PLANT FACT SHEET

Cycas pectinata Buch.-Ham.

GENUS *Cycas* **FAMILY** Cycadaceae

EDIBLE PARTS AND USES

Edible parts: Leaves, Fruit, Stem-starch, Shoots, Seeds

The tender leaves or shoots are cooked as a vegetable. They are fried or boiled.
They can be stored for 15 days.
The seeds are eaten.

DESCRIPTION

A small cycad. It is a palm like plant. It grows 2 m tall. The trunk is unbranched. The leaves occur in a ring near the top. The leaves have leaflets along the stalk. The leaflets are 20 cm long by 1.5 cm wide. They are stiff and leathery. Male and female flowers are on separate plants. Male cones are oval and erect and central. The female cones are a cluster of round woody fruits below the top of the plant. The fruit are on long stalks. The seeds are 3-4 cm long. They are orange. They are covered by upward turning scaly blades.

HABITAT

A tropical plant. In Nepal they are grown between 500 and 1400 m altitude. In XTBG Yunnan.

PRODUCTION

Cultivation

Plants are grown from offshoot buds.

Harvesting and Seed Production

In Sikkim fruit are available December to January.

NOTES

There are about 20-40 Cycas species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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