PLANT FACT SHEET

Zingiber odoriferum Blume

GENUS *Zingiber* **FAMILY** Zingiberaceae

COMMON NAMES Balakatoa

EDIBLE PARTS AND USES

Edible parts: bud

The salt fruit, ripe and unripe, are eaten with rice.
The very young stem parts are eaten as a vegetable.
The flower buds are eaten raw or steamed.

DESCRIPTION

A robust ginger family herb. It keeps growing from year to year. It can grow 3 m tall. The rhizome or underground stem is strongly branched. The leaves are broadly sword shaped and 15-47 cm long by 3-7 cm wide. They have a strong scent when bruised. The fruit spikes are narrow and cylinder shaped. They are 9-20 cm long. They are on a robust 1 m long stalk. The fruit is like a berry. It is 2 cm across. The seeds are angular and 5 mm long.

HABITAT

A tropical plant. It grows in primary and secondary forest up to 1,500 m altitude.

NOTES

There are about 100-150 Zingiber species.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9c336661-0de7-4a33-ba21-c481f40e4548