PLANT FACT SHEET

Hedychium forrestii Diels

GENUS *Hedychium* **FAMILY** Zingiberaceae

EDIBLE PARTS AND USES

Edible parts: Flowers

DESCRIPTION

A ginger family herb. The leaves are oblong and 35-50 cm long by 5-10 cm wide. The flowers are white or yellow. They have a scent.

HABITAT

It is a tropical plant.

REFERENCES

Benvenuti, S. & Mazzoncini, M., 2021, The Biodiversity of Edible Flowers: Discovering New Tastes and New Health Benefits. Frontiers in Plant Science Article 569499.

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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/6d23a239-320c-4169-a2cf-d3016a53a3ad