



Hanshou Yubi Lotus Root

汉寿玉臂藕

Hanshou has a long history in lotus root cultivation, dating back to the early Tang Dynasty. The cultivation flourished in the late Ming and early Qing Dynasty, and the lotus root has been selected as the tribute. According to history records, Zhu Yijun, Emperor Wanli of the Ming Dynasty, was impressed by the tender, crisp and fresh taste of the lots root, which was a tribute from Longyang (now Hanshou). Because the appearance was as white as jade in a shape like arms, resembling the white arms of young ladies, he named the food "Yubi Lotus Root".

Hanshou County is located in the Dongting Lake Plain of Northern Hunan Province. It is located in the key center between land and water. The climate is warm and humid, with abundant rainfall and sufficient light. Especially from June to September, the average daily light reaches eight hours, which is consistent with the growth period of Hanshou Yubi lotus root. Sufficient rain and light increased the photosynthesis of lotus leaves on the water surface, and promoted the accumulation of soluble sugar and water in the lotus root. As a result, although grown in mud, it has clean texture, white skin and flesh, knotted but straight and big body. It has a crisp and tender texture, sweet and non-fibery taste.

(Courtesy of the IP Protection Department of CNIPA)

汉寿玉臂藕栽培历史悠久，可追溯到唐代初期，明末清初是栽种盛期，古时曾被选为“贡品”。有史料记载，明朝万历皇帝朱翊钧在品食龙阳（现汉寿）县贡奉的藕后，见其白如玉、状如臂，外形酷似年轻宫女白嫩圆润的玉臂，加之食之脆嫩清甜，喜爱之极，便赐名“玉臂藕”。

汉寿县位于湘北洞庭湖平原，地处水陆要冲，气候温暖湿润、雨水充沛，光照充足，尤其是6至9月，平均每天光照达8小时，与汉寿玉臂藕的生长期吻合。充足的雨水和丰沛的光照，增加了水面莲叶的光合作用，促进了玉臂藕可溶性糖和水分的积累，从而使得汉寿玉臂藕出淤泥而质洁，外皮和肉色均为玉白色，生多节仍身直，藕身均匀且壮硕，藕质脆嫩、口感香甜、无丝少渣。

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