PLANT FACT SHEET

Parajubaea torallyi (Mart.) Burret

GENUS *Parajubaea* **FAMILY** Arecaceae

COMMON NAMES Zunkha palm, Mountain coconut

EDIBLE PARTS AND USES

Edible parts: Fruit, seeds, Nuts, Palm heart, Cabbage

The kernel is eaten. The nuts are chewed for the sweet oil and the remainder spat out.
They can also be pressed for edible oil.
The palm heart can be eaten.

DESCRIPTION

A palm. It grows about 14 m high. The crown is graceful with arching fronds. The fronds are 4.5-5 m long. The fruit is greyish-green and broadly oval. It is smooth and about 5 cm long. It has a sweet yellow kernel. The kernel is edible. This kernel has 3 prominent ridges.

HABITAT

A tropical plant. It grows naturally in dry temperate forest from 1800 to 2700 m altitude. The climate is cool with some frosts. It grows naturally in Bolivia at high altitudes in arid areas and sandstone valleys. In Hobart Botanical Gardens.

PRODUCTION

Cultivation

Plants are grown from seed. Seed are slow to germinate. Planting them shallowly then covering with sphagnum moss probably helps. To get seeds to germinate people have tried filing, cracking etc.

NOTES

There are 2 Parajubaea species. It is an endangered species.

REFERENCES

Balick, M.J. and Beck, H.T., (Ed.), 1990, Useful palms of the World. A Synoptic Bibliography. Colombia p 159

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 30

Gibbons, M., 2003, A pocket guide to Palms. Chartwell Books. p 154

Grandtner, M. M. & Chevrette, J., 2013, Dictionary of Trees, Volume 2: South America: Nomenclature, Taxonomy and Ecology. Academic Press p 480

Haynes, J., & McLaughlin, J., 2000, Edible palms and Their Uses. University of Florida Fact sheet MCDE-00-50-1 p 11

Henderson, A., Galeano, G and Bernal, R., 1995, Field Guide to the Palms of the Americas. Princeton. p 151

Jones, D.L., 1994, Palms throughout the World. Smithtonian Institution, Washington. p 56, 283

Jones, D.L., 2000, Palms of Australia 3rd edition. Reed/New Holland. p 191

Marcia, M. J., et al, 2011, Palm Uses in Northwestern South America: A Quantitative Review. Bot. Rev. (2011) 77:462-570

Riffle, R.L. & Craft, P., 2003, An Encyclopedia of Cultivated Palms. Timber Press. p 399

Wickens, G.E., 1995, Edible Nuts. FAO Non-wood forest products. FAO, Rome. p 169

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/5f5acae9-0692-421f-9c7a-dabc9005e5bc