

Native Ginger

Alpinia caerulea



Family: Zingiberaceae

Perennial clumping herb to 3 m



Distribution: Eastern Australia

Description: An understory perennial herb, with white flowers, an edible blue berry and edible rhizome. The berry contains black seed and white pulp.

Propagation: They are perennial, rhizomatous herbs, meaning they have a type of fleshy underground growth from which the shoots and roots emerge. The plants spread by the growth of this rhizome.

Habitat: grows under rainforest, gallery forest and wet sclerophyll forest canopy. It prefers moist shady areas, but can tolerate some sun. Good frog habitat.

Uses: The white pulp has a sour flavour, used to activate salivary glands to moisten the mouth when bushwalking. The whole fruit and seed, dried and ground, is used as a spice. The centers of new shoots have mild gingery flavour, and are excellent in various dishes as a ginger substitute. The roots can also be used in cooking, and have a more earthy, resinous flavour.