PLANT FACT SHEET

Globba racemosa Sm.

GENUS *Globba* **FAMILY** Zingiberaceae

COMMON NAMES Dancing girl ginger

EDIBLE PARTS AND USES

Edible parts: Leaves, Flowers

The leaves and flowers are cooked and eaten.

DESCRIPTION

A ginger family herb. The false stems are 60-100 cm tall. The base is expanded. The leaves are oblong and 12-20 cm long by 4-5 cm wide. The flowering head is 15-20 cm long. The flowers are yellow with orange dots.

HABITAT

It is a subtropical plant. It grows in forests in southern China between 400-1,300 m above sea level. In Sichuan and Yunnan.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Xu, You-Kai, et al, 2004, Wild Vegetable Resources and Market Survey in Xishuangbanna, Southwest China. Economic Botany. 58(4): 647-667.

Zhou, L., et al, 2006, Chinese Edible Botanicals: Types, Efficacy and Safety. Handbook of Food Science, Technology, and Engineering, Volume 2 p 98-3

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a606f0a1-b10c-4cb3-880e-209a2897fee3