PLANT FACT SHEET

Brahea brandegeei (Purpus) H. E. Moore

GENUS *Brahea* **FAMILY** Arecaceae

COMMON NAMES San Jose Hesper palm

EDIBLE PARTS AND USES

Edible parts: Cabbage, Fruit, Palm heart, flower

DESCRIPTION

A solitary palm with fan shaped leaves. It grows about 12 m tall. The trunk is slimmer than Brahea armata. It is 30-60 cm across. It has a large dense crown. The trunk has a criss-cross pattern of leaf bases. The leaves are green above and whitish underneath. They are 1 m across. The dead leaves often remain hanging below the crown. The leaf stalks are thorny. The leaves are divided for almost half their length. The flower stalks are the same length as the leaves. The flowers are cream. The fruit are round and 2 cm across. They are brown and glossy when ripe.

HABITAT

It suits temperate and subtropical regions. It needs well drained soil. It can tolerate direct sun from a young age. It grows in low mountains in Mexico. It is usually below 350 m altitude. It is drought tolerant once established. It suits hardiness zones 9-12.

PRODUCTION

Cultivation

Plants are grown from fresh seed. The seed germinate in 3-6 months. The seed should be soaked for a few days before planting.

Harvesting and Seed Production

Growth of young plants is slow but increases with age.

NOTES

There are about 12-16 Brahea species. They all grow in Mexico.

PICTURES



Credit: Food Plants International (Bruce French)



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