PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Cycas micronesica K. D. Hill

GENUS *Cycas* **FAMILY** Cycadaceae

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds need to be fully mature and a leaching process undertaken.
The seeds are used to make flour.

DESCRIPTION

A palm like tree.

HABITAT

It is a tropical plant.

NOTES

The seeds are now considered to cause health problems.

REFERENCES

Costion, C. M. & Lorence, D. H., 2012, The Endemic Plants of Micronesia: A Geographical Checklist and Commentary. Micronesica 43(1): 51 – 100, 2012

Marler, T. E., & Shaw, C. A., 2009, Free and glycosylated sterol bioaccumulation in developing Cycas micronesica seeds. Food Chem. 2009 July 15; 115(2): 615

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/0ba8670f-b21a-402c-8924-d9592f55d8b5