PLANT FACT SHEET

Cryosophila stauracantha (Heynh.) R. J. Evans

GENUS *Cryosophila* **FAMILY** Arecaceae

COMMON NAMES Give-and-take palm, Root spine palm

EDIBLE PARTS AND USES

Edible parts: Palm heart, Cabbage

DESCRIPTION

A palm.

HABITAT

It is a tropical plant.

REFERENCES

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 279

Piedra-Malagón, E. M. et al, 2022, Edible native plants of the Gulf of Mexico Province. Biodiversity Data Journal 10: e80565 p 11

PROVIDED BY **Food Plants International**

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/37458c80-7d8d-4409-930e-8d84bfbde487