PLANT FACT SHEET

# *Zingiber montanum* (J. Koenig) Link ex A. Dietr.

**GENUS** *Zingiber* **FAMILY** Zingiberaceae

**COMMON NAMES** Purple ginger

## EDIBLE PARTS AND USES

**Edible parts:** Flowers, Fruit, Shoots, Leaves, Spice, Rhizome, Root

The young flowering shoots are boiled and eaten as a vegetable.
The young leaves are cooked and eaten.
The rhizomes are used to flavour food. They are also made into pickles.

## DESCRIPTION

A ginger family herb. The stems can be 2 m tall. The rhizome is thick and spreading. It is pale yellow inside. The leaves are simple and alternate. They are oblong to sword shaped and 18-35 cm long by 4-6 cm wide. The flowers are in spikes at the top of the plant. The flowers are white or pale yellow. They form bunches 20 cm long. The fruit is a round capsule.

## HABITAT

It is a tropical plant. It grows in muddy soil and lowlands up to 1,300 m above sea level.

## PRODUCTION

### Cultivation

Plants can be grown by division of the rhizome.

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