

**Common names**

**Umbrella-handle bamboo, Monastery-**

Poaceae

**Scientific name**

***Thyrostachys siamensis***

**Edible portion**

Shoots,

**Description**

A bamboo. It forms tufts. The stems are erect or can bend over at the tip. They grow 8-14 m tall and are 2-8 cm across. They are smooth and greyish-green. It is 15-30 cm between the joints or nodes. The leaf blades are narrowly sword shaped and 7-14 cm long by 5-8 mm wide. The flowers are at the ends of the stems.

**Distribution**

A tropical plant. In southern China it grows in river valleys and hilly forested areas between 500-1,000 m above sea level. In the Cairns Botanical Gardens. In XTBG Yunnan.

**Found in:**

Asia, Australia, Cambodia, China, India, Indochina, Indonesia, Laos, Malaysia, Myanmar, SE Asia, Singapore, Thailand,

**Use**

The shoots are cooked and eaten. They are also dried and stored.

**Cultivation**

Plants can be grown from seeds or rhizomes.

**Production**

A shoot weighs between 0.1-0.5 kg.



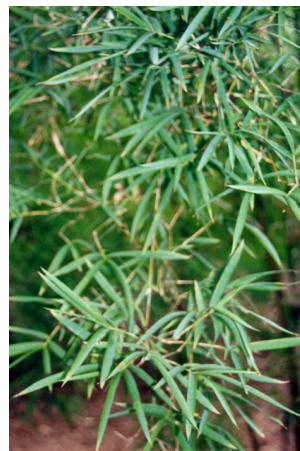
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## Nutritional Values

### *Thyrostachys siamensis*

Edible Part	/100 g edible portion	Moisture %	Energy KJ	Energy Kcal	Protein g	Provit A µg	Vit C mg	Iron mg	Zinc mg
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