PLANT FACT SHEET

Oncosperma horridum (Griff.) Scheff.

GENUS *Oncosperma* **FAMILY** Arecaceae

COMMON NAMES Mountain Nibong palm

EDIBLE PARTS AND USES

Edible parts: Palm heart, Cabbage, Fruit

The palm heart is eaten raw or cooked.
The nut is used as a betel nut substitute.

DESCRIPTION

A clump forming palm. There are about 4-6 stems in a clump. Each stem has many black spines. They grow 20 m high. The trunks are 25 cm across. The leaves are 4-5 m long. Leaflets are closely and regularly spaced. The crown is sparse and has leathery fronds. The flowering stalk is 60 cm long. The flowers are yellow and densely cover the stalk. The fruit is 2-2.5 cm across and round. It is purple-black when ripe. The fruit have a fine grainy surface.

HABITAT

It is a tropical plant. It likes warm humid conditions and is very sensitive to cold. It grows naturally on forested hillsides. It grows up to 1500 m altitude.

PRODUCTION

Cultivation

Plants can be grown from seeds.

NOTES

There are 5 Oncospermum species. The cabbage of most Oncosperma species is edible.

PICTURES



Credit: Food Plants International (Bruce French)



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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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