PLANT FACT SHEET

Zingiber rubens Roxb.

GENUS *Zingiber* **FAMILY** Zingiberaceae

EDIBLE PARTS AND USES

Edible parts: Rhizome - spice, Leaves, Flowers

The rhizome is used as a spice and is sometimes eaten raw.
The young shoots are cooked with dried fish and alkali solution and eaten in curry.
The ripe flowers are cooked with taro or the leaves of Rhynchotechum ellipticum and dried fish

DESCRIPTION

A ginger herb.

HABITAT

It is a subtropical plant.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/f839faa9-ebe0-4982-968b-7021e71fb0fb