PLANT FACT SHEET

Arenga westerhoutii Griffith

GENUS *Arenga* **FAMILY** Arecaceae

COMMON NAMES Langkap

EDIBLE PARTS AND USES

Edible parts: Pith, Cabbage, Palm heart, Seed

The pith is sweet and is eaten in curries. The sap is used for wine.
The palm cabbage is cooked and eaten.
The seeds are used to make a sweet desert.
CAUTION: The fruit is poisonous.

DESCRIPTION

A palm with several stems. It grows 10 m high. The trunk is 40-60 cm across. The leaf stalks are 1-2 m long. The leaflets are regularly arranged along the stalk. They are 130 cm long and 10 cm wide. The flowering stalk is 3 m long.

HABITAT

A tropical plant. It grows on slopes and hills in E Malaysia. In southern China it grows in lowland rain forests below 600 m above sea level. In XTBG Yunnan.

NOTES

There are 17-20 Arenga species.

PICTURES



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/92bdd5e1-6b29-4c84-9c62-6fd211742816