PLANT FACT SHEET

Syagrus amara (Jacq.) Mart.

GENUS *Syagrus* **FAMILY** Arecaceae

COMMON NAMES Overtop palm

EDIBLE PARTS AND USES

Edible parts: Sap, Fruit, Palm heart, Cabbage, Nut

The flowering stalk is tapped for its sweet sap. This has been made into wine.
The fruit are also fermented and used for a drink.
The kernels are bitter but are eaten by children.

DESCRIPTION

A palm. It has a single stem. It is 15-20 m tall and 10-20 cm across. The trunk is swollen at the base. There are 12-15 leaves and they are 3 m long. There are 102-106 leaflets on each side and these are rigid. They are arranged in irregular clusters of 2-3. They spread out at different planes but are not feathery. The flowering stalk has about 50 flowering branches. The fruit are oval and 5-7 cm long and 3.5 cm wide.

HABITAT

A tropical plant. It grows naturally in the Lesser Antilles below 300 m altitude. In Brisbane Botanical gardens. In XTBG Yunnan. In Townsville palmetum.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2a320d0f-5510-46ba-9c0b-a36db0a4c409