PLANT FACT SHEET

Costus phyllocephalus K. Schum

GENUS *Costus* **FAMILY** Costaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Stem, Vegetable

The young leaves and stems are eaten raw as a salad.

DESCRIPTION

A herb. It keeps growing from year to year. The plant is somewhat like ginger. It has a rhizome of thickened underground stem and a stem up to 50 cm tall. The leaves are arranged in spirals. They are simple and the sheath forms a closed tube. The leaf blade is sword shaped and 8-17 cm long by 4-7 cm wide. They taper to the tip. The flowering stalk is at the top. It has a head 5 cm across with large bracts. The flowers have both sexes. There is a tube 1.5 cm long. The lobes are fused at the base. The lower lobe is pink and 5 cm long by 5 cm wide. It has a white throat. The fruit is a capsule with a crown at the top. There are many seeds.

HABITAT

A tropical plant.

NOTES

There are 90-150 Costus species. There are about 60 in tropical America.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c96f9e1c-07a5-4e22-8e03-8b1eca35fbbb