PLANT FACT SHEET

Etlingera punicea (Roxb.) R. M. Smith

GENUS *Etlingera* **FAMILY** Zingiberaceae

COMMON NAMES Tepus bener

EDIBLE PARTS AND USES

Edible parts: Fruit, Flavouring

The fleshy layer around the seeds is sweet and edible.

DESCRIPTION

A robust ginger family herb. It keeps growing from year to year. It grows 7 m tall. It has slender underground stems or rhizomes. The leaves are sword shaped and almost without a stalk. The leaves are 108 cm long by 1 cm wide. The fruiting bodies are round and 12 cm across. They grow near the ground. The fruit are angular and 2-5 cm long by 2-3 cm wide. They have 9-14 ribs.

HABITAT

A tropical plant. It grows in primary and secondary forests often along water. They grow between 800-1,600 m above sea level.

NOTES

There are about 70 Etlingera species.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b45f3935-e8ee-4ca2-bfb8-35667d98867c