PLANT FACT SHEET

Prestoea ensiformis (Ruiz & Pav.) H. E. Moore

GENUS *Prestoea* **FAMILY** Arecaceae

COMMON NAMES Sword like prestoa, Cano

EDIBLE PARTS AND USES

Edible parts: Palm hearts, Cabbage, Fruit

DESCRIPTION

A solitary or cluster palm. It has red stilt roots. It grows 2.5-9 m tall. The stems are 3-13 cm across. There are 5-12 leaves. The leaf sheath is open and does not form a crown-shaft. The leaf stalk is 0.4-2.3 m long with 36-49 narrow leaflets along each side. The flowering stalk is erect and there are 18-60 flowering branches. The fruit are round and 0.7-1 cm across. They are purple-black.

HABITAT

A tropical plant. It grows between 500 and 1700 m altitude in Ecuador. It grows in rainforest on mountain slopes.

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