PLANT FACT SHEET

Alpinia nigra (Gaertn.) Burtt

GENUS *Alpinia* **FAMILY** Zingiberaceae

COMMON NAMES Black galangal

EDIBLE PARTS AND USES

Edible parts: Rhizome, Root, Stem, Leaves, Flowers, Vegetable, Fruit

The rhizome is boiled with potato and made into a chutney. They are also eaten raw.
The leaves are used to wrap food to provide an aroma. The young tender shoots and leaves are cooked and eaten as a vegetable. They are cooked with small fish or also eaten raw.
The stem piths are eaten fried. The flowers are used as a spice.
The harvested food can be stored for 5-6 days.

DESCRIPTION

A ginger family plant. It is a herb. It can be 3-4 m high. It keeps growing from year to year. It has an aerial stem. The shoot and leaves have a scent. The leaves are large and in two rows. The flowers are white and have a scent. The fruit are capsules. They occur in clusters. They are green but turn black when ripe.

HABITAT

It is a tropical plant. It grows in swamp and wet areas. In southern China it grows in forests between 900-1,100 m above sea level. In XTBG Yunnan.

NOTES

There are about 200-230 Alpinia species. They are mostly tropical and subtropical. They are mostly in Asia.

PICTURES



Credit: Food Plants International (Bruce French)

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