PLANT FACT SHEET

Heliconia rostrata Ruiz & Pav.

GENUS *Heliconia* **FAMILY** Heliconiaceae

COMMON NAMES False bird-of-paradise, Hanging lobster claw

EDIBLE PARTS AND USES

Edible parts: Roots

DESCRIPTION

A herb. It keeps growing from year to year. The leaf stalks can be 7 m long and look like banana leaves. The leaves are 1-2 m long. The flowers hang downward. The bracts are yellow with green tips. They are like a parrot's beak.

HABITAT

It is a tropical plant. It grows in areas with good moisture and soil.

PRODUCTION

Cultivation

Plants can be grown from seeds or division of the rhizome.

REFERENCES

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 411

Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 1115

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/46fced10-94c0-4ae7-b11c-baa4905b8ba8