PLANT FACT SHEET

# *Ravenea lakatra* (Jum.) Beentje

**GENUS** *Ravenea* **FAMILY** Arecaceae

## EDIBLE PARTS AND USES

**Edible parts:** Palm heart, Cabbage

## DESCRIPTION

A palm. It has one stem and grows 15-30 m tall. The stem is 30-50 cm across. The crown has 8-10 large leaves that can be 3.5 m long.

## HABITAT

It is a tropical plant. It grows between 50-1,200 m above sea level.

## NOTES

It is an at risk species.

## REFERENCES

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew
Zona, S., Heart of Palm Use: A Family Survey. p 5

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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/4c1f66ff-424b-48de-958d-07669ed78ebc