PLANT FACT SHEET

Curcuma angustifolia Roxb.

GENUS *Curcuma* **FAMILY** Zingiberaceae

COMMON NAMES Indian arrowroot, East Indian arrowroot

EDIBLE PARTS AND USES

Edible parts: Rhizome, Root, Starch, Flowers

The tubers/rhizomes yield starch. The arrowroot has a yellow tinge and does not thicken in boiling water. It is used in cakes and preserves. The rhizome is crushed and washed in water then allowed to evaporate and sun-dried before using in cooking.
The flowering shoots are cooked and eaten as a vegetable.

DESCRIPTION

A ginger family herb. It has a rhizome. This can be 1.5 m long. It keeps growing from year to year. The plant grows about 1 m tall. The leaves are sword shaped and opposite. They are 36-37 cm long by 8-10 cm wide. The flowers are produced before the leaves. The flowers are in groups of 3 or 4 in a spike. They are funnel shaped and yellow or pink. Boat shaped bracts enclose the flower.

HABITAT

A tropical and subtropical plant. It grows in rainforests and open gaps in dipterocarp forest. It grows up to 1,200 m above sea level.

PRODUCTION

Cultivation

It can be grown by sections of the rhizome. It can also be grown from seeds.

NOTES

There are about 50 Curcuma species. They are mostly in SE Asia.

PICTURES



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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