PLANT FACT SHEET

Astrocaryum mexicanum Liebm. ex Mart.

GENUS *Astrocaryum* **FAMILY** Arecaceae

COMMON NAMES Waree palm

EDIBLE PARTS AND USES

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

Young flower eaten.
Endosperm eaten.

DESCRIPTION

A solitary palm. The palm is covered with armed prickles. The plant grows about 2.5 m high. Young plants have large, simple, or slightly divided leaves. The leaf stalks are spiny. Older fronds are divided. The leaflets vary in size. The end pair of leaflets are united and like a fishtail. Leaflets are dark green above and silvery underneath. The large bract underneath the flower stalk is deeply cup-shaped and very spiny. The flowering stalk is branched and the flowers are of one sex. They are small and brown or white. The flowers are compact. The fruit are like small coconuts. They are covered with a spiny skin and the shell is very hard. The fruit are about 3.5 cm across. The fruit are borne in clusters. The seeds have an edible kernel.

HABITAT

A tropical plant. They grow well in the subtropics. It grows in lowland rainforest on non flooded soils. It needs regular moisture and humidity. It needs fertile, well drained soil. It does best in full sun or light shade. Mt Cootha Botanical Gardens. In XTBG Yunnan.

NOTES

There are about 40-50 Astrocaryum species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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