PLANT FACT SHEET

Heliconia caribaea Lam.

GENUS *Heliconia* **FAMILY** Heliconiaceae

COMMON NAMES False plantain

EDIBLE PARTS AND USES

Edible parts: Shoots, Seeds, Roots

The roots are a source of edible starch.

DESCRIPTION

A herb. The fruit are dark black. They have black seeds.

HABITAT

It is a tropical plant.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Diaz-Betancourt, M., et al, 1999, Weeds as a future source for human consumption. Rev. Biol. Trop. 47(3):329-338

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 410

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/91d2cd33-3403-4a36-be2c-b7bea21957f3