PLANT FACT SHEET

Phrynium pubinerve Blume

GENUS *Phrynium* **FAMILY** Marantaceae

COMMON NAMES Arrow root

EDIBLE PARTS AND USES

Edible parts: Tuber, Root, Leaves - flavour, Fruit, Seeds

The underground tuber is used as a masticatory.
Food is boiled in the leaves to add colour and flavour.
The leaves are added to the liquid in the manufacturing of vinegar.
The leaves are used to wrap cooked rice to add flavour.
The roots are cooked as a vegetable.

DESCRIPTION

A herb. It can grow from 1-3.5 m high. It forms dense clusters. These can be several metres across. The roots are fattened tubers. The leaves are large. There are 2-3 leaves per shoot. The leaf sheath is 20-100 cm long. The leaf stalk is up to 180 cm long. The leaf blade is green and can be 80 cm long by 30 cm wide. The flowering stalks are between the leaves. The flower stalks can be up to 170 cm long. The flowers are purple. The fruit are round and brown. They are 1-1.2 cm long. Each fruit has 2 or 3 segments and 2 or 3 seeds.

HABITAT

It is a tropical plant. It often grows in disturbed areas. It grows near streams and roadsides. It grows in valleys, dense forests and humid areas. In Yunnan.

NOTES

The leaves are used for wrapping food.

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