PLANT FACT SHEET

# *Heterospathe sibuyanensis* Elmer

**GENUS** *Heterospathe* **FAMILY** Arecaceae

**COMMON NAMES** Bilis

## EDIBLE PARTS AND USES

**Edible parts:** Cabbage, Palm heart

The bud is cooked and eaten as a vegetable.

## DESCRIPTION

A tall palm up to 9-10 m high and 12 cm across the trunk. The leaflets have rather distinct secondary nerves. There are small brown scales underneath the leaflets. The flower arrangement is a spike of flowers closely arranged around a central axis and with 3 branches. The flower bearing branches are about 2.5 mm thick. The fruit is oval, 1 cm long, 7 mm thick and with a cone like point. The seed is oval and blunt.

## HABITAT

A tropical plant. It suits tropical regions. It needs a shady moist site. They are widely distributed throughout the Philippines from Luzon to Mindanao.

## NOTES

There are about 32 Heterospathe species. It is now rare in the Philippines.

## PICTURES



Credit: Food Plants International (Bruce French)



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## REFERENCES


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**PROVIDED BY** **Food Plants International**

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**ONLINE FACT SHEET** https://www.echocommunity.org/en/resources/4950bae9-3497-47a5-9776-a97960c64f3e