PLANT FACT SHEET

Arenga listeri Becc. ex Oliv.

GENUS *Arenga* **FAMILY** Arecaceae

EDIBLE PARTS AND USES

Edible parts: Cabbage, Palm heart

Caution: Eating the palm heart kills the palm!

DESCRIPTION

A solitary palm. It is slender. It can be 12-20 m high. The leaflets spread widely from the leaf stalk. The fruit are small and 12 mm long. They are oval and red when ripe. Plants die after flowering.

HABITAT

It is a tropical plant. It needs warmth, moisture, good drainage and shelter. In Townsville arboretum.

NOTES

There are 17-20 Arenga species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Haynes, J., & McLaughlin, J., 2000, Edible palms and Their Uses. University of Florida Fact sheet MCDE-00-50-1 p 2 (As Areca listeri)

Jones, D.L., 1994, Palms throughout the World. Smithtonian Institution, Washington. p 57, 134

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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/72c8eab7-b842-4b72-a9ac-118aa0d6fd31