加工方法等，作较全面介绍和阐述。内容翔实，有重要实用参考价值。

在该书问世之际，我愿意向中药工作者、资源研究开发工作者和自身保健的消费者，推荐这以著作并乐为之序。

中国工程院院士

中国医学科学院药用植物研究所名誉所长



# Foreword

The Chang Bai Mountain range located in North East China is a natural treasure-trove of botanical resources, which is home to a plethora of indigenous plant species. Over the years the Local population has acquired a deep understanding of use of these plants as herbal medicines. This mountain has provided many such “functional foods” and is also one of the most important regions from which several important Chinese medicinal herbs are produced, such as “guan yao” and “bei yao”

Over the past 30 years, Professor Zhongkai Yan’s research group has investigated many of the medicinal species found in the Chang Bai Mountain range. This research has led to the publication of two books: “The Chang Bai Mountain Botanicals Annals” ( Jilin People Publishing House, 1982 ) and “China’s Chang Bai Mountain

Medical Plants Annals Illustrated in Colours” ( People Health Press, 1997 ) . Most recently, a summary of the edible plant species and those that can also be used as medicines ( found in the Chang Bai Mountain range ) based on Chinese medical theory has been written, entitled: “The origin-sharing of medicinal and edible plants”. This book is written from the consumers’ point of view with an emphasis on the “characteristics and identification of such species” and describes in detail how to deal with the “pros and cons” of drugs made from natural resources. Such an improved understanding of these medicinal and edible species would provide consumers with the information to allow them to select and buy better quality food and herbal medicines, thereby promoting a better utilization of this valuable natural resource.

This book is mainly concerned with functional foods i.e. edible plants with medicinal properties. The introduction to this book provides a detailed description of the botanical characteristics and identification of these species ( this includes methods of microscopic, physical and chemical identification ) and simple methods to process these plants prior to consumption. The contents of this volume are both informative and of practical application to the reader.

In conjunction with the launch of this book, I am delighted to present the foreword for this volume. As such, I would recommend this book to be of interest both to researchers in the area of Chinese traditional medicine and too consumers who are interested in improving/maintaining their own health and that of their friends and family.

**Peigen Xia**

**Academician of Chinese Academy of Engineering**

**Honorary Dean of Chinese Academy of Medical Sciences Institute of Medicinal Plant**

# 李玉院士序

雄伟壮丽的中国长白山是我国高山植物代表区。具有最为完好的典型的温带大陆森林生态系统，是东北植物区系的中心地带，也成为同纬度上生物多样性最为丰富的地区，形成了欧亚大陆东部最大的种质基因库。据文献报道，长白山区仅野生维管植物超过了1800种，真菌类达1000种。其中能作为食用药用植物资源的更是十分丰富，是中国的五大药材产区“北药”的重要生产建设基地，更是重要的绿色食品基地。在祖国中医药学宝库中，自古以来就有“药食同源”的论述。据报道，我国第三次中药资源普查记载，我国植物药资源种达11500种之多，其中约有五分之一种类是可供作药食兼用的资源种。长白山地区所占有的比例更高。真正认知这些森林系统中的重要资源，是保护、利用、开发的前提。不仅是对当前生态文明建设的推动，更是惠及子孙、永续利用的保障！

严仲铠研究员的团队们和延边长白山药业的科技人员，在多年调查基础上，经过标本鉴定、文献资料比对、民间调查和访问，查阅相关文献，在多年拍摄彩色图片基础上，经过两年多努力工作，编著成《中国长白山药食兼用植物资源种志》。这是一部较全面反映本区药食兼用资源种的专著。本书编著者从引导读者如何准确识别和正确使用出发，从性状、显微、理化等方面来识别真伪与优劣，记述药用食用成分、中医理论药食价值及简易的加工方法，以便读者能正确利用食药用植物资源。对开发利用本区食药资源有着推动作用。在该书问世之际，向付出辛劳的作者们祝贺，并向从事植物资源学的工作者，中医药、食品、保健品开发者和注重养生的读者推荐此书，聊以为序。

