PLANT FACT SHEET

Heterospathe negrosensis Becc.

GENUS *Heterospathe* **FAMILY** Arecaceae

COMMON NAMES Black sagisi palm

EDIBLE PARTS AND USES

Edible parts: Cabbage, Palm heart

The bud is cooked and eaten.

DESCRIPTION

A small palm 3 to 5 m high. The stem is 4 to 5 cm across. The leaflets are 35 to 40 cm long and 2 to 2.5 cm wide. Their secondary nerves are rather distinct. The leaflets are dark green. The flower stalk has flowers along a central axis and is twice branched. The fruit are oval and narrow above almost to a point. They are 9 to 11 mm long and 5 mm thick. The seed is oval and pointed.

HABITAT

It is a tropical plant. It grows naturally in shady rainforest. They are widely distributed throughout the Philippines.

PRODUCTION

Cultivation

Plants are grown from seed. Seed take 1-2 months to germinate.

NOTES

There are about 32 Heterospathe species.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b9f6bc20-9e40-44b8-ba5b-9fa4f9cd19bd