PLANT FACT SHEET

Astrocaryum murumuru Mart.

GENUS *Astrocaryum* **FAMILY** Arecaceae

COMMON NAMES Murumuru palm

EDIBLE PARTS AND USES

Edible parts: Fruit, Cabbage, Palm heart, Oil, Seeds

The fleshy covering of the fruit is eaten.
The seed kernels yield an oil.

DESCRIPTION

A spiny palm. It can be solitary or in clusters. The trunk can be short and underground or tall. It can be 1.5-15 m tall. The trunk can be 10-30 cm across. It has feather-like leaves. There are 38-133 leaflets on each side. The male and female flowers are separate on the same palm. The fruit are oval and 3.5-9 cm long by 2.5-4.5 cm wide. They have a brown covering. The fruit have a juicy flavour. There are several varieties.

HABITAT

A tropical plant. It grows in lowland rainforest usually along the edges of rivers. They are often in areas which are regularly flooded. They grow at low altitudes but can be up to 900 m altitude in the Andes.

PRODUCTION

Cultivation

Plants are grown by seed. It can also be grown from suckers.

Harvesting and Seed Production

The fleshy layer around the seed contains 40% fat.

NOTES

There are about 40-50 Astrocaryum species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Balick, M.J. and Beck, H.T., (Ed.), 1990, Useful palms of the World. A Synoptic Bibliography. Colombia p 63, 90, 134, 389, 548, 561, 157 (Also as Astrocaryum chonta)

Bircher, A. G. & Bircher, W. H., 2000, Encyclopedia of Fruit Trees and Edible Flowering Plants in Egypt and the Subtropics. AUC Press. p 46

Brouk, B., 1975, Plants Consumed by Man. Academic Press, London. p 237

Daly, D. C., An Index of Common Names of Plants in Acre, Brazil. New York Botanical Garden Universidade Federal do Acre.

DeWalt, S. J., et al, 1999, Ethnobotany of the Tacana: Quantitative Inventories of Two Permanent Plots of Northwestern Bolivia. Economic Botany Vol. 53. No. 3. pp. 237-260 (As Astrocaryum granatum and Astrocaryum murmuru var. murumuru)

Etkin, N.L. (Ed.), 1994, Eating on the Wild Side, Univ. of Arizona. p 121, 136

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 26

Grandtner, M. M. & Chevrette, J., 2013, Dictionary of Trees, Volume 2: South America: Nomenclature, Taxonomy and Ecology. Academic Press p 50

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

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 84

Henderson, A., Galeano, G and Bernal, R., 1995, Field Guide to the Palms of the Americas. Princeton. p 206 (Also as Astrocaryum gratum), 206

Janick, J. & Paul, R. E. (Eds.), 2008, The Encyclopedia of Fruit & Nuts. CABI p 89

Johnson, D.V., 1998, Tropical palms. Non-wood Forest products 10. FAO Rome. p 90

Jones, D.L., 1994, Palms throughout the World. Smithtonian Institution, Washington. p 55, 57

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 100

Kew Plants of the World onLine

Lorenzi, H., Bacher, L., Lacerda, M. & Sartori, S., 2006, Brazilian Fruits & Cultivated Exotics. Sao Paulo, Instituto Plantarum de Estuados da Flora Ltda. p 66

Maezumi, S. Y., et al, 2018, The legacy of 4,500 years of polyculture agroforestry in the eastern Amazon. Open Research Exeter. p 36

Paz, F. S., et al, 2021, Edible Fruit Plant Species in the Amazon Forest Rely Mostly on Bees and Beetles as Pollinators. Journal of Economic Entomology, XX(XX), 2021, 1–13

Philips, O., 1992, The potential for harvesting fruits in tropical rainforests: new data from Amazonian Peru. Biodiversity and Conservation 2, 18-38

Purseglove, J.W., 1972, Tropical Crops. Monocotyledons. Longmans p 419

Roa, J. A. G. & Boada, D. S. G., 2018, Fundación para el Fortalecimiento de la Fruticultura y Plantas Alimenticias no Convencionales en Colombia.

Smith, N., et al, 2007, Amazon River Fruits. Flavors for Conservation. Missouri Botanical Gardens Press. p 38

Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 756

Torre, de la L., et al, 2008, Enciclopedia de las Plantas Útiles del Ecuador. Herbario QCA. Pontificia Universidad Católica del Ecuador. p 194

Wickens, G.E., 1995, Edible Nuts. FAO Non-wood forest products. FAO, Rome. p 163

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/56ce1387-d225-4c84-9b73-ca2778a4eaca