PLANT FACT SHEET

Heliconia bihai (Linnaeus) Linnaeus

GENUS *Heliconia* **FAMILY** Heliconiaceae

COMMON NAMES False plantain

EDIBLE PARTS AND USES

Edible parts: Shoots

The young shoots are eaten as a vegetable.
The rhizomes are a source of starch.
The seeds are eaten.

DESCRIPTION

A herb which forms rhizomes or underground stems. It can be 5 m tall. It has a clump of banana like stems. The leaves often have red veins. They can be 1.8 m long. The flowering stalk is upright and long. There can be 20 bracts. The bracts are bright red with green along the edge. The fruit are blue.

HABITAT

A tropical plant. It grows in tropical and subtropical places in America. It needs a fertile, humus rich soil. It suits plant hardiness zones 10-12. Cairns Botanical Gardens.

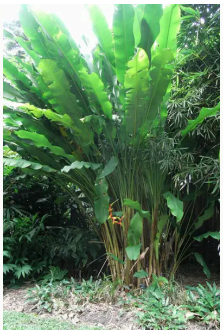
NOTES

There are about 200 Heliconia species. There is only one genus in the Heliconiaceae family. They grow in the tropics.

PICTURES



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/84fc1970-06cd-41e8-965c-208bea4c6c33