PLANT FACT SHEET

Cryosophila williamsii P. H. Allen

GENUS *Cryosophila* **FAMILY** Arecaceae

COMMON NAMES Williams root spine palm

EDIBLE PARTS AND USES

Edible parts: Palm heart, Cabbage

DESCRIPTION

A palm. The trunk has upward growing roots which act as spines. The palm grows 7 m tall. The leaves are evenly divided.

HABITAT

A tropical plant. It needs a moist soil and shade and needs to be sheltered from winds. It is damaged by frost. It can tolerate limestone soils.

PRODUCTION

Cultivation

It is difficult to cultivate.

NOTES

There are 9 Crysophila species.

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