PLANT FACT SHEET

Heterospathe elmeri Becc.

GENUS *Heterospathe* **FAMILY** Arecaceae

EDIBLE PARTS AND USES

Edible parts: Nuts, Palm heart, Cabbage

The nut is used as a betel substitute.
The palm heart is edible.

DESCRIPTION

A solitary palm. It grows to 8 m high. The leaves are erect and 3-4 m long. The leaflets are many and narrowly sword shaped. They are regularly spaced and 60 cm long. They hang down.

HABITAT

A tropical plant. It grows in dense rainforest at low altitudes.

PRODUCTION

Harvesting and Seed Production

It is slow growing.

NOTES

There are about 32 Heterospathe species.

REFERENCES

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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/d2b8aabe-a2c9-46a7-b18e-335c17543cf7