中国工程院院士  
原吉林农业大学校长、教授





# Foreword

Magnificent Mount Chang Bai is a representative area for alpine plants in China. Mount Chang Bai has the most integrated tropical forest eco-system located in the central area of northeastern China; it is also the area with most diverse species within its altitude, being the largest gene bank in east Eurasia. From previous reports, Mount Chang Bai has more than 1800 species of vascular plant by itself and 1000 species of fungi, among which the edible pharmacological plants are in such abundance that Mount Chang Bai is also invest Drug Depot for “Bei Yao” and other types of green plant food. In theory of traditional Chinese medicine, there is a saying of “medicine food homology” from ancient times. According to the third Chinese medicine resources report, botanical medicine resources includes as many as 11,500 species and about one fifth of that can also be used as edible sources. Mount Chang Bai has an even higher proportion of edible medicine. Importantly, knowing the invaluable resources in the forest system is the prerequisite of protection, utilization and exploitation and it not only helps the facilitation of ecological civilization, but also guarantees the utilization by future generations.

Zhongkai Yan's research group and scientists from Yanbian Changbanshan Pharmaceuticals has finished “Zhong Guo Chang Bai Shan Yao Yong Zhi Wu Cai Se Tu Zhi” through more than twenty years of research from sample identification, literature comparison, to local visits and interviews. It is a book with a general view of botanical medicine resources in this area. The authors wrote this book to guide readers recognizing and utilizing the botanical medicine in a right way. Characteristics in outside look, microscopic view, and physicochemical properties are used to identify the real from the false and the high quality from the poor quality. The medical and edible ingredients, the value in Chinese medicine theory and the simplified processing method are discussed in order to lead the readers making the best use of the botanical medicine resources, which would promote the investigation and development of botanical medicine resources in this area. At the time of publication, I congratulate the authors who have invested great efforts to this book, and recommend this book to all the scholars in plant resources study, the investigators in Chinese medicine, food, and health care products, and people who care about health.

**Yu Li,**

**Academician of Chinese Academy of Engineering**

**Academician, Chinese Academy of Engineering; former president, professor of Jilin Agricultural University.**

# 前 言

本书是一部反映中国长白山区药食兼用植物资源种的专著。中国中医药学自古以来就有“药食同源”的论述。从公元2000多年前的《神农本草经》以文字形式问世以来，该书亦谓：“神农氏尝百草，一日遇七十二毒”，充分说明远古时代人类就亲自直接对各种植、动物的药性疗效和食物保健效能作大量的实践研究，积累丰富经验知识。据考证所谓“神农氏”就不是专指某一个人，应是泛指的人类某一群体。亦人类从事医疗、食品直接实践的某一个时期，或某一区域（地域）的某一个群体。它们就是成为那个时期“世界某一区域（群体）药材、食材物种的实践者和创始者”。中国和世界劳动人民，经过数千年，周而复始、顺序渐进，实践——认识——再实践——再认识的过程。千百年来，逐渐明白“无毒的草本植物可作为食物（食材），而非药物，”也认识到：“某一生物的生命体，可作为物质（资源）用于补充另一个生命体，以促进其生长、发育、新陈代谢”，达到生命的延续。

唐代，医学家孙思邈指出均衡营养、抗衰延寿、调治疾病最佳方法是采取食疗的方法。在他著的《食治专卷》中指出：“安身之本，必资于食”，“君父有疾期先命食以疗之，食疗不愈，然后命药”。此学说宋元年间陈直等著名养生学家予以发展，提出“食治胜于药治”。陈直说：“善治病者，不如善慎病；善治药者，不如善治食。”

以至于近代专家学者和政府强调提出“治未病”与“预防为主”都是一脉相承的理念。随着经济全球化和贸易自由化，人们生活水平的不断提高，生活环境和条件的不断变化，危害人类生命的传染性疾病逐步减少，而影响生存质量和生活能力的非传染性疾病日趋严重；老龄化社会中、老年人医疗保健问题以及人们日益增长的养生自我保健等问题，也已成为新世纪的焦点。尤其医疗模式已由单纯的疾病治疗转变为预防、保健、康复与治疗相结合的综合模式。健康与长寿日益成为人们普遍关注的热点，这给药、食植物资源的发现、研究与开发利用带来了契机。世界各国人民开始重视有保健价值天然产物的发展动向和开发利用。

