PLANT FACT SHEET

Roystonea oleracea (Jacq.) O. F. Cook

GENUS *Roystonea* **FAMILY** Arecaceae

COMMON NAMES Caribbean Royal Palm

EDIBLE PARTS AND USES

Edible parts: Cabbage, Palm heart, Sago, Starch, Fruit - oil

The cabbage or growing point is eaten. It is pickled or boiled.
The very young flower stalk is pickled and eaten.
The pith is eaten by making a form of sago from the starch.
The fruit yield a fatty oil which is edible.

DESCRIPTION

A large palm. The trunk is whitish and 30 m tall. It is 50 cm across. The trunk is the same width throughout except for a bulge at the base. The leaves are pinnate and green. The leaves are 5-7 m long. They are flat at the bottom of the crown. This is because the leaflets are placed in one plane. There is a prominent green crown-shaft. It is 2 m long. The leaflets are light green and crowded along the midrib in 2 ranks on the same plane. The flower stalk comes out below the crown-shaft. It is over 1 m long and has many branches. The flowers are white or cream. The fruit are small, round and bright red to purplish black. They are 15-20 mm long by 8-10 mm wide.

HABITAT

A tropical plant. It suits the tropics and subtropics. It grows in swampy areas. It also grows on the edge of the rainforest. It grows from sea level to 1760 m altitude. In Cairns Botanical Gardens. In Townsville palmetum. It grows in plant hardiness zones 11-12.

PRODUCTION

Cultivation

Plants are grown from seed. The seed are small and round and germinate easily. They take about 3 months to germinate.

Harvesting and Seed Production

The young seedlings grow quickly.

NOTES

There are 10 Roystonea species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 531

Balick, M.J. and Beck, H.T., (Ed.), 1990, Useful palms of the World. A Synoptic Bibliography. Colombia p 177, 204, 208 (As Areca oleracea), 662 (As Oreodoxa oleracea),

Blomberry, A. & Rodd, T., 1982, Palms. An informative practical guide. Angus & Robertson. p 162

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 892

Bull. Torrey Bot. Club 28:554. 1901

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 2 (I-Z) p 1951

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 1283

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 31

Gibbons, M., 2003, A pocket guide to Palms. Chartwell Books. p 188

Grandtner, M. M., 2008, World Dictionary of Trees. Wood and Forest Science Department. Laval University, Quebec, Qc Canada. (Internet database http://www.wdt.qc.ca)

Grandtner, M. M. & Chevrette, J., 2013, Dictionary of Trees, Volume 2: South America: Nomenclature, Taxonomy and Ecology. Academic Press p 574

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 451 (As Oreodoxa oleracea)

Henderson, A., Galeano, G and Bernal, R., 1995, Field Guide to the Palms of the Americas. Princeton. p 135

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 282

Jones, D.L., 1994, Palms throughout the World. Smithtonian Institution, Washington. p 57, 58, 343

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 757

Llamas, K.A., 2003, Tropical Flowering Plants. Timber Press. p 116

Omawale, 1973, Guyana's edible plants. Guyana University, Georgetown p 86

Purseglove, J.W., 1972, Tropical Crops. Monocotyledons. Longmans p 432

Riffle, R.L. & Craft, P., 2003, An Encyclopedia of Cultivated Palms. Timber Press. p 442

Smith, A.C., 1979, Flora Vitiensis Nova: A New flora of Fiji, Hawai Botanical Gardens, USA Vol 1 p 409

Staples, G.W. and Herbst, D.R., 2005, A tropical Garden Flora. Bishop Museum Press, Honolulu, Hawaii. p 627

Swaminathan, M.S., and Kochnar, S.L., 2007, An Atlas of major Flowering Trees in India. Macmillan. p 275

van Roosmalen, M.G.M., 1985, Fruits of the Guianan Flora. Utrecht Univ. & Wageningen Univ. p 352

Wong, M., 2006, Edible Plants for Hawai'i Landscapes. College of Tropical Agriculture and Human Resources. Univ. of Hawai'i

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

Zona, S., Heart of Palm Use: A Family Survey. p 5

Zuchowski W., 2007, Tropical Plants of Costa Rica. A Zona Tropical Publication, Comstock Publishing. p 392

PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/9116a0b5-af93-41f7-9324-8b8aec920aaf