PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Cycas seemannii A. Braun

GENUS *Cycas* **FAMILY** Cycadaceae

EDIBLE PARTS AND USES

Edible parts: Seeds, Trunk starch

The seeds need extensive processing. They are washed and boiled. The starch is extracted.

DESCRIPTION

A cycad. It grows 8 m tall and the stem is 10-25 cm across. The leaves are about 170 cm long with leaflets along the stalk. There are about 160 leaflets. They are 24 cm long by 1.4 cm wide. The plant varies a lot. The male cones are narrowly oval and 35-75 cm long by 10-15 cm wide. The seeds are 4-6 cm long and 3-5 cm wide.

HABITAT

It is a tropical plant. It mostly grows in coastal regions. It is common on limestone. Seeds can float in water. It grows in forests, usually in dry places. Coffs Harbour Botanical Gardens.

NOTES

In Vanuatu it is pictured on the national flag.

REFERENCES

Clarke, W.C. & Thaman, R.R., 1993, Agroforestry in the Pacific Islands: Systems for sustainability. United Nations University Press. New York. p 235

Etoh, T. & Sundaresan, 1985, Food Plants in Fiji and Their Utilization. Kagoshima Univ. Res. Center S. Pac, Occasional Papers, No. 5. p. 145-164.

Franklin, J., Keppel, G., & Whistler, W., 2008, The vegetation and flora of Lakeba, Nayau and Aiwa Islands, Central Lau Group, Fiji. Micronesica 40(1/2): 169–225, 2008

Gunner, K., 2009, Morphological variation, an expanded description and ethnobotanical evaluation of Cycas seemannii A, Braun (Cycadaceae). The South Pacific Journal of Natural Science. 27(1): pp. 20-27

Marler, T. E. and Shaw, C. A., 2009, Free and glycosylated sterol bioaccumulation in developing Cycas micronesica seeds. Food Chemistry 115:615-619 (As Cycas micronesica)

Smith, A.C., 1979, Flora Vitiensis Nova, Lawaii, Kuai, Hawaii, Volume 1 p 90

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/783f3eae-9ee5-4ca7-b79c-b345ce8c6525