PLANT FACT SHEET

Licuala olivifera Becc.

GENUS *Licuala* **FAMILY** Arecaceae

COMMON NAMES Pala

EDIBLE PARTS AND USES

Edible parts: Palm heart, Cabbage

The palm heart is edible.

DESCRIPTION

A palm. It has one trunk which grows 60-100 cm tall. The leaves are 1 m wide. They are on leaf stalks 60 cm long. The leaves are round. They are made up of 20 deep segments. Each is broad and wedge shaped. They have deeply toothed tips.

HABITAT

It is a tropical plant. It suits the wet tropics. It grows in low mountainous rainforest. It is cold tender.

NOTES

There are 108 Licuala species.

REFERENCES

Haynes, J., & McLaughlin, J., 2000, Edible palms and Their Uses. University of Florida Fact sheet MCDE-00-50-1 p 7 (As Licuala valida)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/1f31b80e-39b2-4774-a125-fbba850d6028