PLANT FACT SHEET

Costus spectabilis (Fenzl.) K. Schum.

GENUS *Costus* **FAMILY** Costaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Vegetable

DESCRIPTION

A herb. It keeps growing from year to year. It has a ring of 4 almost round fleshy leaves. The flowers are orange.

HABITAT

It is a tropical plant. It grows in savannah woodland.

REFERENCES

Chapman, J. D. & Chapman, H. M., 2001, The Forest Flora of Taraba and Andamawa States, Nigeria. WWF & University of Canterbury. p 208

Grubben, G. J. H. and Denton, O. A. (eds), 2004, Plant Resources of Tropical Africa 2. Vegetables. PROTA, Wageningen, Netherlands. p 225

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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/bd17696e-bdb9-4202-bfde-2ccc3b3333a6