PLANT FACT SHEET

Encephalartos villosus Lemaire

GENUS *Encephalartos* **FAMILY** Zamiaceae

COMMON NAMES Ground cycad, Bread palm cycad, Poor man's cycad

EDIBLE PARTS AND USES

Edible parts: Stem - starch

The pith of the stem is edible and makes good quality starch.

DESCRIPTION

A small cycad. It forms clumps. It mostly has its stem underground with a few leaves in a crown The stems are 40 cm tall and 25 cm across. The young leaves have white hairs. The mature leaves are dark green and shiny. They are light green underneath. They are 3 m long. The female cones are deep yellow. The cones have a wedge-like overhanging edge to the scales. There are many seeds.

HABITAT

It is a subtropical plant. It grows in lowland forests and temperate regions wit a summer rainfall of 1,000-1,250 mm each year. It grows in places with a mild, dry winter.

PRODUCTION

Cultivation

Plants can be grown from seeds or suckers.

REFERENCES

Long, C., 2005, Swaziland's Flora - siSwati names and Uses http://www.sntc.org.sz/flora/ (As Encephalartos striatus)
Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 828

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/2fdc8724-87ff-47c9-bc2a-6c2e6b410cb9