PLANT FACT SHEET

Heliconia farinosa Raddi

GENUS *Heliconia* **FAMILY** Heliconiaceae

EDIBLE PARTS AND USES

Edible parts: Leaves - flavouring, stem

The leaves are used to wrap food for cooking and they give a flavour to the food.
The young white stem base can be eaten or cooked and also used for pickles.

DESCRIPTION

A herb.

HABITAT

It is a tropical plant. It grows in the rain forest.

PRODUCTION

Harvesting and Seed Production

In Brazil plants flower and fruit October to January.

REFERENCES

Alimenticias - FloraSBS

Kinupp, V. F., 2007, Plantas alimenticias nao-convencionais da regiao metropolitana de Porto Alegre, RS, Brazil p 79 (As Heliconia vellozoana)

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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/46e33da8-64b0-49d4-9e56-17ace9fc5e94