PLANT FACT SHEET

Heliconia psittacorum Linn.f.

GENUS *Heliconia* **FAMILY** Heliconiaceae

COMMON NAMES Parrot's plantain

EDIBLE PARTS AND USES

Edible parts: Shoots, Rhizomes, Root

The shoots are eaten.
The rhizome is crushed and eaten raw.

DESCRIPTION

A herb which has a rhizome or underground stem. It grows 1-2 m high. It can spread 50-80 cm wide. The leaves are banana like. The stems are slender. The leaves are 50 cm long and 10 cm wide. The edges of the leaves and the stalks are often red. The flowering stalk is erect. It is at the top of the plant. The flower stalk is 30 cm long. The flowers are orange to pale yellow.

HABITAT

A tropical plant. It grows partly in water. It does well in moist to wet and humid zones. It needs fertile, humus-rich soil. It can grow in full sun or light shade. It suits hardiness zones 10-12. In Cairns Botanical Garden.

PRODUCTION

Cultivation

Plants can be grown from seeds and division of the rhizome.

PICTURES



Credit: Food Plants International (Bruce French)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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