PLANT FACT SHEET

Heliconia indica Lamarck

GENUS *Heliconia* **FAMILY** Heliconiaceae

COMMON NAMES Striped blood banana

EDIBLE PARTS AND USES

Edible parts: Flowers, Seeds

The flower bracts are cooked as a famine food.
The seeds are eaten cooked.
The leaves are used as wrapping to cook foods in earth ovens.

DESCRIPTION

An erect coarse herb. It has underground stems or rhizomes. It is something like a banana. It grows to 2 m tall. It has a false stem of tightly rolled leaf sheaths. The leaves are oblong and 2-3 m long. The flowers have overlapping bracts which are red, yellow or green. The fruit are yellow.

HABITAT

A tropical plant. It grows best in full sun. It grows in humid tropical rainforests in areas when sun penetrates.

PRODUCTION

Cultivation

Plants can be grown by division.

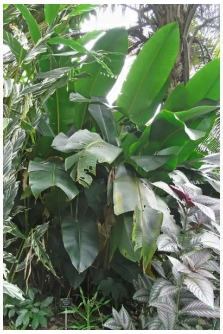
NOTES

The leaves are used as plates for serving food. There are about 200 Heliconia species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b21370d9-0385-4009-b89c-2c95ecbb00de