PLANT FACT SHEET

Chamaedorea cataractarum Mart.

GENUS *Chamaedorea* **FAMILY** Arecaceae

COMMON NAMES Cat palm, Cascade palm

EDIBLE PARTS AND USES

Edible parts: Flower spikes

The young flowering shoots are cooked and eaten.

DESCRIPTION

A palm. It grows 1-2 m tall. The leaves have leaflets along the stalk.

HABITAT

It is a tropical plant. It grows in rainforests often on limestone soils.

PRODUCTION

Cultivation

It can be grown from seed or suckers.

REFERENCES

Ferns, Useful Tropical Plants.

Piedra-Malagón, E. M. et al, 2022, Edible native plants of the Gulf of Mexico Province. Biodiversity Data Journal 10: e80565 p 11

Ubiergo-Corvalan, P. A., et al, 2020, Agrobiodiversity of Edible Vegetables in the Indigenous Territory Maya-ch'ol Chiapas, Mexico. Tropical and Subtropical Agroecosystems 23 (2020): #46

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/a619dcd9-2864-4d2b-bc83-02aade892f42