PLANT FACT SHEET

Cryosophila guagara P. H. Allen

GENUS *Cryosophila* **FAMILY** Arecaceae

EDIBLE PARTS AND USES

Edible parts: Palm heart, Flowers

DESCRIPTION

A palm.

HABITAT

It is a tropical plant.

REFERENCES

Sylvester, O., et al, 2012, Notes on the Ethnobotany of Costa Rica's Palms. Palms Vol. 56(4) p 194

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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/5eac9a9e-244e-4230-bb86-9f14309ce29c