PLANT FACT SHEET

Wallichia caryotoides Roxb.

GENUS *Wallichia* **FAMILY** Arecaceae

COMMON NAMES Himalayan dwarf fishtail palm

EDIBLE PARTS AND USES

Edible parts: Shoots, Cabbage, Palm heart

DESCRIPTION

A palm. The stems are in clusters. They grow 3 m tall and are 2-10 cm across. The leaves are arranged in spirals. The leafy stalk is 0.9-1.5 m long. There are 8-12 leaflets on each side. They are sword shaped with 2 lobes. The middle leaflets are 25-49 cm long by 5-11 cm wide.

HABITAT

It is a tropical plant. It grows in lowland rain forests in rocky places in steep slopes below 1,800 m above sea level. In Yunnan.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Anderson, E. F., 1993, Plants and people of the Golden Triangle. Dioscorides Press. p 224

Johnson, N., 2002, Environmental Change in northern Thailand: Impact on Wild Edible Plant Availability. Ecology of Food and Nutrition, 41: 5, 373-399

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/176792ae-2f5b-45fd-9b66-b4f124b95393