PLANT FACT SHEET

# *Syagrus comosa* (Mart.) Mart.

**GENUS** *Syagrus* **FAMILY** Arecaceae

**COMMON NAMES** Babo

## EDIBLE PARTS AND USES

**Edible parts:** Fruit, Palm heart, Cabbage, Seed

The palm heart is somewhat bitter.

## DESCRIPTION

A slender palm. The trunk is 10-15 cm across. It can grow 5-10 m tall. The trunk has triangle shaped leaf scars. The leaves are 1.3-1.6 m long. The fronds arch over. They are green to grey. The leaflets are clustered along the stalk. They are wide and closely set together. The fruit are oval or round. They are 3 cm across. They are deep yellow-green when mature.

## HABITAT

It is a tropical plant. It grows in woodland. It occurs in dry monsoonal climate. It is fairly cold hardy. It needs to be in the sun. It grows below 1,200 m altitude.

## NOTES

There are about 30 Syagrus species. Chemical composition: Moisture = 3.50%. Ether extract = 67.30%. Protein = 8.77%. Minerals = 1.64%. Fibre (crude etc.) [sic] = 18.79% Ash: Si02 = trace. Ca0 = 9.5%. Fe203 = negative. Saponification index: 263.3. Acid index: Oleic = 1%. Iodine index = 5.9%. Melting point = 200 210 C.

## PICTURES



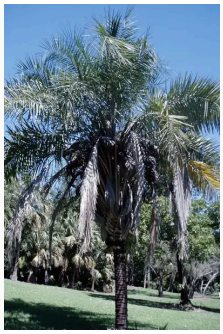
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