PLANT FACT SHEET

Aframomum citratum (Pereira ex Oliv. et Hanb.) K. Schum

GENUS *Aframomum* **FAMILY** Zingiberaceae

COMMON NAMES Mbongo mwel

EDIBLE PARTS AND USES

Edible parts: Seeds, Vegetable, Spice

The seeds are dried and used as a flavouring, They are roasted then crushed and used in fish soup.

DESCRIPTION

A ginger family herb. It keeps growing from year to year. It has rhizomes or underground stems. It can be 4 m high. The flowering heads are short and almost round. They are 8 cm high.

HABITAT

It is a tropical plant. It grows in forest.

NOTES

There are about 50 Aframomum species.

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