PLANT FACT SHEET

Raphia vinifera P. Beauv.

GENUS *Raphia* **FAMILY** Arecaceae

COMMON NAMES Wine raffia palm

EDIBLE PARTS AND USES

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

The flowering stalk is cut off and the sap collected to make wine. It is also boiled down to make sugar.
The fruit is bitter but is eaten. The yellow oily pulp is eaten or used as bitter flavouring.
The kernels are roasted and eaten. They are used as a vegetable.
The palm cabbage is eaten as a vegetable.

DESCRIPTION

A clumping palm. The trunk is short and stout. It is 5 m tall. There are suckers near the base. The plant forms a clump. Each trunk dies after flowering. The leaves are tall and feathery. The leaflets are long. They are dark green and shiny above and waxy and have a blue-green bloom underneath. The flowering stalk is like a thick sausage like growth. It is erect to start with then hangs over. It can be 3 m long.

HABITAT

A tropical plant but it will grow in the subtropics. They need plenty of water. In XTBG Yunnan.

PICTURES



Credit: Food Plants International (Bruce French)

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