PLANT FACT SHEET

# *Trithrinax campestris* (Burmeist.) Drude & Grisbeb.

**GENUS** *Trithrinax* **FAMILY** Arecaceae

**COMMON NAMES** Caranday palm, Blue needle palm

## EDIBLE PARTS AND USES

**Edible parts:** Pith, Growing tip, Cabbage, Palm heart, Fruit - drink

The fruit are sometimes used to produce a fermented drink.

## DESCRIPTION

A palm. It grows 6 m tall. The stems are 20-25 cm wide. Old leaf stumps remain on the stems. The leaves are about 1 m long and spread out like a fan. The leaf stalk is stiff and spiny. The flower stalk is at the base of the lower living leaves. There are up to 100 white flowers. Fruit ripen towards the end of summer. They are yellowish brown and 1-2 cm wide.

## HABITAT

It is a subtropical plant. In Argentina it grows below 500 m above sea level.

## PICTURES



Credit: Food Plants International (Bruce French)

## REFERENCES


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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/338265bd-10b4-47b6-bf9e-fae99ff0df7b