PLANT FACT SHEET

Freycinetia demissa Benn.

GENUS *Freycinetia* **FAMILY** Pandanaceae

EDIBLE PARTS AND USES

Edible parts: Flower bracts

The fleshy flower bracts are eaten raw.

DESCRIPTION

A woody creeper. It has long narrow leaves. They can be 50 cm long by 3-4 cm wide. It has several fruiting heads at the end of the stalk.

HABITAT

It is a tropical plant. It suits the wet tropics.

NOTES

There are about 100-175 Freycinetia species.

REFERENCES

CURREY, (As Freycinetia marquisensis)

Lebot, V. & Sam, C., Green desert or 'all you can eat'? How diverse and edible was the flora of Vanuatu before human introductions?. Terra australis 52 p 411 (As Freycinetia impavida)

Lim, T.K., Edible Medicinal and Non Medicinal Plants: Volume 8, Flowers

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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/695bb2b7-357b-4c7f-96c0-4b086fd4e518