PLANT FACT SHEET

Euterpe precatoria Mart.

GENUS *Euterpe* **FAMILY** Arecaceae

COMMON NAMES Mountain cabbage palm

EDIBLE PARTS AND USES

Edible parts: Palm heart, Fruit, Cabbage, Seeds - oil, Flower

The palm heart is edible.
The fruit are used for drinks.
The seeds yields an edible oil.

DESCRIPTION

A slim solitary palm. The trunk can be 15-20 m tall. The trunk is 20-25 cm across. There are rings on the trunk. There are 8-13 leaves. The leaves hang down. The leaves are 3-3.5 m long. There are leaflets along the stalk. The leaflets hang down. The leaflets are 30-40 cm long and without leaflet stalks. The flowering stalk grows below the crown-shaft. The fruit are produced in large numbers. The fruit are round and 1.3 cm across. They are dark purple when ripe. The seed is 1 cm across. There are at least 2 varieties.

HABITAT

A tropical plant. It grows in north of South America from sea level to 2000 m altitude. It grows in wet forests and along rivers. It can grow in swamps and areas than are occasionally flooded. In Ecuador it grows between 900-1,300 m above sea level.

PRODUCTION

Cultivation

Plants are grown from seed. The seeds are small and should be planted when fresh.

NOTES

There are between 7 and 18 Euterpe species.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Altschul, S.V.R., 1973, Drugs and Foods from Little-known Plants. Notes in Harvard University Herbaria. Harvard Univ. Press. Massachusetts. no. 85 (As Euterpe subruminata)

Andrare, G. M. M., et al, 2023, Plantas Alimenticias Nao Convencionais (PANC) Nos Levantamentos Etnobotanicos do Brazil. Novos Cadernos NAEA v. 25 No. 2 p 201

Balick, M.J. and Beck, H.T., (Ed.), 1990, Useful palms of the World. A Synoptic Bibliography. Colombia p 68, 332, 558, 561,

Bortolotto, I. M., et al, 2018, Lista preliminar das plantas alimenticias nativas de Mato Grosso do Sul, Brasil. Iheringia, Serie Botanica, Porto Alegre, 73 (supl.):101-116

Castaneda, H., & Stepp, J. R., 2007, Ecosystems as Sources of Useful Plants for the Guaymi People of Costa Rica. Ethnobotany Journal. 5:249-257

Chizmar Fernandez, C., et al, 2009, Plantas comestibles de Centroamerica. Instituto de Biodiversidad, Costa Rica. p 100

Daly, D. C., An Index of Common Names of Plants in Acre, Brazil. New York Botanical Garden Universidade Federal do Acre.

D'Ambrosio, U., & Puri, R. K., 2016, Foodways in transition: food plants, diet and local perceptions of change in a Costa Rican Ngäbe community. Journal of Ethnobiology and Ethnomedicine (2016) 12:3 p 22

DeWalt, S. J., et al, 1999, Ethnobotany of the Tacana: Quantitative Inventories of Two Permanent Plots of Northwestern Bolivia. Economic Botany Vol. 53. No. 3. pp. 237-260

A. D. d'Orbigny, Voy. Amerique mer. 7(3). Palmiers 10, t. 8, fig. 2. 1842; 8: t. 18, fig. A. 1846

Etkin, N.L. (Ed.), 1994, Eating on the Wild Side, Univ. of Arizona. p 137

Eynden, Van den, V., & Cueva E., Cebrera, O., 2004, Edible Palms of Southern Ecuador. Palms. Vol 48(3):141-147

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 28

Gibbons, M., 2003, A pocket guide to Palms. Chartwell Books. p 106

Gilmore, M. P., et al, 2013, The socio-cultural importance of Mauritia flexuosa palm swamps (aguajales) and implications for multi-use management in two Maijuna communities of the Peruvian Amazon. Journal of Ethnobiology and Ethnomedicine 2013, 9:29

Grandtner, M. M., 2008, World Dictionary of Trees. Wood and Forest Science Department. Laval University, Quebec, Qc Canada. (Internet database http://www.wdt.qc.ca)

Grandtner, M. M. & Chevrette, J., 2013, Dictionary of Trees, Volume 2: South America: Nomenclature, Taxonomy and Ecology. Academic Press p 246

Haynes, J., & McLaughlin, J., 2000, Edible palms and Their Uses. University of Florida Fact sheet MCDE-00-50-1 p 6

Henderson, A., Galeano, G and Bernal, R., 1995, Field Guide to the Palms of the Americas. Princeton. p 124

Hunter, D., et al, 2019, The potential of neglected and underutilized species for improving diets and nutrition. Planta (2019) 250:709-729

Johnson, D.V., 1998, Tropical palms. Non-wood Forest products 10. FAO Rome. p 20, 93

Langlois, H. C., 2004, Ethnobotanical analysis of different successional stages as sources of wild edible plants for the Guaymi people in Costa Rica. M. Sc. thesis University of Florida.

Lopez-Diago, D. & Garcia, N., 2021, Wild edible fruits of Colombia. Biota ColomBiana 22 (2) p 31

Lorenzi, H., Bacher, L., Lacerda, M. & Sartori, S., 2006, Brazilian Fruits & Cultivated Exotics. Sao Paulo, Instituto Plantarum de Estuados da Flora Ltda. p 81

Maas, P.J. M., Non-Timber Forest Products of the North-West District of Guyana Part 2. The 85 most important NTFP species. p 90

Maezumi, S. Y., et al, 2018, The legacy of 4,500 years of polyculture agroforestry in the eastern Amazon. Open Research Exeter. p 38

Marcia, M. J., et al, 2011, Palm Uses in Northwestern South America: A Quantitative Review. Bot. Rev. (2011) 77:462-570

Melnyk, M., Indigenous enterprise for the domestication of trees and the commercialization of their fruits. FAO

Paz, F. S., et al, 2021, Edible Fruit Plant Species in the Amazon Forest Rely Mostly on Bees and Beetles as Pollinators. Journal of Economic Entomology, XX(XX), 2021, 1–13

Philips, O., 1992, The potential for harvesting fruits in tropical rainforests: new data from Amazonian Peru. Biodiversity and Conservation 2, 18-38

Riffle, R.L. & Craft, P., 2003, An Encyclopedia of Cultivated Palms. Timber Press. p 337

Roa, J. A. G. & Boada, D. S. G., 2018, Fundación para el Fortalecimiento de la Fruticultura y Plantas Alimenticias no Convencionales en Colombia.

Smith, N., et al, 2007, Amazon River Fruits. Flavors for Conservation. Missouri Botanical Gardens Press. p 68

Sylvester, O., et al, 2012, Notes on the Ethnobotany of Costa Rica's Palms. Palms Vol. 56(4) p 190

Torre, de la L., et al, 2008, Enciclopedia de las Plantas Útiles del Ecuador. Herbario QCA. Pontificia Universidad Católica del Ecuador. p 201

Tomchinsky, B., et al, 2021, Food Composition Data: Edible Plants from the Amazon. in M. C. M. Jacob, U. P. Albuquerque (eds.), Local Food Plants of Brazil, Ethnobiology, Springer p 275

Full reference list (11 more) at https://www.echocommunity.org/en/resources/d1f512a2-9a29-4474-afb8-d9f046d5e23a

---

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d1f512a2-9a29-4474-afb8-d9f046d5e23a