PLANT FACT SHEET

Phoenix paludosa Roxb.

GENUS *Phoenix* **FAMILY** Arecaceae

COMMON NAMES Mangrove Date Palm, Swamp date palm

EDIBLE PARTS AND USES

Edible parts: Fruit, Palm heart, Cabbage

The green fruit is eaten as a vegetable. It is eaten in curries. The ripe fruit are eaten.
The palm heart is edible.

DESCRIPTION

A palm tree 2-6 m high. It is a suckering plant. The trunks are covered with a mass of narrow leaf bases. The leaves are spreading and the leaflets are limp. They are green above and grey underneath. The leaves are 2-2.6 m long. They arch over. Leaf sheaths are covered with coarse fibres. The leaf stalks have long yellowish thorns. The leaflets are soft and erect. They grow in clusters arranged at different angles. This gives the leaves a feathery appearance. The fruit are about 1 cm long. They can be orange or black when ripe.

HABITAT

A tropical plant. It grows at the back of the mangrove and along banks. It grows in swampy areas that are occasionally flooded with salt water. It grows in wetlands. It suits tropical and subtropical locations. It is cold sensitive. It cannot tolerate drought. In Townsville palmetum.

NOTES

There are 17 Phoenix species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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