PLANT FACT SHEET

Wurfbainia uliginosa (J.C.Koenig) Giseke

GENUS *Wurfbainia* **FAMILY** Zingiberaceae

EDIBLE PARTS AND USES

Edible parts: Spice, Fruit, Shoots, Vegetable

The shoots are boiled and eaten as a vegetable.
The rhizome is used as a spice in curry.
The ripe fruit are eaten.

DESCRIPTION

A tall ginger family herb. It grows 1.5-3 m high. The rhizome or underground stem is long and branched. It is 1 cm thick. The false stem has 40-45 leaves on each. The leaves are narrow and sword shaped. They are 15-50 cm long by 2-8 cm wide. They are shiny green above and light green underneath. They end in a long sharp point. The flower spikes are near the ground. They are on stalks 5-10 cm long with 1-3 flower bundles on each. 6-10 flowers open at once. The bracts are pinkish brown. The fruit are round to oval and 1-2 cm long by up to 1.5 cm wide. They are greenish red with prickles. The seeds are round and 3 mm across. There are 10-25 in each section. They are black.

HABITAT

A tropical plant. It grows in lowland rainforest and up to 1,000 m altitude. It grows along streams. In Queen Sirikit BG.

NOTES

There are about 150 Amomum species. They are mostly tropical.

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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/3422b1f2-5899-4c38-8768-bc064c877d63