本书主要作者在30年前，编著出版了《长白山植物药志》（1982年，吉林人民出版社）；15年前又主编出版《中国长白山药用植物彩色图志》（1997年，人民卫生出版社）。在此基础上，近年来，我们和吉林延边长白山药业有限公司科技人员立志要对长白山药食兼用植物资源做好系统总结工作，共同经过民间食用经验与文献、食用实践经验和知识调查比对后。按食药兼用（同源）理念，总结筛选收集到本区植物类可作药食兼用（同源）资源种，总结总计有85科543种（正文种293，附注种250，彩色图片447张）。并将其具有药用、食用价值兼有的植物资源，以物种为单位，对当前收集到的资料较为丰富者，进行较为全面总结。记述内容包括有：一、概述部分（含有性状与鉴别、主产地、生境与分布、采收加工、药用与食用化学成分）；二、药用与食用价值；三、生物种特性等；每一种后附有参考文献，以便进一步深入研究参考。

本专著有如下特色：

(1) 首次记述和较系统总结了我国长白山区植物资源中具有“关药、北药”特色，又兼具有食用保健价值的植物物种资源。

(2) 每一种内突出记述介绍的是“性状与鉴别”——以往植物类中药书籍主要写植物形态描述，这主要是给采药、种药的经营者的识别使用——这样的书籍太多了！我们考虑可用很有直观效果的原生态彩色图片给予表达；我们也考虑作为消费者、使用者，主要面对的是“药材”、“食材”的“真伪、优劣”鉴别；所以，我们文字重点介绍是“药（食）材”的外观性状鉴别、显微鉴别、理化鉴别（简单）的基本（基础）知识，供使用者参考。

(3) 药用与食用价值项下（内），按中医理论分别介绍基本性味功效和食用保健价值，尽可能附上（提供）简易少量可参考使用方剂。

雄伟壮美长白山，是东亚高山植物代表区，它独特的垂直景观带分布规律，具有多样的生态环境所具有生物多样性植被类型，孕育有著名的、具有“关药、北药”特色的道地药材。这是大自然赋予中国东北大地的，具有确切药理学疗效、也具美味特色食疗佳品的物种。它的特色就在于天然、纯净、营养、安全、有效，以“真”、“纯”、“安”、“效”为特色。

人类崇尚天然，向往回归自然，选择天然绿色食品的潮流已成为不可逆转的趋势，成为人类追求健康的潮流。为顺应这种潮流，首先要保护好长白山区丰富的药食兼用植物资源与其相应的良好的天然生态环境，建立以产业化经营和规范化生产为特色的中药农业，使生产出的食、药原材料符合“GAP”标准，达到“安全、有效、稳定、可控”的要求，这是实现资源的可持续利用与产业的可持续发展的基础。

愿将本书献给有志于从事药用植物资源、药食兼用植物资源研究与开发的同道朋友使用和参考。编写过程中吉林省中医药管理局、吉林省中医药研究院等各级领导给予支持和关照，在此一并深表致谢。因时间和水平所限，错失在所难免，敬请同道批评指正。

主编者：严仲铠 等

2012年11月16日 于长春

# Preface

This book is a monograph describing the botanical resources and species ( possessing both pharmacological and edible value ) that grows in Mount Chang Bai. Since ancient times, there has been a saying in the field of Chinese medicine that ‘medicine and food materials share the origin’. Over more than 2000 years ago, when the book “Shen Nong Ben Cao Jing” was published, it stated that ‘Shen Nong comes across 72 toxic plants out of 100 on a daily basis during his searching of medicinal herbs by tasting them himself’. It has well explained that in ancient China people have done great practical work and have gathered a wealth of experience in testing the pharmacological properties of plants and animal tissues. According to research the so-called ‘Shen Nong’ is not specifically referring to an individual, but rather a group of people in one professional, or geographical area, namely, the people engaged in the practice of medicine and food supplies in a certain period. This particular group of people would be called the “practitioners and pioneers for finding medicine and food sources”. People in China and around the world, over the past thousands of years, through a gradual process, began to understand that ‘non-toxic herbs can be used as food ingredients rather than medicines’, also further recognize that ‘the body of one organism can be used as food resource to complement with another life form ( s ) ’, therefore, promoting the growth, development and metabolism have resulted in the continuation of life

