PLANT FACT SHEET

Livistona australis (R. Br.) C. Martius

GENUS *Livistona* **FAMILY** Arecaceae

COMMON NAMES Cabbage Tree Palm, Australian Fan Palm

EDIBLE PARTS AND USES

Edible parts: Palm heart, Cabbage, Gum

The base of young shoots eaten.
The growing tip or cabbage is eaten raw or cooked. (As this kills the palm, it is not recommended)

DESCRIPTION

It is a tall palm. It can be 30 m tall. The trunk is sturdy and grey. The trunk can be 25-35 cm across. It has rings. The bark is cracked and rough. The leaf stalks are long and slender. The leaves form a large crown. The tips droop. The leaves are shiny green. The ends of the leaves are wavy and form a circle. The leaves are divided for 2/3 their length into segments then these are divided into 2 sharp tips. These hang down. The older leaves often remain on the palm. The flowering stalk is shorter than the leaves. The flower stalk has brown bracts around it. The flowers are cream. Fruit are black. They have a thin waxy bloom. They are round and 20 mm across.

HABITAT

A tropical plant. It grows in rainforests and along streams and swamps. It suits humid locations. It grows in temperate and subtropical places. It is best grown in well-drained organically rich soils, but will grow in a range of soils. It can tolerate wet soils if the water is moving and not stagnant. Frosts only cause minor browning on the leaves. They do best in a well lit position. In tropical Queensland it grows from 400-840 m altitude. In Melbourne Botanical Gardens. It suits hardiness zones 9-11. Arboretum Tasmania. In Hobart Botanical Gardens.

PRODUCTION

Cultivation

Plants can be grown from seed. Seed germinate easily. Germination takes 1-3 months. Seedlings transplant easily.

Harvesting and Seed Production

It is fast growing.

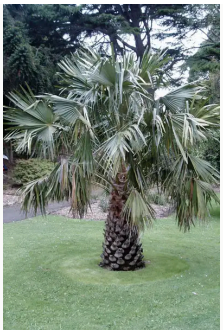
NOTES

There are 28-34 Livistona species.

PICTURES



Credit: Food Plants International (Bruce French)



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