PLANT FACT SHEET

Geonoma undata subsp. edulis (H. Wendl. ex Spruce) A. J. Hend.

GENUS *Geonoma* **FAMILY** Arecaceae

EDIBLE PARTS AND USES

Edible parts: Palm heart, Cabbage

The palm heart is bitter.

DESCRIPTION

A palm. It can have a single stem or occur in clusters. It grows 2-5 m tall. The leaves are 1-1.5 m long. The fruit are oval to round and 5-9 mm long.

This may be the same as Geonoma undata. The naming is confused.

HABITAT

It is a tropical plant.

REFERENCES

Grayum, M. H., 2000, MBG: Research: Manual de Plantas de Costa Rica: Draft Treatments p 6 (As Geonoma edulis)

Sylvester, O., et al, 2012, Notes on the Ethnobotany of Costa Rica's Palms. Palms Vol. 56(4) p 195 (As Geonoma edulis)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/10815ba0-67f6-441e-a6d7-eb3b9a39c63e