PLANT FACT SHEET

Curcuma amada Roxb.

GENUS *Curcuma* **FAMILY** Zingiberaceae

COMMON NAMES Mango Ginger

EDIBLE PARTS AND USES

Edible parts: Leaves, Rhizomes, Root, Spice

The rhizomes are used in pickles. They are also used raw in salads and in chutneys.
They are also eaten as a vegetable.

DESCRIPTION

A ginger family herb. It has a creeping tuberous rhizome and the plant keeps growing from year to year. The rhizome is 4-5 cm by 3-4 cm. It is yellow inside. The root has the smell of a green mango. The tubers are 5-10 cm long by 2-3 cm wide. The leafy stem is 30-35 cm tall. There are 4-6 leaves. The leaf stalk is 5-10 cm long and the lower leaves are smaller. They are 18 cm long by 8 cm wide. The upper leaves are 45-60 cm long by 14-15 cm wide. The lower surface is hairy. The leafy aerial section dies back during winter. The flower stalk is 20-22 cm long and the spike is 12-18 cm long. The flowers are in a spike. They are yellowish-blue. The fruit is a capsule.

HABITAT

A tropical plant.

PRODUCTION

Cultivation

Plants are grown from the rhizomes.

NOTES

There are about 50-65 Curcuma species. They are mostly in SE Asia.

PICTURES



Credit: Food Plants International (Bruce French)

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