PLANT FACT SHEET

Welfia regia H. Wendl. ex Andre

GENUS *Welfia* **FAMILY** Arecaceae

COMMON NAMES Royal welfia

EDIBLE PARTS AND USES

Edible parts: Palm heart, Cabbage, Fruit

DESCRIPTION

A palm. The stems are single. They are 7-20 m tall and 10-15 cm across. They are greyish. There are 10-30 erect leaves. They arch over towards the tip. The leaves are reddish when young. It has a conspicuous leaf sheath. The leaf blade is 3-6 m long. There are 40-90 leaflets along each side. The middle leaflets are 1 m long and 5-10 cm wide. The flowering stalk has a 10-15 cm long stalk before branching. There are 5-12 branches. They are large and hang down. They can be 1 m long and 2.5-3.5 cm thick. They have deep large pits. These are in 8 files along the branch. The fruit are oblong and 3.5-4.5 cm long and 2 cm wide. They are reddish-brown.

HABITAT

A tropical plant. They grow in lowland and mountain rainforest. They are on slopes and ridges in areas with high rainfall. They grow from sea level to 1500 m altitude.

PICTURES



Credit: Food Plants International (Bruce French)



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