PLANT FACT SHEET

Aframomum mildbraedii Loes.

GENUS *Aframomum* **FAMILY** Zingiberaceae

COMMON NAMES African cardamom

EDIBLE PARTS AND USES

Edible parts: Seeds - flavouring

DESCRIPTION

A ginger family herb. The leafy shoots are 70-100 cm tall. The leaves are narrowly oval and 14-23 cm long by 2.5-4 cm wide. The flowering shoots usually have 3 flowers. The fruit are 6-7 cm long. The seeds are 4 mm long by 2 mm wide.

HABITAT

It is a tropical plant. It grows in arid areas.

REFERENCES

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b1eadd36-8bc9-4888-850a-1ef8876ac70e