PLANT FACT SHEET

Caryota no Becc.

GENUS *Caryota* **FAMILY** Arecaceae

COMMON NAMES Giant fishtail palm

EDIBLE PARTS AND USES

Edible parts: stem - starch, Palm heart, Cabbage

The stem starch is edible.
The palm heart is edible.

DESCRIPTION

A large fishtail palm. Plants can be 25 m tall. The trunk can be 50 cm across. The trunk is grey and stout. It has distinct rings. It bulges. The fronds slightly arch over. They are 5 m long and 4 m wide. The leaflets hang down. The leaf bases usually hide the trunk. The leaflets are triangle shaped and 30 cm long. The flowering stalk can be 2.5 m long. The flowers are cream coloured. The fruit are large and black. Each fruit contains 2 seeds.

HABITAT

It is a tropical plant. It is a native of Borneo. It suits the tropical lowlands. It needs humus rich, well drained soil. It can grow in full sun or light shade. It suits hardiness zones 10-12.

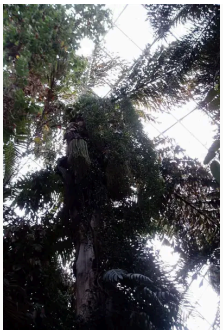
NOTES

There are 12 Caryota species. They are tropical.

PICTURES



Credit: Food Plants International (Bruce French)



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