PLANT FACT SHEET

Zamia floridana A. DC.

GENUS *Zamia* **FAMILY** Zamiaceae

COMMON NAMES Seminole Bread

EDIBLE PARTS AND USES

Edible parts: Seeds, Roots, stem - starch

The roots when properly prepared yield an arrowroot type starch used for bread or porridge.
The trunk yields a starch.

DESCRIPTION

A small cycad.

HABITAT

It is a subtropical and tropical plant. In Rockhampton Botanical Gardens.

NOTES

There are about 55 Zamia species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/25e90c94-3e20-4307-ae33-7f57544202d8