PLANT FACT SHEET

Bambusa arundinacea (Retz.) Willd.

GENUS *Bambusa* **FAMILY** Poaceae

COMMON NAMES Thorny bamboo, Spiny bamboo

EDIBLE PARTS AND USES

Edible parts: Seeds, Shoots, Cereal, Sap-drinks, Flowers

Newly sprouted buds are eaten cooked. The water should be changed to remove the bitterness. A fermented vegetable product is also made. They can be dried for future use.
The buds are used for vegetables. They can also be pickled.
Seeds are eaten as a rice substitute.
The sugary sap is made into drinks.

DESCRIPTION

A bamboo. The stalks are crooked and knotty.

HABITAT

A tropical plant. It grows in forest. It grows up to 2,000 m above sea level.

NOTES

There are about 120 Bambusa species. They are tropical and subtropical in Asia.
Chemical composition (seeds): Lysine content has been analysed at 4.4% to 4.8%, compared to such cereals as wheat and rice, which have lysine contents of ca. 2.5%. Tryptophan deficit is up to 50%. Cultivation as a crop is limited only by the long time taken for the plant to flower - a factor which might be rectified by selective breeding. Mean net protein utilisation (NPU) is 73.6%. Growth-promoting effect is equivalent to that of milk protein. Biological valence and digestive coefficient averages 78.2% to 94.1%. Protein efficiency ratio is 2.92% as compared to skim milk at 2.78%.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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