PLANT FACT SHEET

Raphia gentiliana De Wild.

GENUS *Raphia* **FAMILY** Arecaceae

COMMON NAMES Gentila raphia palm

EDIBLE PARTS AND USES

Edible parts: Trunk - starch, Palm heart, Stem sap

The young trunk is edible for starch.
The palm heart is cooked as a vegetable.
The stem sap is used to make wine.

DESCRIPTION

A clustered palm. It grows 6 m tall. It has long black spines. The leaves have leaflets along the stalk. They are narrow and regularly arranged. The flowering shoots come from among the leaves. The fruit are oval with large dark brown scales. There is one seed.

HABITAT

It is a tropical plant. It grows in lowland forests.

PRODUCTION

Cultivation

Plants can be grown from seeds or suckers.

REFERENCES

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Termote, C., et al, 2011, Eating from the wild: Turumbu, Mbole and Bali traditional knowledge of non-cultivated edible plants, District Tshopo, DRCongo, Gen Resourc Crop Evol. 58:585-618 (As Raphia gilletii)

World Checklist of Useful Plant Species 2020. Royal Botanic Gardens, Kew

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French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/c37b3c00-0c7a-47c3-a522-12be6e299b13