PLANT FACT SHEET

Ensete superbum (Roxb.) Cheesman

GENUS *Ensete* **FAMILY** Musaceae

COMMON NAMES Cliff banana

EDIBLE PARTS AND USES

Edible parts: Fruit, Flowers, Root, Rhizome, Flower stalk, Leaf-sheaths, Stem, Seed

The sprouting buds are used as a vegetable.
The young fruits are pickled. They are also cooked as a vegetable.
The flowering stalk is eaten as a vegetable.
The root, flower stalk without leaves and rolled up leaf sheath are eaten.
The roots are dried and powdered to make flour then used for bread.

DESCRIPTION

A banana like plant. It is a large herb. It has a false stem 4 m tall. The leaves are 3.3 m long by 1 m wide. The fruit spikes are 1.3 m long. They droop. The bracts are red and round. There are 20-30 flowers on a spike. The fruit are oblong and 3 sided berries. They are 7 cm long. The seeds are a flattened round shape.

HABITAT

A tropical plant. It grows on steep slopes of hills in the Pune district in India. It can be on limestone cliffs.

PRODUCTION

Cultivation

Plants can be grown from seeds. They can also be grown from the rhizome.

NOTES

There are 10 Ensete species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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