PLANT FACT SHEET

Oenocarpus mapora H. Karst

GENUS *Oenocarpus* **FAMILY** Arecaceae

COMMON NAMES Bacaba

EDIBLE PARTS AND USES

Edible parts: Fruit, Cabbage, Palm heart, Nuts, Fruit - oil, Seeds

The fruit are used to make drinks.
The fruit are slightly cooked before eating.
The seeds are edible.
The terminal bud is used as a cabbage.

DESCRIPTION

A clumping palm. It can have 12 slender trunks in one clump. These can be 10-20 m tall. The trunks are 15 cm across. The trunks are spiny. There is a false crown-shaft which is like a narrow upside-down pyramid. It is 1 m long. The fronds are dark green above and silvery underneath and arching. They can be 1.3-5 m long on leafstalks 30-100 cm long. The leaflets droop. They are 60-100 cm long and regularly spaced. The new shoots are red. The flowering stalk is like a horse's tail. The flowers are creamy white. The fruit are mauve to purple. They are the size and shape or olives. They are 2.5 cm long.

HABITAT

A tropical plant. It suits the tropics and the subtropics. In South America it grows in rainforests at low altitude. It occasionally grows to 1,000 m altitude. It is often found in swamps.

PRODUCTION

Cultivation

Plants are grown from seed. It can be grown from suckers. It is useful for producing edible shoots or cabbage as the harvested shoots are replaced by new suckers.

NOTES

There are 9 Oenocarpus species.

REFERENCES

Aguilar, S.& Condit, R., 2001, Use of Native Tree Species by an Hispanic Community in Panama. Economic Botany 55(2) pp 223-235.

Balick, M.J. and Beck, H.T., (Ed.), 1990, Useful palms of the World. A Synoptic Bibliography. Colombia p 110, 161 (As Oenocarpus multicaulis), 332 (As Oenocarpus multicaulis), 402, 561,

Brazil: Biodiversity for Food and Nutrition. http://www.b4fn.org/countries/brazil/

Castaneda, H., & Stepp, J. R., 2007, Ecosystems as Sources of Useful Plants for the Guaymi People of Costa Rica. Ethnobotany Journal. 5:249-257

Condit, R., et al, 2011, Trees of Panama and Costa Rica. PrincetonField Guides. p 82

Etkin, N.L. (Ed.), 1994, Eating on the Wild Side, Univ. of Arizona. p 157

Eynden, Van den, V., & Cueva E., Cabrera, O., 2004, Edible Palms of Southern Ecuador. Palms. Vol 48(3):141-147

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 30 (As Oenocarpus multicaulis)

Gibbons, M., 2003, A pocket guide to Palms. Chartwell Books. p 152

Gilmore, M. P., et al, 2013, The socio-cultural importance of Mauritia flexuosa palm swamps (aguajales) and implications for multi-use management in two Maijuna communities of the Peruvian Amazon. Journal of Ethnobiology and Ethnomedicine 2013, 9:29

Grandtner, M. M., 2008, World Dictionary of Trees. Wood and Forest Science Department. Laval University, Quebec, Qc Canada. (Internet database http://www.wdt.qc.ca)

Grandtner, M. M. & Chevrette, J., 2013, Dictionary of Trees, Volume 2: South America: Nomenclature, Taxonomy and Ecology. Academic Press p 460

Grayum, M. H., 2000, MBG: Research: Manual de Plantas de Costa Rica: Draft Treatments p 17

Haynes, J., & McLaughlin, J., 2000, Edible palms and Their Uses. University of Florida Fact sheet MCDE-00-50-1 p 10

Henderson, A., Galeano, G and Bernal, R., 1995, Field Guide to the Palms of the Americas. Princeton. p 130

Johnson, D.V., 1998, Tropical palms. Non-wood Forest products 10. FAO Rome. p 93

Johnson, D.V., 1998, Tropical palms. Non-wood Forest products 10. FAO Rome. p 20 (As Oenocarpus multicaulis)

Jones, D.L., 1994, Palms throughout the World. Smithtonian Institution, Washington. p 278

Jones, D.L., 2000, Palms of Australia 3rd edition. Reed/New Holland. p 188

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 579

Langlois, H. C., 2004, Ethnobotanical analysis of different successional stages as sources of wild edible plants for the Guaymi people in Costa Rica. M. Sc. thesis University of Florida.

Lopez-Diago, D. & Garcia, N., 2021, Wild edible fruits of Colombia. Biota ColomBiana 22 (2) p 32

Macbride, J. F., 1960, Flora of Peru. Vol. 8, Part 1 No. 2 p 382 (As Oenocarpus muticaulis)

Maezumi, S. Y., et al, 2018, The legacy of 4,500 years of polyculture agroforestry in the eastern Amazon. Open Research Exeter. p 41

Marcia, M. J., et al, 2011, Palm Uses in Northwestern South America: A Quantitative Review. Bot. Rev. (2011) 77:462-570

Paz, F. S., et al, 2021, Edible Fruit Plant Species in the Amazon Forest Rely Mostly on Bees and Beetles as Pollinators. Journal of Economic Entomology, XX(XX), 2021, 1–13

Philips, O., 1992, The potential for harvesting fruits in tropical rainforests: new data from Amazonian Peru. Biodiversity and Conservation 2, 18-38

Riffle, R.L. & Craft, P., 2003, An Encyclopedia of Cultivated Palms. Timber Press. p 395

Roa, J. A. G. & Boada, D. S. G., 2018, Fundación para el Fortalecimiento de la Fruticultura y Plantas Alimenticias no Convencionales en Colombia.

Smith, N., et al, 2007, Amazon River Fruits. Flavors for Conservation. Missouri Botanical Gardens Press. p 84

Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 797

Tomchinsky, B., et al, 2021, Food Composition Data: Edible Plants from the Amazon. in M. C. M. Jacob, U. P. Albuquerque (eds.), Local Food Plants of Brazil, Ethnobiology, Springer p 275

Torre, de la L., et al, 2008, Enciclopedia de las Plantas Útiles del Ecuador. Herbario QCA. Pontificia Universidad Católica del Ecuador. p 206

Van den Eynden, V., et al, 2003, Wild Foods from South Ecuador. Economic Botany 57(4): 576-603

Van den Eynden, V. et al, 2004, Edible Palms of Southern Ecuador. Palms Volume 48(3):142-148

Vasquez, R. and Gentry, A. H., 1989, Use and Misuse of Forest-harvested Fruits in the Iquitos Area. Conservation Biology 3(4): 350f

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

Zambrana, P, et al, 2017, Traditional knowledge hiding in plain sight – twenty-first century ethnobotany of the Chácobo in Beni, Bolivia. Journal of Ethnobiology and Ethnomedicine (2017) 13:57

Zona, S., Heart of Palm Use: A Family Survey. p 4

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2d71c73d-d94d-44fc-a18d-7c9c1c5a2fa0