PLANT FACT SHEET

Alpinia oblongifolia Hayata

GENUS *Alpinia* **FAMILY** Zingiberaceae

EDIBLE PARTS AND USES

Edible parts: Shoots, Tuber

They are cooked and eaten in stir fried dishes.

DESCRIPTION

A ginger family herb. It grows 1.5 m tall. There are 7 leaflets in each false stem. The leaves are long and narrowly oval. They are 20-30 cm long by 2-2.5 cm wide. The flowers are white and can have red lines. The capsule is red and round and 5-8 mm across. There are 5-8 seeds.

HABITAT

It is a subtropical plant. It has been recorded at 780 m above sea level in Vietnam. In China it grows between 100-2,500 m above sea level.

REFERENCES

Liu, S., et al, 2023, Wild edible plants and their cultural significance among the Zhuang ethnic group in Fangchenggang, Guangxi, China. Journal of Ethnobiology and Ethnomedicine. 19:5

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b1888075-df37-430d-bc98-08505fc42f49