



戶外通識教室：油甘子枕頭你瞓過未？

Nature's Classroom: Comfort pillow filled with Myrobalan leaves

餘甘子(油甘子)

大戟科本地原生落葉小喬木或灌木，生長在較乾燥的地區，單葉沿枝以兩列互生，幾乎沒有葉柄，類似羽狀複葉。春夏開黃色小花；秋冬結青綠扁球形果子，可吃，生津止渴，更可治感冒發熱、咳嗽等。果子初嚼時酸澀，後有餘甘，故名。餘甘子單葉互生，細小橢圓形，灑乾後作傳統枕頭的填料，具有透氣作用，傳聞更有治流鼻血之功效呢！



Myrobalan (*Phyllanthus emblica*)

Native, deciduous tree or shrub with alternative simple leaves borne along the branches in 2 rows with almost absent stalk, similar to pinnate leaf. Blossoming with small yellow flowers in spring & summer. Its translucent fruits ripe in autumn. Sun dried Myrobalan leaves are used as pillow filling in Chinese traditionally; they are airy with a pleasant scent.

