PLANT FACT SHEET

Costus spicatus (Jacq.) Sw.

GENUS *Costus* **FAMILY** Costaceae

COMMON NAMES Spiked spiral-flag ginger

EDIBLE PARTS AND USES

Edible parts: Flowers

DESCRIPTION

A herb.

HABITAT

It is a tropical plant.

REFERENCES

Andrare, G. M. M., et al, 2023, Plantas Alimenticias Nao Convencionais (PANC) Nos Levantamentos Etnobotanicos do Brazil. Novos Cadernos NAEA v. 25 No. 2 p 207

Bortolotto, I. M., et al, 2018, Lista preliminar das plantas alimenticias nativas de Mato Grosso do Sul, Brasil. Iheringia, Serie Botanica, Porto Alegre, 73 (supl.):101-116

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/977d7e49-82ee-4072-84f5-327f53931773