PLANT FACT SHEET

Elettaria ensal (Gaertn.) Abeyw.

GENUS *Elettaria* **FAMILY** Zingiberaceae

COMMON NAMES Long cardamom

EDIBLE PARTS AND USES

Edible parts: Seeds - spice

The seeds are occasionally used as a spice or to adulterate cardamom.

DESCRIPTION

A ginger family herb. It keeps growing from year to year. The stems are leafy and 2-3 m tall. The leaves are narrowly sword shaped and softly hairy underneath. They are 30-60 cm long and 5-10 cm wide. There are several flower panicles up to 60 cm long. These have 2-4 flowers. The fruit is a 3 sided capsule 2.5 cm long.

HABITAT

It is a tropical plant. It grows in dry evergreen forests.

REFERENCES

Seidemann J., 2005, World Spice Plants. Economic Usage, Botany, Taxonomy. Springer. p 144 (As Elettaria major)

Wiersema, J. H. & Leon, B., 2013, World Economic Plants. A Standard Reference CRC Press. 2nd Ed. p 268 (As Elettaria major)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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/24c6837c-f489-454d-bca0-dcf4f984eccb