PLANT FACT SHEET

Meistera koenigii (J. F. Gmel.) Skornick. & M. F. Newman

GENUS *Meistera* **FAMILY** Zingiberaceae

COMMON NAMES Tough ginger

EDIBLE PARTS AND USES

Edible parts: Flowers, Leaves, Fruit

DESCRIPTION

A ginger family herb. It grows 1-3 m tall. The leaves are narrowly sword shaped and 30-45 cm long by 4-11 cm wide. The flower spike is narrow and 4-5 cm long. The flowering stalk is 30-35 cm long. The flowers are white.

HABITAT

It is a tropical plant. In southern China it grows between 200-1,500 m above sea level. In Yunnan.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Cao, Y., et al, 2020, Ethnobotanical study on wild edible plants used by three trans-boundary ethnic groups in Jiangcheng County, Pu'er, Southwest China. Journal of Ethnobiology and Ethnomedicine (2020) 16:66 (As Amomum koenigii)

Liu, Yi-tao, & Long, Chun-Lin, 2002, Studies on Edible Flowers Consumed by Ethnic Groups in Yunnan. Acta Botanica Yunnanica. 24(1):41-56 (As Amomum koenigii)

Teron, R. & Borthakur, S. K., 2016, Edible Medicines: An Exploration of Medicinal Plants in Dietary Practices of Karbi Tribal Population of Assam, Northeast India. In Mondal, N. & Sen, J.(Ed.) Nutrition and Health among tribal populations of India. p 156 (As Amomum corynostachyum)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/040b5fd2-bfa4-40e3-b181-02d9da434397