PLANT FACT SHEET

# *Raphia palma-pinus* (Gaertn.) Hutch.

**GENUS** *Raphia* **FAMILY** Arecaceae

**COMMON NAMES** Thatch palm

## EDIBLE PARTS AND USES

**Edible parts:** Fruit, Seeds, Sap, Palm heart, Cabbage

## DESCRIPTION

A palm. The trunk is 2-3 m high. It develops suckers and forms clump. The fronds are yellowish-green and not shiny.

## HABITAT

It is a tropical plant. It grows in wet swamps. It grows in the landward side of mangrove swamps.

## REFERENCES


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Peters, C. R., O'Brien, E. M., and Drummond, R.B., 1992, Edible Wild plants of Sub-saharan Africa. Kew. p 39



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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/3a5cdbf4-103b-49f1-a41a-666f6b86d4ce