PLANT FACT SHEET

Cyrtostachys loriae Becc.

GENUS *Cyrtostachys* **FAMILY** Arecaceae

COMMON NAMES Nibung palm

EDIBLE PARTS AND USES

Edible parts: Cabbage, Growing tip

DESCRIPTION

A solitary palm. It grows 10-25 m tall. The trunk is 10-30 cm across. There are 8-14 leaves in the crown. They are 2.5-4.8 m long and there are leaflets along the stalk. The leaf sheaths are tube shaped and 1.1-1.8 m long. The leaflets are narrow and regularly arranged. There are 76-189 leaflets on each side. The flowering shoots come from among the leaves. They are 40-150 cm long. The flowers are pale yellow. The fruit are oval or sickle shaped and 8-16 mm long by 4-5 mm wide. They are black. The seeds are oval.

HABITAT

It is a tropical plant. It grows in primary and secondary forests between 30-400 m above sea level.

PRODUCTION

Cultivation

Plants can be grown from seeds.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 774 (As Cyrtostachys microcarpa)
World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

PROVIDED BY **Food Plants International**

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

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/978d039e-fa15-4c04-a3c6-47df939ff2c6