PLANT FACT SHEET

# *Phenakospermum guyannense* (A. Rich.) Endl. ex Miq.

**GENUS** *Phenakospermum* **FAMILY** Strelitziaceae

**COMMON NAMES** Yebao, Paloeloe

## EDIBLE PARTS AND USES

**Edible parts:** Seeds

The red aril of layer around the seeds is eaten.

## DESCRIPTION

A large herb. The trunk is not woody and is 5-12 m tall. It is unbranched. The leaves are simple. The flowering arrangement is on the end of the trunk. It is 80-120 cm long. The flowers along each side of the stalk have 40 cm long bracts that are greenish-yellow but turn brown. These become woody. The fruit is a woody capsule. It is 11-13 cm long by 5-7 cm across. There are many small seeds in each fruit. They are 1 cm long by 0.5 cm wide. They are black and shiny. The seeds are edible. They have a bright orange or red layer around the seeds. The plant dies after fruit are set.

## HABITAT

A tropical plant. It grows on coastal plains and along rivers and in marshy areas.

## NOTES

Also put in the family Musaceae.

## PICTURES



Credit: Food Plants International (Bruce French)

## REFERENCES


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