As far back as the Tang dynasty, the medical specialist Simiao Sun suggested that diet is the best way to balance nutrition in the body, to prolong life and to modulate disease. In his book entitled “shi zhi zhuan juan”, he stated that “Food is fundamental for health care. Diet is always considered to be the first choice for treatment of a disease. If diet does not work, drugs are then to be considered”. This theory was further developed in the Song dynasty by Zhi Chen and others who proposed that “a good diet is better than medical treatment” and that “good medical treatment follows a good disease diagnosis; good use of medicines is not as good as use of diet”.

Till recently, medical experts, scholars and government bodies have addressed the importance of the concept of “treating before disease” or “prevention on priority”. With the emergence of economic globalization and free trade, the continuous improvement of people’s living standards, and changes to the living conditions, infectious diseases that endanger human life have markedly decreased. However, the non-contagious diseases that affect quality of life and ability to live are getting worse and worse. In many countries, due to the improvements mentioned previously, life expectancy is rapidly increasing as a result of which the elderly are becoming a larger sector of society. Consequently, medical care for the elderly and an increased awareness of what constitutes a healthy lifestyle have become the focus of the new century. In particular, the mode of medical care has transformed from one of single medical treatment for an illness to a comprehensive mode with a combination of procedures including prevention, health care, rehabilitation and medical treatment. Health and longevity have become a hot topic in society. People the world over have started to pay more attention to the developments of their own health value, of natural remedies and their application.

30 years ago, Professor Yan, the lead author of the current volume published “The Chang Bai Mountain Botanicals Annals” ( Jilin People’s Publishing House, 1982 ) and 15 years ago published “China’s Chang Bai Mountain Medicinal Plants Annals Illustrated in Colors” ( People’s Health Press, 1997 ) . Based on which, staff from Jilin Yanbian Mount Chang Bai Pharmaceuticals Co. Ltd and Professor Yan’s team determined to perform a systematic analysis of functional medicine-food plants growing on the Chang Bai Mountain range based on the practical experience in food materials gathered by local people and survey of historical literature and knowledge, under the concept of “medicine-food origin-sharing” ( i.e. homologous ) , 85 families including 543 species have been categorized ( 293 species in body,250 species in notes,colour picture447 ) . For those of species having both medicinal and food value, a more detailed description is given.

Contents include: 1. Overview ( features & identification, place of origin, habitat, distribution, harvesting and processing, chemical components ) ; 2. Medicinal and food value; 3. Special characteristics of species. For each of species, an appendix is attached, in order to provide a further in-depth reference for study.

This book has the following features: ( 1 ) it describes and summarizes for the first time the botanical resources featuring as ‘Guan Yao’ and ‘Bei Yao’, growing in the Chang Bai Mountain. ( 2 ) for each species, we have emphasized the characteristics & forms of identification that will be of most use to consumers and users of these plants rather than scientists and herbalists. So, the plant descriptions are mainly focused on the basics of character identification, physical & chemical identification. ( 3 ) In the section covering the medicinal and food value of each species they are described according to TCM theory, the fundamental flavour/efficacy and their health care properties , as far as possible, a simple prescription is provided as a reference.

