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.

Zamia pumila Linn.

GENUS *Zamia* **FAMILY** Zamiaceae

COMMON NAMES Seminole bread

EDIBLE PARTS AND USES

Edible parts: Seeds, stem - starch

The stems are rich in starch which can be extracted as arrowroot. The plants are poisonous but this is removed by careful leaching.

DESCRIPTION

A small plant. It grows 1.5 m high and spreads 1.8 m wide. It is tough and woody. It has underground stems. This trunk can be 3-25 cm high. These are short and branched. From these leaves emerge. There are 4-12 dark green leaves. They have smooth leaf stalks. The leaves are 60-120 cm long with 5-30 pairs of leaflets. Each leaflet is 8-25 cm long and 0.5-2 cm wide. The leaves have teeth at the tips. Plants are separately male and female. The fruit are red to brown cones. The male cones are cylinder shaped and 3-15 cm long. The female cones are long and fattened and 6-15 cm long by 4-6 cm wide. They are pointed at the tip. Plants are pollinated by weevils.

HABITAT

A tropical plant. It grows in well-drained sands. It is best in light shade. It suits hardiness zones 10-12.

NOTES

There are about 55 Zamia species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8897dbda-f11c-4ca0-8a22-58fa34e45400