PLANT FACT SHEET

Wurfbainia testacea (Ridley) Skornick. & A. D. Poulsen

GENUS *Wurfbainia* **FAMILY** Zingiberaceae

COMMON NAMES Cambodian cardamom

EDIBLE PARTS AND USES

Edible parts: Seeds, Spice, Leaves, Vegetable

The seed is used like cardamom for flavouring.
The young shoots are eaten as a vegetable cooked with chicken as a curry.

DESCRIPTION

A ginger family herb that has an aroma. It keeps growing from year to year. It has underground stems or rhizomes. These produce leafy shoots. It grows 2-3 m tall. The shoots can have separate flowers. The leaves are oblong and 60 cm long by 10 cm wide. The base is narrowly wedge shaped. The flowers are in an oblong spike 15 cm long by 3 cm wide. The flower stalk can be 6-15-50 cm long. It has papery bracts with grooves along them. The flowers are 2 cm long by 1.5 cm wide and white with a yellow patch near the tip. The fruit is a round capsule 1.5 cm across. It is light grey. It can be smooth or have light ribs. It is pink and slightly hairy. The seed is brown with a white covering.

HABITAT

A tropical plant. It grows on limestone country in Peninsula Malaysia. It needs a well drained soil and shade. It is best grown under the shade of trees and in Thailand above 500 m altitude. It often does not set fruit at lower altitude.

PRODUCTION

Cultivation

It is grown from young stems with a section of the rhizome.

NOTES

There are about 150 Amomum species. They are mostly tropical.

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