PLANT FACT SHEET

Heterospathe elata Scheff.

GENUS *Heterospathe* **FAMILY** Arecaceae

COMMON NAMES Sagisi palm

EDIBLE PARTS AND USES

Edible parts: Cabbage, Nuts, Palm heart

The bud is cooked and eaten.
The nut is sometimes used as a betel substitute.

DESCRIPTION

A tall and slender palm. It grows 16 m high. The trunk is 25 cm across. The trunk is smooth and grey with widely spaced rings of leaf base scars. The trunk has a swollen base. The leaf crown is 5 m wide and nearly round. The leaves are 3 to 4 m long and leaflets along each side of the stalk. The fronds curve over. They are dark green. The leaflets are long and tapering. They are 1 m long. The young fronds are pale pink. The leaflets grow in a flat plane but the leaf is twisted in its mid length. The fruiting stalk is 1.3 m long. Numerous small round fruit are borne on stalks. They are 1-2 cm across. The fruit are white. The clusters hang among the leaves.

HABITAT

A tropical plant. It is cold sensitive. It suits lowland tropical regions. They are widely distributed in the Philippines. It is also cultivated because it is ornamental. In Townsville palmetum.

PRODUCTION

Cultivation

Plants are grown from seed. Seed germinate in 2-3 months.

Harvesting and Seed Production

It can grow quickly.

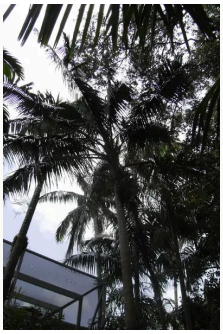
NOTES

There are about 32-40 Heterospathe species. They occur naturally in the Asia Pacific region. There are about 19 in New Guinea.

PICTURES



Credit: Food Plants International (Bruce French)



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