PLANT FACT SHEET

Aframomum alboviolaceum (Ridley) K. Schum.

GENUS *Aframomum* **FAMILY** Zingiberaceae

COMMON NAMES Grape-seeded amomum, Large amomum

EDIBLE PARTS AND USES

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

The pulp and the cooked fleshy rind of the fruit is eaten. They are dried as a pepper substitute. They are used to spice juices, porridge and breads.
The young rhizome is eaten.

DESCRIPTION

A ginger family herb. It has creeping rhizomes or underground stems. These are 8 mm across and buried 5 cm deep. It has stems 3 m high. The leaves are large. They are sword shaped and 32 cm long by 9 cm wide. The base is wedge shaped and they taper to the tip. There are 2-5 flowers in a group. They are pale red to white. The lip of the flower is pink, purple or white. The fruit are oval and have a beak. They are 10 cm long and 7 cm wide. The seeds are narrowly oval and 4-6 mm long by 3-4 mm wide. They are dark brown and shiny.

HABITAT

It is a tropical plant. It grows in woodland and savannah woodland. It grows up to 1,500 m above sea level.

NOTES

There are about 50 Aframomum species.

PICTURES



Credit: Food Plants International (Bruce French)

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Full reference list (3 more) at https://www.echocommunity.org/en/resources/3f21f9e2-616f-47f4-ad84-feb90c5dff9a

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