PLANT FACT SHEET

Costus guanaiensis Rusby

GENUS *Costus* **FAMILY** Costaceae

COMMON NAMES Canahuate

EDIBLE PARTS AND USES

Edible parts: Stalks, Flowers

The stalks have a tasty acid juice. It is made into a drink by adding sugar.
The flowers are also eaten raw.

DESCRIPTION

A herb. It grows from a creeping underground tuberous rootstock and has stems 2-6 m tall.

HABITAT

A tropical plant. It grows in moist to wet thickets. In Puerto Rico is grows between 90-860 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

There are about 40-90 Costus species. They grow in the tropics.
Possibly in a hot house in Slovenia.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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Credit: Food Plants International (Bruce French)

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 83

PROVIDED BY **Food Plants International**

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/65d242f7-ab25-49d9-8fbc-03a2f3279a3e