PLANT FACT SHEET

Aiphanes macroloba Burret

GENUS *Aiphanes* **FAMILY** Arecaceae

COMMON NAMES Palmito

EDIBLE PARTS AND USES

Edible parts: Cabbage, Palm heart

DESCRIPTION

A palm with 1-3 stems in a cluster. They are 2 m tall. The trunks are 2-3 cm across. They are covered with black spines 3 cm long. There are often suckers high on the stem. There are 5-8 leaves. They are simple with one large leaflet at the end. This can be 82 cm long. The edges are jagged. There are 2-3 leaflets near the base. The flowering stalks are among the leaves. They stick upwards. The fruit are 1 cm long by 7 mm wide. They are red or orange.

HABITAT

It is a tropical plant. It grows in the Andes between 600-1400 m altitude. Sometimes it is as low as 100 m altitude. It grows in shady and humid parts of the forest.

NOTES

There are about 38 Aiphanes species. They grow in tropical America.

REFERENCES

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/6a938c0b-5cd7-44a3-b248-62043aa759d3