PLANT FACT SHEET

Cheilocostus speciosus (J. Koenig) C. D. Specht

GENUS *Cheilocostus* **FAMILY** Costaceae

COMMON NAMES Crepe ginger, Spiral ginger

EDIBLE PARTS AND USES

Edible parts: Seedlings, Rhizomes, Roots, Stem, Leaves

The seedlings are cooked and eaten.
The rhizomes are boiled and eaten.
The root/tuber is used for chutney.

DESCRIPTION

A herb.

HABITAT

It is a tropical plant. It suits shady places. In Sikkim it grows between 300-1,800 m above sea level.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/49587049-397e-49ca-bd0b-f5d6ea5b7ee6