

• 中文名稱： 饅頭果

• 英文名稱： Common Glochidion

• 學名： *Glochidion rubrum* Blume

• 科名： 大戟科(Euphorbiaceae)饅頭果屬(Glochidion)

台閩算盤子(新擬)，細葉饅頭果(臺灣木本植物誌)，光葉饅頭果、面頭果、文頭果、饅頭果、細葉赤血仔、Marubayubayu(排灣) **Category (類別)**Aliases (別稱)Meaning & Origin (意義與由來)Official / Botanical NameTiny-leaf Glochidion, Taiwan-Fujian Abacus-bead (細葉饅頭果、台閩算盤子)"Tiny-leaf" distinguishes it from larger-leaved species. Both "Abacus-bead" and "Steamed-bun fruit" describe its **oblate (flattened-spherical)** fruit shape.**Morphological Traits**Smooth-leaf Glochidion (光葉饅頭果)Highlights its **glabrous (hairless)** leaves, distinguishing it from the "Hairy Glochidion" (*G. zeylanicum*).**Folk/Common Names**Miantou Fruit, Wentou Fruit (面頭果、文頭果)"Miantou" is a phonetic variation of "Mantou" (steamed bun), reflecting friendly local Taiwanese terminology for the plant's fruit.**Color Characteristics**Tiny-leaf Red-blood (細葉赤血仔)Refers to the **reddish-brown** tint of young leaves, or the reddish hue found in its wood and bark.**Indigenous Language**Marubayubayu (Paiwan)The name used by the **Paiwan tribe**, showcasing its prevalence in Taiwan's indigenous mountain culture.

• 原產地： 台灣、大陸福建及中南半島，馬來西亞、琉球。Native Origin (原產地):

- **East Asia:** Native to **Taiwan**, Southern China (specifically **Fujian**), and the **Ryukyu Islands**.
- **Southeast Asia:** Extends throughout the **Indochinese Peninsula** and **Malaysia**.

• 分佈： 台灣全島平地及山地 Distribution in Taiwan (在台灣的分佈):

- **Universal Presence:** Found throughout the **entire island**, from **lowland plains** to **mountainous regions**.
- **Habitat:** It is a pioneer species often found in **secondary forests**, forest edges, and disturbed sunny areas.

• 用途： 1.木材可製作器具及供作柴薪：饅頭果木材輕軟易於加工，可做為小型器具及農具用。2.園藝景觀樹：成為造園界重視的景觀及水土保持樹種。3.食用：嫩莖葉用水燙後，煮熟，水浸淘淨，油鹽調食。4.藥用：藥性：辛，瀋，涼，入心、肝、腎三經。葉治癱瘓質斯，神經痛，祛痰；根治濕疹，風濕關節炎，蛀骨，四肢無力。5.蝴蝶食草：細葉饅頭果的葉子是台

灣琉璃小灰蝶、台灣單蛺蝶及白三線蝶幼蟲的食草。1. Material & Fuel: Utility Wood (木材與柴薪)

- **Characteristics:** The wood is **lightweight and soft**, making it easy to process.
- **Applications:** Traditionally used to craft **small household utensils and agricultural tools**. It also serves as a common source of **fuelwood** (firewood) in rural areas.

## 2. Landscape & Ecology: Gardening & Soil Conservation (園藝與水土保持)

- **Role:** Increasingly valued in the landscaping industry for its **aesthetic form** and hardiness. It is also an effective species for **soil and water conservation** due to its adaptability to various terrains.

## 3. Edible: Wild Vegetable (食用價值)

- **Preparation:** The **tender stems and leaves** are edible.
- **Cooking Method:** They are typically blanched in boiling water, cooked thoroughly, soaked and rinsed to remove any bitterness, and then seasoned with oil and salt.

## 4. Medicinal Properties (藥用價值)

- **Nature:** Acrid (辛), Astringent (澀), and Cooling (涼). It acts on the Heart, Liver, and Kidney meridians.
- **Leaves:** Used to treat **rheumatism, neuralgia** (nerve pain), and as an **expectorant** (to clear phlegm).
- **Roots:** Used for **eczema, rheumatoid arthritis**, bone infections (chronic osteomyelitis), and general weakness of the limbs.

## 5. Ecological Role: Butterfly Host Plant (蝴蝶食草)

- **Significance:** It is a vital food source for the larvae of several butterflies:
  - **Taiwan Pale Grass Blue** (台灣琉璃小灰蝶 / *Udara albocaerulea*)
  - **The Commander** (台灣單蛺蝶 / *Moduza proctis*)
  - **White-banded Sailer** (白三線蝶 / *Neptis sappho*)

### • 莖：

灌木或小喬木，高可達4-6公尺，徑2-4公分，具多數分枝；小枝直立或斜上昇，初有毛茸後則光滑無毛，老枝灰白，有深刻裂痕。Stem & Branches (莖與枝條)

- **Form:** A shrub or small tree, reaching up to **4 meters** in height with a trunk diameter of 15 – 20 cm.
- **Characteristics:** Highly branched; young twigs are initially **pubescent (hairy)** but become smooth with age.
- **Older Wood:** Bark is grayish-white and develops **deep fissures (深刻裂痕)**.

