PLANT FACT SHEET

Aframomum zambesiacum (Baker) K. Schum.

GENUS *Aframomum* **FAMILY** Zingiberaceae

EDIBLE PARTS AND USES

Edible parts: Seeds

DESCRIPTION

A ginger family herb. It has a short, branched rhizome. The rhizome is 8-12 mm across. The leafy stems are in clumps 2 m tall. The leaves are broadly sword shaped and 20-45 cm long by 5-14 cm wide. The flowers are in heads from the base of the plant on a stalk 10-40 cm long. There are 25-50 flowers in a group. The petals are white with a red patch at the base. The fruit are oval and red. They are 7 cm long and 4-5 cm wide. They have ridges along them. The seeds are dark brown and shiny. Plants are pollinated by bees.

HABITAT

It is a tropical plant. It is often near water and grows between 1,450-2,050 m above sea level.

NOTES

It is used as medicine.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b175669c-9064-497b-988d-a0a34aa9a29c