PLANT FACT SHEET

Cycas armstrongii Miq.

GENUS *Cycas* **FAMILY** Cycadaceae

COMMON NAMES Zamia palm, Cycad

EDIBLE PARTS AND USES

Edible parts: Seeds

The nuts are eaten or made into flour after extensive and thorough preparation and cooking. They are roasted, cracked de-husked and pounded and then the pulp is soaked in water for 3 days.

DESCRIPTION

A palm like plant 2-4 m high. The trunk is rough and dark brown. The trunk is 10-15 cm across. Trees lose their leaves during the year. Male and female trees are separate. The leaves are up to 1 m long and made up of 100 or more leaflets. These leaflets are stiff, flat and narrow. They are 7-14 cm long by 0.5-0.7 cm wide. The stalk has thorns below the leaflets. The male cone is oval and brown. It is 12-20 cm long. It is made up of many scales arranged like a spiral. It grows at the top of the trunk. The female spike is flattened and hairy. There are usually 4 fruit. The fruit are hard and round and 2-4 cm across. They are brown when ripe. There is a single seed inside.

HABITAT

A tropical plant. It grows in open forest. It suits tropical regions with seasonally dry climates. It suits hardiness zones 11-12.

PRODUCTION

Cultivation

Plants are grown from seed. Seed may take 6-18 months to germinate. It can be grown from suckers.

NOTES

There are about 20-40 Cycas 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)

REFERENCES

Arch. Neerl. Sci. Exact. Nat. 3:235. 1868

Brock, J., 1993, Native Plants of Northern Australia, Reed. p 132

Cherikoff V. & Isaacs, J., The Bush Food Handbook. How to gather, grow, process and cook Australian Wild Foods. Ti Tree Press, Australia p 199

Cronin, L., 1989, The Concise Australian Flora. Reed. p

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 449

Elliot, W.R., & Jones, D.L., 1984, Encyclopedia of Australian Plants suitable for cultivation. Vol 3. Lothian. p 147

Garde, M., et al, 2003, A Preliminary List of Kundedjnjenghmi Plant Names. Northern Land Council. (Arnhem Land, Australia)

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 79

Isaacs, J., 1987, Bush Food, Aboriginal Food and Herbal Medicine. Weldons. p 81

Jones, D.L., 2000, Cycads of the world. Reed New Holland. p 130

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 71

Smith, N and Wightman, G.M., 1990, Ethnobotanical Notes from Belyuen Northern Territory Australia. Northern Territory Botanical Bulletin No 10. Parks and Wildlife Commission of the Northern Territory. p 10, 11.

Smith, N. M., 1991, Ethnobotanical Field Notes from the Northern Territory, Australia, J. Adelaide Bot. Gard. 14(1): 1-65

Smith, N., 1993, Bushfoods - an Annotated List: Fruit and Seeds Eaten by Aboriginal People in Northern Australia. Winnellie, NorthernTerritory. The Archives of the Rare Fruit Council of Australia.

Tiwi Plants and Animals. 2001, Aboriginal flora and fauna knowledge from Bathurst and Melville Islands, northern Australia. Northern Territory Botanical Bulletin; No. 24 p 40

Townsend, K., 1994, Across the Top. Gardening with Australian Plants in the tropics. Society for Growing Australian Plants, Townsville Branch Inc. p 152

Wightman, G. & Andrews, M., 1991, Bush Tucker Identikit. Common Native Food Plants of Australia's top end. Conservation Commission Northern Territory. p 38

Wightman, G. & Brown, J., 1994, Jawoyn Plant Identikit, Common Useful Plants in the Katherine Area of Northern Australia. Conservation Commission Northern Territory. p 43

Yunupinu Banjgul, Laklak Yunupinu-Marika, et al. 1995, Rirratjinu Ethnobotany: Aboriginal Plant Use from Yirrkala, Arnhem Land, Australia. Northern Territory Botanical Bulletin No 21. Parks and Wildlife Commission of the Northern Territory. p 31

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/70023003-e88c-4868-b229-043452dae8ec