PLANT FACT SHEET

Ceratozamia mexicana Brongn.

GENUS *Ceratozamia* **FAMILY** Zamiaceae

COMMON NAMES Tepenzintle, Mexican horncone

EDIBLE PARTS AND USES

Edible parts: Seeds

The seeds are roasted as a snack or boiled and added to maize dough to make tortillas.

DESCRIPTION

A cycad. The trunk is 0.5 m tall and leaves 1-1.5 m long. New leaves can be bronze colour.

HABITAT

It grows in cloud forests.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Mapes, C. & Basurto, F., 2016, Biodiversity and Edible Plants of Mexico. Chapter 5 in R. Lira, et al. (eds.), Ethnobotany of Mexico, Ethnobiology, Springer. p 91

PROVIDED BY **Food Plants International**

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/c6340c47-396e-4fce-9a6c-54d405222b0d