葉互生，呈<sup>2</sup>縱列排列，葉片倒卵形或長橢圓狀卵形，長<sup>4</sup> 公分，寬<sup>2</sup> 公分，先端鈍且常突短漸尖，基部多少為楔形，稍厚革質，平滑，全緣，表面呈有光澤綠色，背面淡綠色，表裡兩面皆光滑無毛，但在背面中肋散生毛茸；葉脈於背面不顯著；葉柄長<sup>0.2</sup> 公分，光滑無毛或近似無毛。 **Foliage (葉)**

• 葉：

- **Arrangement:** Alternate, but organized in **two distinct vertical ranks (2 縱列排列)**, making the branch look like a single compound leaf.
- **Shape:** Obovate or oblong-ovate, 4 – 7 cm long.
- **Texture:** Slightly **coriaceous (leathery)** and smooth. The upper surface is glossy green, while the underside is pale green.
- **Details:** Both sides are mostly hairless, except for some sparse hairs along the midrib on the underside.
- **Petiole:** Short (0.2 – 0.5 cm), nearly smooth.

花細小而不顯眼，雌雄花同株，淡黃色或黃綠色，腋生，叢生；雄花：具長梗，柄長<sup>0.4</sup> 公分，光滑無毛；花萼裂片<sup>5</sup> 枚，橢圓狀倒卵形，長<sup>0.4</sup> 公分，先端鈍，光滑無毛或上部略有毛茸；雄蕊<sup>3</sup>或<sup>4</sup>枚，無花絲；雌花：花柄長<sup>0.4</sup> 公分；花萼裂片長橢圓形，長<sup>0.4</sup> 公分，直立，邊緣為毛緣；子房<sup>1</sup> 室；花柱圓筒狀倒卵形，較萼片為長，先端<sup>2</sup>裂。 **Flowers (花)**

• 花：

- **Sexuality: Monoecious (雌雄同株)**; male and female flowers are separate but found on the same plant.
- **Appearance:** Tiny, inconspicuous, yellowish or yellowish-green, clustered in **leaf axils (腋生，叢生)**.
- **Male Flower:** Features a longer stalk (0.4 – 0.5 cm). Has 5 – 6 sepals and **3 – 4 stamens** with no filaments (sessile).

- **Female Flower:** Shorter stalk (0.1 – 0.2 cm). The **ovary has 6 – 7 cells**. The style is prominent, cylindrical-obovate, and longer than the sepals, with a 7-lobed tip.

果實為蒴果，扁球形，長 1.0 – 1.2 公分，徑約 0.8 – 1.2 公分，邊緣具 5 – 8 條淺縱溝，有短柔毛，花柱宿存；果實膨大醒目，外側有凹稜，像小南瓜；種子成熟時呈紅色。**Fruit & Seeds (果實與種子)**

• 果實：

- **Fruit Type:** A capsule (蒴果).
- **Shape:** Oblate (flattened-spherical), roughly 0.8 – 1.2 cm in diameter.
- **Distinctive Look:** Features 5 – 8 shallow vertical grooves (淺縱溝) on the edges. The fruit is puffy and striking, resembling a **miniature pumpkin (像小南瓜)** or an abacus bead.
- **Seeds:** When mature, the seeds are a vivid **red (紅色)**.

常綠灌木或小喬木，小枝光滑。葉互生呈 2 縱列，柄長 1.0 – 1.2 公分，葉片稍厚革質，平滑，倒卵形或長橢圓狀卵形，尖頭或鈍頭，先端突尖，基部漸狹形，全緣，長 4 – 7 公分，寬 2 – 3 公分。雌雄花同株異花，簇生，微小；淡黃綠色。雄花具長梗，花被 6 枚，卵形，2 列；雌花梗短，花被圓筒形，2 裂，子房 6 室；花柱圓筒狀倒卵形，先端 2 裂。蒴果扁平，徑約 1.0 公分，花柱宿存；果實膨大醒目，外側有凹稜，像小南瓜，樣子與其說像饅頭，不如說像包子；種子成熟時呈紅色。**1. Growth Habit & Foliage (生長形態與葉部)**

• 特性：

- **Type:** Evergreen shrub or small tree (常綠灌木或小喬木).
- **Twigs:** Smooth and hairless (小枝光滑).
- **Leaf Arrangement:** Alternate and strictly **distichous (2 縱列排列)**, giving branches a flat, feather-like appearance.
- **Leaf Details:** **Sub-coriaceous (稍厚革質)** texture; obovate to oblong-ovate. The apex is either obtuse or acute with a sudden tip (**cuspidate**).
- **Size:** 4 – 7 cm long, 2 – 3 cm wide; entire margins (全緣).

**2. Reproduction (花部構造)**

- **Sexuality:** **Monoecious (雌雄同株異花)**; male and female flowers are separate but found on the same plant, clustered in tiny, inconspicuous groups.
- **Male Flower:** Long-stalked; features **6 tepals** arranged in 2 rows.

- **Female Flower:** Short-stalked; features a **cylindrical perianth** with 6 lobes. The **ovary is 7-celled**, matched by a 7-lobed style.

### 3. Fruit: The "Steamed Bun" or "Baozi" (果實特徵)

- **Type:** A flattened **capsule (蒴果)**, about 1 cm in diameter.
- **Visual Identity:** The fruit is prominently swollen with **external ridges (凹稜)**.
- **The "Baozi" Comparison:** As you noted, its shape is remarkably like a **miniature pumpkin** or a **traditional Chinese Baozi (steamed stuffed bun)**, complete with the "pleats" on top formed by the persistent style.
- **Seeds:** Reveal a striking **red color** upon maturity.