

Common Name: Galangal

Botanical Name: *Alpinia galangal*



Zone: 9 - 12

Type: Tropical perennial

Height: 4-6 ft

Spread: 2-4 ft

Bloom Season: Seasonal bloomer

Bloom: Yellowish-white

Sun: Full sun to partial shade

Soil: Fertile, well-drained

Water: Medium

Fragrance: Blend of black pepper and pine

Culinary Uses: A common ingredient in Thai curries and soups, where it is used fresh in chunks or cut into thin slices, mashed and mixed into curry paste. Indonesian *rendang* is usually spiced with galangal. Has a sharp, sweet taste with a hint of cinnamon.

Garden Uses: Container, Florida room

Medicinal Uses: Used against rheumatism, bronchial catarrh, bad breath and ulcers whooping colds, throat infections, incontinence and fever. *Alpinia* species show promise as anti-fungals, hypotensives, enhancers of sperm count and motility. Anti-tumor and anti-dementia effects have been observed in rodents.

Harvesting: Allow several months before harvesting to allow rhizomes to reach adequate size. With care, new sections may be harvested while allowing the remainder to continue growing.

AKA: *laos, kanghu, pa de kaw, romdeng*

