PLANT FACT SHEET

Balaka seemannii (H. Wendl.) Becc.

GENUS *Balaka* **FAMILY** Arecaceae

COMMON NAMES Spear palm

EDIBLE PARTS AND USES

Edible parts: Fruit, Nut

The kernel of the immature fruit is edible.

DESCRIPTION

A small palm. It grows to 4-8 m high. The trunk is 2-5 cm across. The trunk has prominent ridges. The leaves are 2 m long. The leaf stalk is 10-25 cm long. There are 10-12 leaflets on each side of the stalk. The leaflets are 23 cm long and 10 cm across at the tip. They are triangular. The flowering stalks is branched and 3.5-23 cm long. The fruit are red and 1.4-1.9 cm long and 5-10 mm across. The immature fruit is edible.

HABITAT

A tropical plant. It occurs in Fiji on Vanua Levu. It occurs from sea level to 1,000 m altitude. It grows in dense forests. It needs well drained soil. They need a shady location.

PRODUCTION

Cultivation

Plants are grown from seed. Ripe seed germinate quickly. Seed should not be allowed to dry out. Seed from single palms will grow. Plants can be transplanted providing the roots are not allowed to dry out.

Harvesting and Seed Production

Plants grow quickly.

NOTES

There are 7 Balaka species.

PICTURES



Credit: Food Plants International (Bruce French)



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Credit: Food Plants International (Bruce French)

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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