PLANT FACT SHEET

Heliconia hirsuta L.f.

GENUS *Heliconia* **FAMILY** Heliconiaceae

COMMON NAMES Sweet little heliconia

EDIBLE PARTS AND USES

Edible parts: Roots, Leaves

The roots are edible and also fermented into an alcoholic drink.

DESCRIPTION

A herb. It is erect and grows 1 m tall. The leaves are like banana leaves. The flowers are red. The fruit are fleshy and blue.

HABITAT

It is a tropical and temperate plant. In Argentina it grows from sea level to 1,200 m above sea level.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/46aecf53-d051-400d-a041-c0219936205a