PLANT FACT SHEET

Aframomum mala (K. Schum.) K. Schum.

GENUS *Aframomum* **FAMILY** Zingiberaceae

COMMON NAMES East African cardamon

EDIBLE PARTS AND USES

Edible parts: Fruit, Pith, Seed

DESCRIPTION

A ginger family herb. The leafy shoots grow 2-4 m tall. It has extensive rhizomes 4-6 mm thick. The leaves are narrowly oval and 20-50 cm long by 5-11 cm wide. They are wedge shaped and taper to the tip. There are 5-6 flowers in a group. The come from the base of the leafy shoots. The fruit are oval and 4.5 cm long and 2 cm across. The seeds are 4 mm long by 2 mm wide.

HABITAT

It is a tropical plant. It grows in the undergrowth and on the edges of mountain forests. It grows between 1,000-1,700 m above sea level.

NOTES

There are about 50 Aframomum species.

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