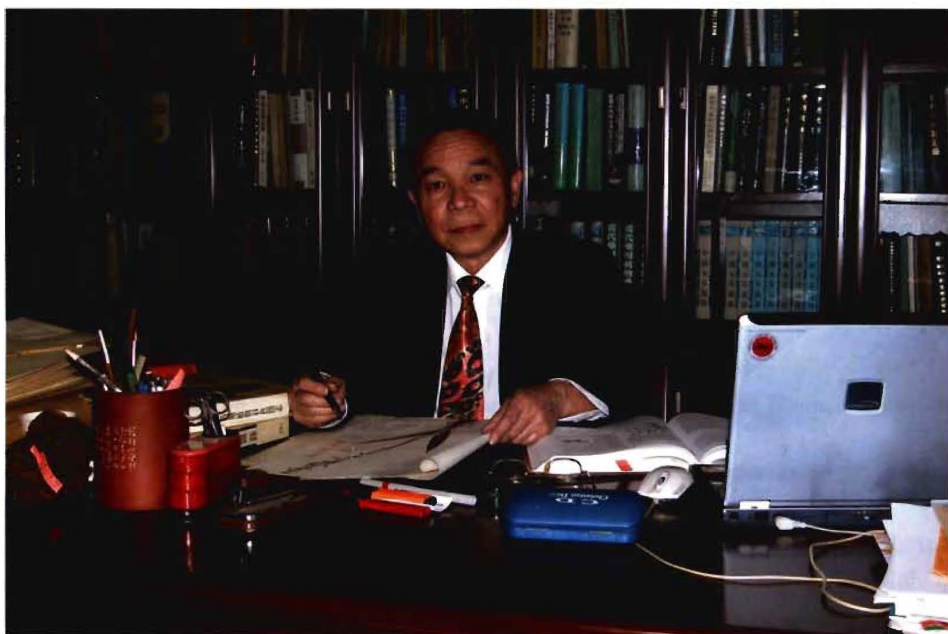
The magnificent Mount Chang Bai is a representative area for high altitude plants in East Asia, with its unique vertical distribution and versatile ecological environments, incorporating different kinds of vegetative cover which is famous for medicinal plants with “guan yao, bei yao” properties. This is a gift from nature to northeastern China, with having different species with exact pharmacological effects and flavors as food. Its particularity is for natural, pure, nutrient, safe and effective. In recent years people have become keen to eat natural, organic produce and there is an increasing interest worldwide with regards herbal medicine and healthy lifestyles.

In relation to which the conservation of fauna and flora indigenous to Mount Chang Bai should be a top priority. Following on from which the industrial management and standardized production of TCM plants should be established to produce food and medicinal raw materials complying with GAP standard which is the basis of sustainable development and utilization of natural resources.

This book is dedicated to those who are involved in the research and development of medicinal botanical resources and medicinal-edible co-functional plants resources. Due to limited time and knowledge, mistakes are inevitable, comments and corrections are welcome!

**Editor: Yan Zong Kai**  
**November 16, 2012 in Changchun**

## 严仲铠研究员主编简介



中药生药学专家

中药资源学专家严仲铠研究员

### 简历

1962年8月毕业于南京药学院（现中国药科大学）药学专业本科。

1962年8月-1964年12月吉林省中医中药研究所生药研究室。

1965年1月-1966年5月北京中国中医研究院中药研究所进修生药学。

1994年-2000年吉林省中医中药研究院长白山资源开发研究所所长、中药研究所名誉所长。

2003年5月-2004年4月香港浸会大学中医药学院访问教授。

### 获奖成果与奖励

近50年主要从事中药生药学、中药资源学研究，主持参加项目13项。获国家科技进步奖三等奖1项，获省、部级科技进步奖一等奖2项，二等奖3项，三等奖2项。主编《中国长白山药用植物彩色图志》等专著五部，另参编《中国本草图录》等专著计12卷（册），发表论文85篇（其中SCI有10篇，英文5篇）。

1991年吉林省人民政府授予“吉林省有突出贡献中青年专业技术人才”。

1992年10月中华人民共和国人事部授予“国家级中青年有突出贡献科技专家”。

1992年10月国务院批准获得“享受国务院政府特殊津贴”。

1998年中共吉林省委、省人民政府批准为：“吉林省首批省管优秀专家”。

#### **社会学术团体兼职有**

曾任吉林省植物学会第六届、第七届副理事长；

曾任中华中医药学会中药鉴定分会副主任委员（1996—1998）

曾任中国药学会药学史专业委员会，第四、第五届委员（1998—2002）

曾任中国自然资源学会天然药物委员会委员（1998—2002）

吉林省人参商会专家组成员；

曾任吉林省中药材质量规范化管理（GAP）专家组成员（1998—2002）

曾任吉林省政府人参推进组专家组成员（2000—2005）

# Chief Editor—Zhongkai Yan

## Professor and Research Fellow

Specialist in Chinese Medicine and Pharmacognosy

Specialist in Resource of Chinese Medicine

Educational Background and Career Information:

1958—1962: BSc. In Pharmacy, China Pharmaceutical University, formerly Nanjing College of Pharmacy

1962—1964: Head of Pharmacognosy Research Department, Jilin Academy of Chinese Medicine

1965—1966: Research Fellow, Pharmacognosy, Institute of Chinese Materia Medica of Beijing.

