PLANT FACT SHEET

Zingiber mioga (Thunb.) Roscoe

GENUS *Zingiber* **FAMILY** Zingiberaceae

COMMON NAMES Myoga ginger, Ginger bud

EDIBLE PARTS AND USES

Edible parts: Buds, Flowers, Vegetable, Rhizome, Root, Leaves

It is used as a vegetable.
The buds and leaves are used to flavour soups.
Young flowers are blanched by covering with straw. They are used in soups, tempura and tofu dishes. They are also pickled.

DESCRIPTION

A ginger family herb. It keeps growing from year to year and grows in woodland. The rhizomes are yellowish. There is often no leaf stalk. The leaf blade is sword shaped and 20-37 cm long by 4-6 cm wide. The tip is heart shaped. The flower arises from the rhizome. It is 5-7 cm long. There can be a stalk up to 17 cm long. The sheaths are scale like. The bracts are reddish green with purple veins. The fruit is a capsule which is oval and red inside. The seeds are black. The seed layer is white.

HABITAT

It is a subtropical plant. It grows in mountain valleys and is sometimes cultivated. The top growth is frost tender. It can re-grow from the underground rootstock. In Yunnan.

NOTES

There are about 100-150 Zingiber species. It is used in medicine.

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