PLANT FACT SHEET

Coccothrinax argentea (Lodd. ex Schult. & Schult. f.) K. Schum.

GENUS *Coccothrinax* **FAMILY** Arecaceae

COMMON NAMES Silver Palm, Silver thatch palm

EDIBLE PARTS AND USES

Edible parts: Leaves, Cabbage, Palm heart

The very young leaves (or cabbage) are cooked and eaten.

DESCRIPTION

A fan palm. The trunk is slender. It is 7 m high and 12 cm across. The upper part of the trunk is covered with woven fibres. The crown is sparse. It is 2 m wide and 2.6 m high. The leaf stalks are 60 cm long. The leaves are 1 m wide. The leaves are deeply divided. The segments are narrow and drooping. They are dark green and glossy on the upper surface and very silvery white underneath. The flowering stalk is 60 cm long. It is branched and born amongst the leaves. The flowers are white. The fruit are purplish-black. They are 1.2 cm wide.

HABITAT

A tropical plant. They grow in exposed rocky situations. It is often on limestone hills. They need an open sunny position. They need a well drained soil. It does best in tropical and subtropical conditions. It often does best in seasonally moist and dry climates. They are salt tolerant. In Central America it grows below 500 m altitude. They are drought tolerant. It suits hardiness zones 9-12.

PRODUCTION

Cultivation

It is difficult to transplant.

Harvesting and Seed Production

They are slow growing.

NOTES

There are 49 Coccothrinax species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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