PLANT FACT SHEET

Elaeis oleifera (Kunth) Cortés

GENUS *Elaeis* **FAMILY** Arecaceae

COMMON NAMES American oil palm

EDIBLE PARTS AND USES

Edible parts: Fruit - oil

The oil is extracted from the fruit for cooking.

DESCRIPTION

A palm with a creeping trunk. It extends for several metres before turning upright. The erect trunk is about 2-4 m high. The trunk is covered with the remains of the leaf bases and spiny leaf stalks. The leaves are about 4 m long. The leaflets are often about 1 m long. The fruit are dark orange. They are in congested heads. They are 2-3 cm long and 1.5-2 cm wide. The fruit have oily flesh.

HABITAT

It grows in tropical locations. Plants required plenty of water. It can grow in flooded conditions. It suits hardiness zones 11-12.

NOTES

There are 2 Elaeis species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

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PROVIDED BY **Food Plants International**

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