PLANT FACT SHEET

Astrocaryum chambira Burret

GENUS *Astrocaryum* **FAMILY** Arecaceae

COMMON NAMES Chambira

EDIBLE PARTS AND USES

Edible parts: Fruit, Shoots - salt, Vegetable, Palm heart, Seeds

The fruit pulp is eaten. It is also used for wine.
The fruit are also toasted and eaten.
The shoots are burnt for vegetable salt.

DESCRIPTION

A palm. It has a single stem which is stout and erect. It can be 3.5-30 m tall and 19-35 cm across. The trunk is covered with black spines which are up to 20 cm long. There are 9-16 leaves that are 5 m long. The leaf stalk in young palms is covered with yellow winged spines. There are 120-175 leaflets on each side. They are arranged irregularly in clusters and spread in different planes. The flowering stalk is erect and amongst the leaves. The fruiting stalk is covered with black spines. The flowering branches have 2-5 female flowers at the base. The fruit are oval and 5-7 cm long by 4-5 cm wide. They are yellow or greenish yellow when ripe.

HABITAT

A tropical plant. It grows in lowland rainforest. It grows on non flooded soils.

NOTES

There are about 40-50 Astrocaryum species. The fruit are rich in Vitamin A.

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