PLANT FACT SHEET

Geonoma pohliana Mart.

GENUS *Geonoma* **FAMILY** Arecaceae

EDIBLE PARTS AND USES

Edible parts: Palm heart, Cabbage, Medicine

DESCRIPTION

A palm. It grows 1-6 m tall. There are usually a cluster of stems. They can be 7 cm across. They have 6-19 leaves that are 150 cm long. Young fruit are green.

HABITAT

It is a tropical plant. It suits the wet tropics.

REFERENCES

Zona, S., Heart of Palm Use: A Family Survey. p 4

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/40536aa9-85e9-4a5d-a83d-8044c8f0411e