PLANT FACT SHEET

Aframomum angustifolium (Sonn.) K. Schum

GENUS *Aframomum* **FAMILY** Zingiberaceae

COMMON NAMES Madagascar cardamom, Wild cardamom

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds, Leaves, Root, Spice

The ripe fruit are eaten raw. It is the sugary pulp that is eaten.
The dried seeds are used like pepper for seasoning. They are used to flavour porridge and bread.
They are also added to coffee.

DESCRIPTION

A ginger family plant. It is a herb that keeps growing from year to year. It has stems 2 m high. They are made up of the leaf bases. The rootstock is thick and creeping. It grows in dense stands. The leaves arise in two ranks from underground rhizomes or stems. The leaf blades are 40 cm long by 12 cm wide. The tip narrows to a point. The flower is like a canna but is at the base of the stem. The flower has a protruding lip that is orange tipped with scarlet. The fruit is a narrow egg shape and turns red when ripe. It can be 8 cm long and 3 cm wide. It has a pointed tip. The seeds are oval and 4-5 mm long by 2-3 mm wide. They are smooth.

HABITAT

It is a tropical plant. It grows on the edge of the forest. It is often near the edges of swamps. In Tanzania it grows between 1,000-1,700 m above sea level and in areas with a rainfall between 900-2,200 mm. It does well in sandy clay loam soils.

PRODUCTION

Cultivation

Plants can be grown from seed.

NOTES

There are about 50 Aframomum species.

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