PLANT FACT SHEET

Costus lucanusianus J. Braun & K. Schum.

GENUS *Costus* **FAMILY** Costaceae

COMMON NAMES Spiral ginger

EDIBLE PARTS AND USES

Edible parts: Leaves, Shoots, Stems, Flowers, Vegetable

The young leaves and shoots are cooked and eaten.
The stem is eaten raw as a sweet.
The flowers are eaten raw.
The flowers are used in cooking as a flavouring.

DESCRIPTION

A herb. It has underground rhizomes or underground stems. It is a plant that keeps growing from year to year. It grows 3 m tall. The leaves are simple and arranged in spirals. The leaf blade is 21-24 cm long by 5-6 cm wide. It is rounded at the base and tapers to the tip. The flowers contain both sexes. There is a red funnel shaped tip. The fruit is a narrow capsule about 1 cm long. It has many small black seeds.

HABITAT

It is a tropical plant. It grows in humid locations in forests up to 1,200 m altitude. It can grows in part shade.

PRODUCTION

Cultivation

It can be grown from seeds. It can also be grown from stem cuttings. Sections of the stem or rhizome 2.5 cm long can be planted.

PICTURES



Credit: Food Plants International (Bruce French)

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