PLANT FACT SHEET

Bentinckia nicobarica (Kurz) Becc.

GENUS *Bentinckia* **FAMILY** Arecaceae

COMMON NAMES Bentinck palm

EDIBLE PARTS AND USES

Edible parts: Palm heart, Cabbage

DESCRIPTION

A palm. It grows about 15 m high. The trunk is narrow and ribbed. The trunk is 25 cm across. The crown shaft is pale green. The fronds arch over. The large flowering stalk is held beneath the leaves. The fruit are bright red.

HABITAT

A tropical plant. It is native to Nicobar islands. It is sensitive to cold. It does well in a consistently moist but well-drained soil. It needs a sheltered position in sun or light shade. Cairns Botanical Gardens. In Townsville palmetum.

PRODUCTION

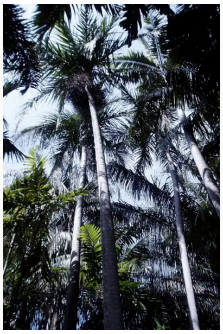
Harvesting and Seed Production

It is fast growing.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

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Kumari, P., et al, 2017, Conservation and reintroduction of Bentinckia nicobarica in Nicobar Islands- a case study, China Botanical Congress.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/673f729e-729b-4909-a7fd-af496cd0589c