PLANT FACT SHEET

Allagoptera maritimum (Mart.)

GENUS *Allagoptera* **FAMILY** Arecaceae

COMMON NAMES Coast palm, Coco da praia

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds, Palm heart, Cabbage

The fruit is eaten.

DESCRIPTION

A small clumping palm. The fruit are oval. They are yellow.

HABITAT

It is a tropical plant.

NOTES

There are 4 Allagoptera species.

REFERENCES

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 28 (As Diplothemium maratinum)

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Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 279

Menninger, E.A., 1977, Edible Nuts of the World. Horticultural Books. Florida p 125

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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/ce87dc49-13d9-41dc-b517-079ca5c085dd