PLANT FACT SHEET

# *Heliconia mariae* J. P. Hooker

**GENUS** *Heliconia* **FAMILY** Heliconiaceae

## EDIBLE PARTS AND USES

**Edible parts:** Flowers, Stem heart

## DESCRIPTION

A herb.

## HABITAT

It is a tropical plant.

## PICTURES



Credit: Food Plants International (Bruce French)

## REFERENCES

Garcia-Serrano, C. R., & Del Monte, J. P., 2004, The Use of Tropical Forest (Agroecosystems and wild Plant harvesting) as a Source of Food in the Bribri and Cabecar Cultures in the Caribbean Coast of Costa Rica. Economic Botany 58(1) pp 58-71

**PROVIDED BY** **Food Plants International**

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/145ab4a7-b71f-411d-8fae-65934de8e11f