PLANT FACT SHEET

Wurfbainia villosa (Loureiro) Skornick. & A. D.Poulsen

GENUS *Wurfbainia* **FAMILY** Zingiberaceae

COMMON NAMES Xanthoid cardamon, Malabar cardamom, Tavoy cardamom

EDIBLE PARTS AND USES

Edible parts: Seed, Spice, Fruit, Leaves, Shoots, bud, Vegetable

The seeds are used as a substitute for true cardamom.
The leaves are cooked and used as a vegetable.

DESCRIPTION

A ginger family herb. It grows 2-3 m tall. The rhizome has a scent. It can be 1.5 cm across. The false stems are 20-50 cm apart. There are 20-40 leaves on each false stem. They become smaller up the stem. The leaf blade is 13-45 cm long by 1-9 cm wide. There are 1-3 flowering stalks near the base. These are 5-15 cm long. The fruit are up to 1.5 cm long. They are prickly. They are greenish-red or reddish-brown. The seeds are angular to round and 2-3 mm across. They are brown and turn black. There are 15 in each section. The seeds are angled and have a strong scent.

HABITAT

A tropical plant. It is grown as an under-storey plant in forest. It grows in open lowland and mountain evergreen forest. It grows between 100-1,650 m above sea level. In XTBG Yunnan. In Southern China it grows between 600-800 m above sea level.

NOTES

There are about 150 Amomum species. They are mostly tropical.
It is like cardamom.
It is used as a medicine for inflamed bowels.

PICTURES



Credit: Food Plants International (Bruce French)

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