PLANT FACT SHEET

Blumea balsamifera (L.) DC.

GENUS *Blumea* **FAMILY** Asteraceae

COMMON NAMES Ngai camphor plant, Buffalo ear

EDIBLE PARTS AND USES

Edible parts: Leaves, Leaves - seasoning

The leaves are cooked in food to add flavour as well as for medicinal purposes. The leaves have a camphor scent.
CAUTION: The leaves cause a drop in blood pressure.

DESCRIPTION

A small herb. It grows to 3 m tall. It is short lived. The bark is yellow-brown. The branches and leaves have a silky covering. The leaves are about 7-25 cm long by 3-10 cm wide. The flowers are in small heads. The flowers are yellow. The fruit are ribbed.

HABITAT

A tropical plant. It grows in forest. It can also grow in desert soils. It can grow in arid places. At MARDI. In XTBG Yunnan.

PRODUCTION

Cultivation

Plants can be grown from seeds, cuttings or layering. It can be cut back and allowed to regrow.

NOTES

It is used in medicine.

PICTURES



Credit: Food Plants International (Bruce French)

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