PLANT FACT SHEET

Cautleya spicata (Smith) Baker

GENUS *Cautleya* **FAMILY** Zingiberaceae

COMMON NAMES Ban besar

EDIBLE PARTS AND USES

Edible parts: Stem

The pith of the stem is eaten as a vegetable. It is used to quench thirst.

DESCRIPTION

A herb in the ginger family. It grows to about 50 cm high. There are 4-7 leaves. The leaves have short stalks. They are oval and taper to a point. The leaf blade is oblong and 12039 cm long by 1.6-4 cm wide. The base is rounded and it tapers to the tip. The flower spikes are 7-12 cm long. The flowers are yellow in short stalked spikes. There are many flowers densely together. The bracts are red and 2.5-3 cm long. The fruit is a capsule. It is round and red. It is about 1 cm across. The seeds are black and oval. They are enclosed in a white seed layer.

HABITAT

It is a temperate plant. In Nepal it grows from 1000-2600 m altitude. It grows in moist shady places. In China it grows on the forest floor or growing on trees between 1100-2600 m altitude in S China.

PRODUCTION

Cultivation

Plants are grown from bulbs.

NOTES

There are 5 Cautleya species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/069dff2f-ce30-446d-abb7-1a603cc6a4e5