1967—1993: Director of Jilin Academy of Chinese Medicine; Director, Institute of Mount Chang Bai Resources Development; Emeritus President, Institute of Chinese Medicine

1994—2002: Honorary Chairman, Jilin Academy of Chinese Medicine; Director, Institute of Mount Chang Bai Resources Development; Emeritus President, Institute of Chinese Medicine

2003—2004: Visiting Professor, School of Chinese Medicine, Hong Kong Baptist University

Achievements, Honors and Awards:

• Fifty years of participating in research and development in Chinese Medicinal Pharmacognosy and Chinese Medicine Resources

- Project leaders of 13 national research programs
- Third Prize Winner of the National Science & Technology Award
- Winners of Provincial Science & Technology Awards ( total seven times covering 1st and 3rd prizes )
- Chief Editor of “The Chang Bai Mountain Medicinal Plants Annals Illustrated in Colours” etc. 5 monographs and co-editor of “An Illustrated in Colours” and others 12 other monographs
- 85 publications

Other honors and awards:

A Specialist of “Professional and Technical Talented Personnel with Outstanding Contributions” awarded by Provincial Government of Jilin Province, 1991

A National-Class Expert of “Professional and Technical Talented Personnel with Outstanding Contributions in China” by Ministry of Personnel of China, 1992

Government Special Allowances, awarded by the State Council of China, 1992

Excellent Specialist, awarded Provincial Government of Jilin Province, 1998

Other Academic/Professional Positions:

Deputy Chairman, Botanical Society of Jilin Province ( 6th and 7th term )

Deputy Chairman, Chinese Medicine Identification Branch, Chinese Medical Association ( 1996–1998 )

Memberships, Branch Committee of Chinese Medicinal History, the Committee of Chinese Pharmaceutical Society ( 1998–2002 ) .

Membership, the Natural Medicines Committee, China Society of Natural Resources ( 1998–2002 )

Member of the Ginseng Chamber of Commerce of Jinlin Province;

Member of Quality Standardization Committee of Chinese Herbal Medicines Management ( GAP ) ( 1998–2002 )

Member of Jilin Provincial Governmental Ginseng Promotion Committee ( 2000–2005 )



## 王永明主编简历

王永明教授

简历

1960年东北师范大学生物学系毕业。

现任长白山中药保健食品研究所所长；五十多年来，主要从事中国长白山野生动植物资源考察、调查、保护和开发研究工作。先后主编和参编出版与吉林长白山动植物资源有关中草药资源、科普有关的专著《中国长白山野生花卉》、《中国长白山彩色图鉴》、《长白山资源开发指南》、《延边经济植物志》、《延边野生植物名录》等三十余部著作，论文百余篇。

主要研究成果和奖励

1. 《北五味子‘长白红’新品种及配套技术推广规范化研究》，于2010年获得吉林省农业技术推广二等奖；
2. 曾获吉林省野生植物资源和中药资源调查成果奖、百花饮品科技进步奖、优秀科普创作奖、国家、省、州学术论文奖18篇，《北五味子资源现状与对策》获国际优秀论文奖，获国家发明专利两项；
3. 先后培育出五个新品种：五味子“长白红”、水飞蓟“汪蓟1号”、“汪蓟2号”、关苍术“汪术1号”、黑木耳“汪耳1号”；
4. 2011年被中国科协、财政部授予“全国科普及惠农带头人”；
5. 2011年被评为吉林省科技厅“下派优秀专家”；
6. 2012年被延边朝鲜族自治州评为“十大科技创新人物”，曾先后被评为“吉林省先进科技工作者”；
7. “吉林省少数民族地区、边远山区先进科技工作者”；
8. “吉林省农村科普先进工作者”；
9. “延边朝鲜族自治州先进科技工作者”。

