PLANT FACT SHEET

Socratea exorrhiza (Mart.) H. Wendl.

GENUS *Socratea* **FAMILY** Arecaceae

COMMON NAMES Stilt palm

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds, Flowers, Palm heart, Cabbage

The palm heart is bitter. It is sometimes eaten. It is boiled.

DESCRIPTION

A solitary palm. It grows to 22 m high. The trunk is 15 cm wide. It is light brown and has darker widely spaced rings of old leaf base scars. There are stilt roots 2-3 m high at the base. These have sharp spines. The crown-shaft is 2 m tall. The leaf crown forms half a circle. The leaves are 2-2.6 m long with leaf stalks 30 cm long. The leaflets are 60 cm long. The flowering branches are 30 cm long. The fruit are yellow and 2.5 cm long.

HABITAT

A tropical plant. They grow in tropical rainforest. They need constant moisture and high humidity. They are killed by temperatures below 13°C. In tropical America it grows from sea level to 1130 m altitude.

NOTES

There are 3-5 Socratea species.

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