PLANT FACT SHEET

Arenga undulatifolia Becc.

GENUS *Arenga* **FAMILY** Arecaceae

COMMON NAMES Gelora sugar palm

EDIBLE PARTS AND USES

Edible parts: stem - starch, Cabbage, Palm heart, Buds

The starch from the stem can be extracted and is edible.
The bud is cooked and eaten.

DESCRIPTION

A broad clumping palm. It grows to 4-9 m tall and spreads more widely than this. It develops many stems and these become a tangled group. They are covered with old leaf fibres. The leaves are long and wide. The crown spread 4.5 m wide. The leaves have wavy edges. They are blue-green. The leaflets are 70 cm long and 6-10 cm wide. The flowers grow among the leaves. The fruit is round and becomes dark purple when ripe. The fruit damage the skin. There are 3 seed in each fruit. These have one flattened face.

HABITAT

A tropical plant. It grows in rainforest and up to 1,500 m above sea level. It occurs in Palawan, Balacbac, Mindanao, Cebu, southern Luzon and probably in some other islands of the Philippines. It suits hardiness zones 11-12. In Cairns Botanical Gardens.

PRODUCTION

Cultivation

Plants are grown from fresh seed. The seed grow easily. They can also be grown from suckers.

Harvesting and Seed Production

It grows quickly.

NOTES

There are 17-20 Arenga species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 40 (As Arenga ambong)

Blomberry, A. & Rodd, T., 1982, Palms. An informative practical guide. Angus & Robertson. p 57

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 232

Chai, P. P. K. (Ed), et al, 2000, A checklist of Flora, Fauna, Food and Medicinal Plants. Lanjak Entimau Wildlife Sanctuary, Sarawak. Forestry Malaysia & ITTO. p 161

Etherington, K., & Imwold, D., (Eds), 2001, Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs. Random House, Australia. p 104

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 26 (As Arenga ambong)

Gibbons, M., 1993, Palms. Compact study Guide and Identifier. Sandstone. p 20

Haynes, J., & McLaughlin, J., 2000, Edible palms and Their Uses. University of Florida Fact sheet MCDE-00-50-1 p 2

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 32

Johnson, D.V., 1998, Tropical palms. Non-wood Forest products 10. FAO Rome. p 46

Jones, D.L., 1994, Palms throughout the World. Smithtonian Institution, Washington. p 57, 137

Jones, D.L., 2000, Palms of Australia 3rd edition. Reed/New Holland. p 120

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 209 (As Arenga ambong)

Monsalud, M.R., Tongacan, A.L., Lopez, F.R., & Lagrimas, M.Q., 1966, Edible Wild Plants in Philippine Forests. Philippine Journal of Science. p 514 (As Arenga ambong)

Riffle, R.L. & Craft, P., 2003, An Encyclopedia of Cultivated Palms. Timber Press. p 38, 261

Soepadmo, E., 1998, Plants. The Encyclopedia of Malaysia. Archipelago press. p 54

Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 754

Tamalene, M. N., 2017, Traditional knowledge on the use of local food crops by Togutil Ethnic in Halmahera Island, Indonesia. Asian Jounral of Agriculture. Vol. 1 (2), pp 66-72

Terra, G.J.A., 1973, Tropical Vegetables. Communication 54e Royal Tropical Institute, Amsterdam, p 25 (As Arenga ambong)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

Zona, S., Heart of Palm Use: A Family Survey. p 1

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/3f641f7e-629d-4004-8c77-3577594f01d8