PLANT FACT SHEET

Aframomum daniellii (Hook.f.) K. Schum

GENUS *Aframomum* **FAMILY** Zingiberaceae

COMMON NAMES Cameroon's cardamom

EDIBLE PARTS AND USES

Edible parts: Fruit, Spice, Seeds, Leaves - flavouring

The pulp of the fruit is eaten raw. The seeds are also eaten raw.

DESCRIPTION

A ginger family herb. It keeps growing from year to year. It has rhizomes or stems under the ground. It grows to 3-4 m high. The flowers are clustered at the base. They are on short stalks. The flowers are red and yellow. The fruit are green or red when ripe. They are spindle shaped.

HABITAT

It is a tropical plant. It grows in seasonally flooded fields. It grows in moist shady places.

NOTES

There are about 50 Aframomum species.

PICTURES



Credit: Food Plants International (Bruce French)

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