PLANT FACT SHEET

Cheilocostus globosus (Blume) C. Specht

GENUS *Cheilocostus* **FAMILY** Costaceae

COMMON NAMES Spiral ginger

EDIBLE PARTS AND USES

Edible parts: Shoots

DESCRIPTION

A herb. It grows 4 m tall. It has rhizomes. The stems are robust and branched. They are twisted in spirals and covered with large scales 2-12 cm long. The leaves are oblong to sword shaped and 15-20 cm long by 6-10 cm wide. The leaves are alternate and smooth above and hairy underneath. The flowering shoots are oval and 5-15 cm long and the flowers are funnel shaped. They are red and yellow. The fruit is an oval capsule 1.5 cm long. There are many black seeds.

HABITAT

It is a tropical plant. It grows on the edges of forests and in moist places in valleys. It grows up to 1,700 m above sea level.

REFERENCES

Hoare, A., 2003, Food use of the Lundayeh SW Sabah. Borneo Research Council.
Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 1089

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e3850222-3596-4c56-9dec-ec39a5ab6aee