PLANT FACT SHEET

Wurfbainia aromatica Roxb.

GENUS *Wurfbainia* **FAMILY** Zingiberaceae

COMMON NAMES Bengal cardamom, Nepal cardamom

EDIBLE PARTS AND USES

Edible parts: Seeds - spice, Root, Fruit, Flowers

The seeds are used as a spice.
The stems are boiled and eaten.
The flowering shoots are used in curries. They are also used in chutney.
The rhizomes are used as a flavouring.

DESCRIPTION

A ginger family herb. It has underground stems or rhizomes which produce leafy shoots. The leafy stem is about 1 m tall. The leaves are oblong or sword shaped and 15-30 cm long by 5-10 cm wide. The flowers occur in a round spike on a short stalk. The seeds grow near the base of the plant. The fruit is an oblong, 3 sided capsule. It is about 2.5 cm long.

HABITAT

A tropical plant. It grows in the tropical Himalayas. It grows in wet places in highland forests.

NOTES

There are about 150 Amomum species. They are mostly tropical. The seed contains cineol.

PICTURES



Credit: Food Plants International (Bruce French)

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