PLANT FACT SHEET

Hedychium ellipticum Buch.-Ham. ex Sm.

GENUS *Hedychium* **FAMILY** Zingiberaceae

COMMON NAMES Shaving brush ginger, Rock butterfly ginger

EDIBLE PARTS AND USES

Edible parts: shoots, Rhizome, Roots

The young rhizome and shoots are cooked and eaten as a vegetable.

DESCRIPTION

A ginger family herb. It grows 1.4 m tall. It forms a clump. The leaves are large and broadly sword shaped. The flowers are white an have a spidery appearance.

HABITAT

It is a subtropical plant. It grows between 300-3,000 m above sea level.

REFERENCES

Lokho, K. & Narasimhan, D., 2013, Ethnobotany of Mao-Naga Tribe of Manipur, India. Pleione 7(2): 314-324

Meitei, L. R., et al, 2022, An ethnobotanical study on the wild edible plants used by forest dwellers in Yangoupokpi Lokchao Wildlife Sanctuary, Manipur, India. Ethnobotany Research and Application 23:15

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b449a367-a432-4cda-b384-866218099a74