PLANT FACT SHEET

Euterpe oleracea Mart.

GENUS *Euterpe* **FAMILY** Arecaceae

COMMON NAMES Acai palm, Assai palm

EDIBLE PARTS AND USES

Edible parts: Cabbage, Fruit, Oil, Palm heart

The stems are cut to obtain the palm heart which is eaten.
The fruit can be eaten raw and are used to make drinks.
They are also used to make wine.
The fruit yield an edible oil.

DESCRIPTION

A solitary palm. It has a tall slender trunk. The trunk can be 25 m tall and 18 cm across. It can form clusters of up to 12 palms. The suckers develop at a late stage and can be suppressed while the main stalk develops. There are 8-12 leaves in each crown. The leaves are finely divided. The leaflets are about 1 m long. The leaflets droop. There are several flowering stalks. These are produced below the crown-shaft. The fruit are purplish-black. They are 1.5 cm across.

HABITAT

A tropical plant. It grows best in deep, rich soils. It can tolerate poor drainage. It often grows in swamps. It can grow in subtropical and tropical regions. It grows in areas with an annual average temperature of 26°C. The rainfall is 2750 mm per year. It suits hardiness zones 11-12. In XTBG Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed. The fruit are harvested when ripe and the fruit can be planted as a seed. Seed are only viable for a short time. Fresh fruit (seed) are planted and germinate in 30-60 days.

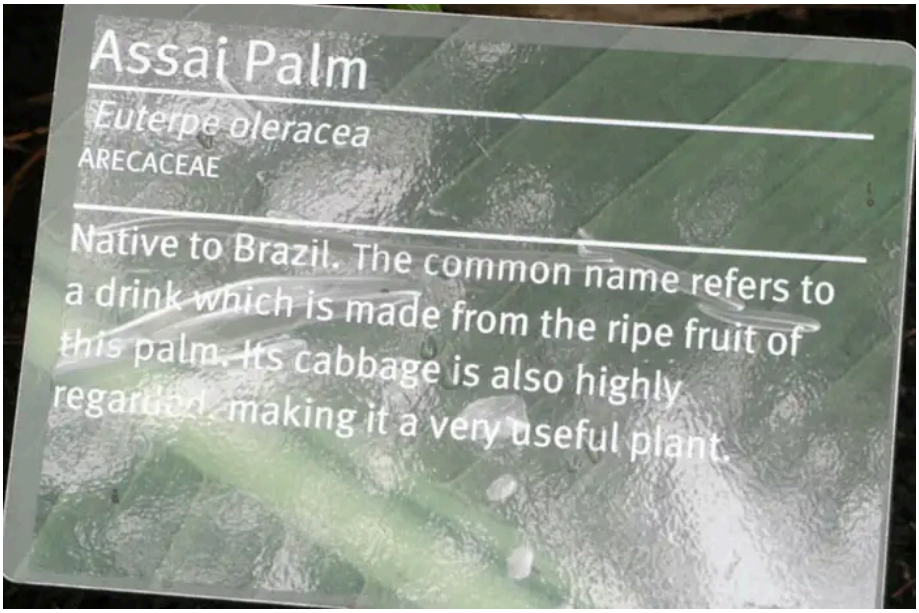
Harvesting and Seed Production

It can be quite fast growing. The pulp is 17% of the fruit and the seed is 83%.

NOTES

There are between 7 and 18 Euterpe species. It possibly had benefits for obese people.

PICTURES



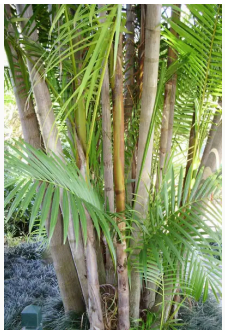
Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Andrare, G. M. M., et al, 2023, Plantas Alimenticias Nao Convencionais (PANC) Nos Levantamentos Etnobotanicos do Brazil. Novos Cadernos NAEA v. 25 No. 2 p 201

Balick, M.J. and Beck, H.T., (Ed.), 1990, Useful palms of the World. A Synoptic Bibliography. Colombia p 62, 63, 81, 121, 159, 208, 476, 561 (As Euterpe cuatrecasana),

Blomberry, A. & Rodd, T., 1982, Palms. An informative practical guide. Angus & Robertson. p 100

Brazil: Biodiversity for Food and Nutrition. http://www.b4fn.org/countries/brazil/

Burkill, I.H., 1966, A Dictionary of the Economic Products of the Malay Peninsula. Ministry of Agriculture and Cooperatives, Kuala Lumpur, Malaysia. Vol 1 (A-H) p 1003

