

Spiral Flag - Plant



In southern India, it usually grows as an ornamental plant and its leaves are used as a dietary supplement in the treatment of diabetes mellitus.

Rating: Not Rated Yet

Price

1184567

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Description

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Spiral Flag Plant

Description for Spiral Flag

Plant height: 3 - 6 inches

Plant spread:

Plants in this genus are related to true gingers (Zingiber) and other so-called gingers (Alpinia, Hedychium), and like them have eshy rhizomes and stems bearing large leaves.

In Costus, the leaves are spirally arranged around the stem.

Flowers emerge from a tight, conelike cluster of colored bracts at stem ends in summer and fall.

Common name(s): fiery costus, Step ladder or Spiral flag or Insulin plant, crape ginger, kebu, keu

Flower colours: white

Bloom time: October to December.

Max reachable height: 10 ft

Difficulty to grow: easy to grow

Planting and care

Plants have sprawling, mounding habit. Native to the tropical forest, they prefer light shade but can stand full sun if roots are shaded. Use around foundation or near patio or pool; can also be grown in large pots. Plants are dormant in winter and need little water at that time. Provide a winter mulch.

Sunlight: Partial Shade

Soil: well-drained soil

Water: Ample Water

Temperature: 25Â°F.

Fertilizer: Apply any organic fertilizer

Caring for Spiral Flag

Start with pruning shears for smaller growth. Use loppers, which look like giant, long-handle shears, for growth that is more than half an inch thick. A small pruning saw is handy, as it cuts on both the push and the pull.

Typical uses of Spiral Flag

Special features: Sep 17, 2005 - Botanical name: Cheilocostus speciosus Family: Costaceae (Spiral ... It is a tall and dramatic landscape plant with large dark green leaves

Culinary use: The species reproduces vegetatively by rhizome, and birds disperse the seeds when they feed on the fruits

Ornamental use: The plant is used for ornamental purpose.

Medicinal use: It is used as an herbal cure for diabetes.

Best used for Fevers, Cough, Skin Diseases.

it has been proven to possess various pharmacological activities like hypolipidemic, diuretic, antioxidant, anti-microbial, anti-cancerous.

References

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3931203/>

Reviews

There are yet no reviews for this product.