PLANT FACT SHEET

Caryota majestica Linden

GENUS *Caryota* **FAMILY** Arecaceae

COMMON NAMES Pugahang-bungalan

EDIBLE PARTS AND USES

Edible parts: Cabbage, Palm heart, Fruit

The bud is cooked and eaten.
The fruit are edible.
CAUTION: The seed or kernel is poisonous.

DESCRIPTION

A large palm. The leaflets go upwards and are very narrow and very deeply and sharply toothed. The fruit are 11 to 12 mm across. The seeds are slightly broader than high. They are 9 mm across and have a shiny brown colour and the surface is slightly grooved.

HABITAT

A tropical plant. They are widely distributed in the Philippines.

NOTES

There are 12 Caryota species. They are tropical.

REFERENCES

Monsalud, M.R., Tongacan, A.L., Lopez, F.R., & Lagrimas, M.Q., 1966, Edible Wild Plants in Philippine Forests. Philippine Journal of Science. p 524

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/8be66313-cded-43ee-aad3-e1135de13f43