PLANT FACT SHEET

Curcuma montana Roxb.

GENUS *Curcuma* **FAMILY** Zingiberaceae

COMMON NAMES Mountain turmeric

EDIBLE PARTS AND USES

Edible parts: Rhizome, Root

The rhizome is sliced and used as a spice in curry. They are also roasted and eaten as a snack.

DESCRIPTION

A ginger family herb. The rhizome is short and light yellow. The false stems are 30 cm tall. The leaves are 30 cm long by 8 cm wide. The flower spike is 12 cm long by 4 cm wide. The flowers are pinkish yellow.

HABITAT

A tropical plant. It grows in grasslands.

NOTES

There are about 50 Curcuma species. They are mostly in SE Asia.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c231cd91-db80-45a6-81e2-8d8cf671aa47