PLANT FACT SHEET

Alpinia roxburghii Sweet

GENUS *Alpinia* **FAMILY** Zingiberaceae

COMMON NAMES Medu

EDIBLE PARTS AND USES

Edible parts: Fruit, Flowers

The ripe fruit are eaten raw.

DESCRIPTION

A ginger family herb. The false stems are 1-3 m tall. The leaves are pale green underneath. They are sword shaped and 45-60 cm long by 4-15 cm wide. They are hairy underneath. The flowering stalks are 20-30 cm long and drooping. The flowers are in simple groups. There is a pale brown to purple bract over each flower. The flowers are red and yellow. The fruit are round capsules with many seeds.

HABITAT

A tropical plant. It grows in Yunnan in China between 600-1200 m above sea level. It grows in secondary forest.

NOTES

There are about 200-230 Alpinia species. They are mostly tropical and subtropical.
Medicine,

PICTURES



Credit: Food Plants International (Bruce French)



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