PLANT FACT SHEET

Cryosophila nana (Kunth.) Blume ex Salomon

GENUS *Cryosophila* **FAMILY** Arecaceae

COMMON NAMES Root-spine palm

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are used for wine.
The pulp of the fruit is eaten.

DESCRIPTION

A single stemmed palm. It grows 5 m tall. The stem is 5-10 cm across. It has spines. The crown has 6-13 leaves. The fruit are round and 2-3 cm across. The fruit are white and shiny. It has a spongy sweet pulp.

HABITAT

A tropical plant.

PRODUCTION

Cultivation

Plants are grown from seeds.

NOTES

There are 8 Cryosophila species. They occur in Central America.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/825cb8d8-5579-402a-a04e-b284c0c44527