PLANT FACT SHEET

Acanthophoenix crinita (Bory) H. Wendl.

GENUS *Acanthophoenix* **FAMILY** Arecaceae

COMMON NAMES Dark spine palm

EDIBLE PARTS AND USES

Edible parts: Palm hearts, Cabbage

Although the palm heart is edible this would kill the palm so should only ever be done if the palm is cut for other reasons.

DESCRIPTION

A solitary palm. It grows 15-25 m tall. The trunk is 20-30 cm across. There are just slight leaf scars. The trunk base is swollen. The leaves have leaflets. The leaf sheath if 90-120 cm long and 45 cm wide at the base. There are 70-80 pairs of leaflets. The flowering shoot is 100 cm long and hangs down.

HABITAT

It is a tropical plant. It grows up to 1,500 m above sea level. It grows in humid and foggy areas.

REFERENCES

palmpedia.net
Wikipedia

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/741da344-27c5-41a9-8dab-ca406e107535