PLANT FACT SHEET

Areca caliso Becc.

GENUS *Areca* **FAMILY** Arecaceae

COMMON NAMES Kaliso, Sakolon

EDIBLE PARTS AND USES

Edible parts: Nuts, Fruit, Sap, Growing tip, Cabbage, Palm heart

The bud is cooked and eaten.
The sap is collected but is a poorer drink.
The nut is used as a substitute for betel nut.

DESCRIPTION

A slender palm about 7 to 15 cm across the trunk. They can be 7 m high. The leaves are about 3 m long.

HABITAT

It is a tropical plant. They occur on mountain slopes and in dense humid forests of the Philippines. They are common in regions with a long dry season.

NOTES

There are 60 Areca species. They are tropical.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/89b57ad6-d6ee-449e-be9d-456fa5acaeb0