PLANT FACT SHEET

Brahea calcarea Liebm.

GENUS *Brahea* **FAMILY** Arecaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Palm heart

The fruit are eaten raw.
The palm heart is boiled, roasted or eaten raw.

DESCRIPTION

A palm.

HABITAT

It is a tropical plant. It can grow in arid zones.

REFERENCES

Casas, A., et al, 1996, Plant Management Among the Nahua and the Mixtec in the Balsas River Basin, Mexico: An Ethnobotanical Approach to the Study of Plant Domestication. Human Ecology, Vol. 24, No. 4 pp. 455-478 (As Brahea nitida)

Turreira-Garcia, N., et al, 2015, Wild edible plant knowledge, distribution and transmission: a case study of the Achi Mayans of Guatemala. Journal of Ethnobiology and Ethnomedicine. 11:52

Yetman, D., 2002, The Guarijios of the Sierra Madre: Hidden People of Northwestern Mexico. University of New Mexico Press. p 179 (As Brahea nitida)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/ca647842-21d0-449b-a5f8-431819b7c049