PLANT FACT SHEET

Pholidostachys pulchra H. Wendl. ex Burret

GENUS *Pholidostachys* **FAMILY** Arecaceae

EDIBLE PARTS AND USES

Edible parts: Palm heart, Flower

The palm heart and flower are bitter.

DESCRIPTION

A palm. The trunk is 3.7 m long and 4.6 cm wide. There are 12 leaves on a stem. The sheaths are 32 cm long. New leaves are red. The leaflets are broad and of different width. The fruiting stalks have several large fruit.

HABITAT

It is a tropical plant. It grows between 330 m above sea level. It suits hardiness zone 10a.

REFERENCES

Sylvester, O., et al, 2012, Notes on the Ethnobotany of Costa Rica's Palms. Palms Vol. 56(4) p 199

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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/a7ad69b1-a608-4646-be20-1c5e8bf9f1b3