PLANT FACT SHEET

Cephalostachyum capitatum Munro

GENUS *Cephalostachyum* **FAMILY** Poaceae

COMMON NAMES Hollow bamboo

EDIBLE PARTS AND USES

Edible parts: Seeds, Shoots, Cereal

The young shoot are eaten. They are boiled and prepared along with chilli fermented fish, potato and pea.

DESCRIPTION

A bamboo. It grows 13-15 m high. The culms are 2-5 cm across. The internodes are 25-40 cm long. It is green but becomes yellow with age. The leaves are 9-30 cm long and 5-11 mm wide. The flowering shoots are in a round brownish head. The seeds are brown and shiny.

HABITAT

It is a subtropical plant. It grows in the eastern Himalayas and in Tibet. It grows between 1,900-3,000 m altitude.

NOTES

There are about 11 Cephalostachyum species.

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