

# COMMON CANNA

## CANNA X GENERALIS

COMMON? YES, BUT HERE'S WHY. THE CANNA, A RELATIVE OF THE GINGERS, HAS BEEN CULTIVATED FOR HUNDREDS OF YEARS AS A FOOD SOURCE AS THE RHIZOME CONTAINS A HIGHLY DIGESTIBLE FORM OF STARCH. NATIVE TO SEMI-TROPICAL PARTS OF THE AMERICAS, ITS USE HAS SPREAD THROUGHOUT THE WORLD. THE STARCH IS USED BY MANY CULTURES INCLUDING THE VIETNAMESE TO MAKE CELLOPHANE NOODLES, THE HARD SEEDS ARE USED AS FOOD WHEN IMMATURE AND IN JEWELRY AND TRADITIONAL MUSICAL INSTRUMENTS (AND AS BUCKSHOT!) ONCE MATURE, AND THE LARGE LEAVES CAN BE USED TO WRAP AND COOK FOOD. TOLERANT OF HIGH LEVELS OF TOXINS, THEY ARE PLANTED TO PURIFY AND REMOVE EXCESS NITROGEN FROM SOILS. A BOLD, TROPICAL BEAUTY OF A PLANT, MUCH ADMIRER BY VICTORIANS AND MODERN FOLK ALIKE.



SUN TO LIGHT SHADE

ZONES 8-11

