PLANT FACT SHEET

Heterospathe philippinensis Becc.

GENUS *Heterospathe* **FAMILY** Arecaceae

COMMON NAMES Sanakti

EDIBLE PARTS AND USES

Edible parts: Cabbage, Palm heart

The bud is eaten cooked.

DESCRIPTION

A small and slender palm 1 to 3 m high and 2 to 3 cm across the trunk. The leaves are divided into many leaflets. The largest leaflet is 25 to 30 cm long and 10 to 15 mm wide. The secondary nerves are faint. New leaves are pinkish bronze. The flower stalk has flowers along a central axis which is twice branched near the base and once branched near the tip. The fruit are oval and 10 to 11 mm long by 6 mm thick. They contract to a small point at the tip. The seed is oval and blunt.

HABITAT

It is a tropical and subtropical plant. It needs a shady position. They are widely distributed throughout the islands of the Philippines.

NOTES

There are about 32 Heterospathe species.

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