PLANT FACT SHEET

Socratea rostrata Burret

GENUS *Socratea* **FAMILY** Arecaceae

COMMON NAMES Crespa

EDIBLE PARTS AND USES

Edible parts: Cabbage, Palm heart, Seeds, Fruit

The palm hearts are eaten.
The young seeds are eaten.

DESCRIPTION

A solitary palm. It grows 25 m tall. The trunk is 13 cm across. There is a cone of 15-26 stilt roots around the base of the palm. There are 4-7 leaves. They have a feather-like appearance. The leaflets are divided and the tips hang down. The flower stalk has 4 bracts. There are 8-11 flowering branches. These can be 60 cm long and 5 mm across. The fruit is oval and has a beak at the tip. The fruit are 3.5 cm long by 2.5 cm wide. They are yellowish-brown.

HABITAT

A tropical plant. It grows in mountain forest between 1,000-1,400 m altitude.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7299d216-b28b-4a7b-a7a8-26ae58c91f9b