

# *Costus guanaiensis* Rusby var. *guanaiensis*

17969

R. Baker

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Native to Costa Rica,  
southern Colombia,  
eastern Peru, western  
Bolivia, & Brazil. Maas  
1972, 1977.

**Lyon L-94.0306**, Colombia: Cartago, elev. 700m; coll. by Jim West, as *C.* sp.; ID by John Mood; via Waimea 84s395. 1 planted 17 Jan 1995, **H38-2B**, just *ewa* of *Washingtonias*; in flower, 3 Mar 2001. DNA to Chelsea Specht. Juice from stems, with sweetener, used medicinally for kidney ailments: "Before our lemon tree started producing, we drank a lot of it. You squeeze the juice from the stalk (up to 8' tall), mix with water & sweetener - quite tasty." - Jim West?