PLANT FACT SHEET

Balanophora involucrata J. D. Hooker

GENUS *Balanophora* **FAMILY** Balanophoraceae

COMMON NAMES Goddess-of-mercy lotus

EDIBLE PARTS AND USES

Edible parts: Plant

The plant gathered in autumn and dried and pulverized is sprinkled on hard-boiled eggs. It is claimed to help with irregular heart beats.

DESCRIPTION

A fleshy plant that grows on other plants. It is 5-15 cm high and yellowish-red. It has underground tubers on the rhizomes or underground stems. It is connected to the host by suckers. The flowering stems spring up from the tubers. These stems have 5 lobed sheaths. 1-2 mm long. There are many small flowers. Male and female flowers are separate. The fruits are nut like seeds.

HABITAT

It grows in forests along streams. In southern China it grows between 2,300-3,600 m above sea level.

REFERENCES

Hu, Shiu-ying, 2005, Food Plants of China. The Chinese University Press. p 369

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ea9644cd-135a-46f1-9bd4-08e3e9f8284b