

## THE LOTUS PLANT



The Lotus Plant (*Nelumbo nucifera*) is well known for its self-cleaning properties and this is being studied and applied to materials in many arenas, but this plant long revered in Buddhism and Hinduism has many other incredible attributes. Did you know the seed of the lotus plant can survive for hundreds of years and still bloom? And were you aware that the lotus has been historically used for medicinal purposes such as a pain reliever and for alleviating muscle spasms? This amazing plant's flower, young leaves, seeds and root are edible and often used in Asian cuisine. Older and bigger leaves are used for wrapping of food. Lotus is rich in fibers and vitamins of the B group. It is also rich source of iron and other important minerals. So just when you thought you knew what the lotus plant had to offer in terms of inspiration, it is a lesson that each organism can offer so much more to open human innovation.