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 592

Etkin, N.L. (Ed.), 1994, Eating on the Wild Side, Univ. of Arizona. p 121, 137

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 28

Girones-Vilaplana, A., et al, 2012, New Beverages of Lemon Juice Enriched with the Exotic Berries Maqui, Acai, and Blackthorn: Bioactive Components and in Vitro Biological Properties. Journal of Agricultural and Food Chemistry. 60:6571-6580

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 246

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 304

Henderson, A., Galeano, G and Bernal, R., 1995, Field Guide to the Palms of the Americas. Princeton. p 124

Hermandez Bermejo, J.E., and Leon, J. (Eds.), 1994, Neglected Crops. 1492 from a different perspective. FAO Plant Production and Protection Series No 26. FAO, Rome. p18

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 100

Hist. nat. palm. 2:29, t. 28-30. 1824

Hunter, D., et al, 2019, The potential of neglected and underutilized species for improving diets and nutrition. Planta (2019) 250:709-729

Janick, J. & Paul, R. E. (Eds.), 2008, The Encyclopedia of Fruit & Nuts. CABI p 127

Johnson, D.V., 1998, Tropical palms. Non-wood Forest products 10. FAO Rome. p 93, 122, 131

Johnson, M. and Colquhoun, A., 1996, Preliminary Ethnobotanical Survey of Kurupukari: An Amerindian Settlement of Central Guyana. Economic Botany, Vol. 50, No. 2, pp. 182-194

Jones, D.L., 1994, Palms throughout the World. Smithtonian Institution, Washington. p 52, 57, 214

Jones, D.L., 2000, Palms of Australia 3rd edition. Reed/New Holland. p 157

Kew Plants of the World Online

Leal, M. L. et al, 2018, Knowledge, use, and disuse of unconventional food plants. Journal of Ethnobiology and Ethnomedicine (2018) 14:6

Lopez-Diago, D. & Garcia, N., 2021, Wild edible fruits of Colombia. Biota ColomBiana 22 (2) p 31

Lorenzi, H., 2002, Brazilian Trees. A Guide to the Identification and Cultivation of Brazilian Native Trees. Vol. 01 Nova Odessa, SP, Instituto Plantarum p 296

Lorenzi, H., Bacher, L., Lacerda, M. & Sartori, S., 2006, Brazilian Fruits & Cultivated Exotics. Sao Paulo, Instituto Plantarum de Estuados da Flora Ltda. p 80

Maas, P.J. M., Non-Timber Forest Products of the North-West District of Guyana Part 2. The 85 most important NTFP species. p 94

Macmillan, H.F. (Revised Barlow, H.S., et al) 1991, Tropical Planting and Gardening. Sixth edition. Malayan Nature Society. Kuala Lumpur. p 346

Marcia, M. J., et al, 2011, Palm Uses in Northwestern South America: A Quantitative Review. Bot. Rev. (2011) 77:462-570

Maezumi, S. Y., et al, 2018, The legacy of 4,500 years of polyculture agroforestry in the eastern Amazon. Open Research Exeter. p 38

Martin, F.W. & Ruberte, R.M., 1979, Edible Leaves of the Tropics. Antillian College Press, Mayaguez, Puerto Rico. p 96, 210

Miranda, C., et al, 2024, Unconventional Edible Plants of the Amazon: Bioactive Compounds, Health Benefits, Challenges, and Future Trends. Foods 2024, 13, 2925

Paz, F. S., et al, 2021, Edible Fruit Plant Species in the Amazon Forest Rely Mostly on Bees and Beetles as Pollinators. Journal of Economic Entomology, XX(XX), 2021, 1–13

PROSEA handbook Volume 9 Plants yielding non-seed carbohydrates. p 188

PROSEA (Plant Resources of South East Asia) handbook, Volume 2, 1991, Edible fruits and nuts.

Riffle, R.L. & Craft, P., 2003, An Encyclopedia of Cultivated Palms. Timber Press. p 337

Roa, J. A. G. & Boada, D. S. G., 2018, Fundación para el Fortalecimiento de la Fruticultura y Plantas Alimenticias no Convencionales en Colombia.

Rufina, M. S. M., et al, 2009, Free radical-scavenging behaviour of some north-east Brazilian fruits in a DPPH system. Food Chemistry 114:693-695

Rufino, M. M., et al, 2010, Bioactive compounds and antioxidant capacities of 18 non-traditional tropical fruit from Brazil. Food Chemistry 121: 996-1002

Rufino, M. M., et al, 2009, Quality for fresh consumption and processing of some non-traditional tropical fruits from Brazil. Fruits, Vol. 64, p 361-370

Full reference list (10 more) at https://www.echocommunity.org/en/resources/a499d496-68f9-4aff-b976-11fb6d3df9b1

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/a499d496-68f9-4aff-b976-11fb6d3df9b1