PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Heliconia spathocircinata Aristeg.

GENUS *Heliconia* **FAMILY** Heliconiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves

DESCRIPTION

A herb.

HABITAT

It is a tropical plant. It suits the wet tropics.

REFERENCES

Torre, de la, L., et al, 2008, Enciclopedia de las Plantas Útiles del Ecuador. Herbario QCA. Pontificia Universidad Católica del Ecuador. p 379

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0e52db60-d159-49e1-83fe-d953039e9f15