PLANT FACT SHEET

Wurfbainia gracilis (Blume) Skornick. & A. D. Poulsen

GENUS *Wurfbainia* **FAMILY** Zingiberaceae

COMMON NAMES Slender cardamom, Ela-ela, Serkkom

EDIBLE PARTS AND USES

Edible parts: Seeds, Spice, Leaves - flavouring

The leaves are used as a spice and flavouring.

DESCRIPTION

A ginger family herb. There is a small creeping rhizome and branched runners or stolons. It has slender leafy stems 110 cm tall. These are swollen at the base. The leaves are sword shaped and 25-35 cm long by 3-4 cm wide. The flowering shoot is short and 5.5 cm long. The fruit is 1-1.5 cm long with 3 grooves. They are red and have small straight prickles.

HABITAT

A tropical plant. It grows below 100 m above sea level.

NOTES

There are about 150 Amomum species. They are mostly tropical.
The fruit are chewed for nausea and indigestion.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/eb41fbc2-73a3-415e-8058-4b4aa3609e52