PLANT FACT SHEET

Prestoea acuminata var. montana (Graham) A. J. Hend. & Galeano

GENUS *Prestoea* **FAMILY** Arecaceae

COMMON NAMES Sierra palm

EDIBLE PARTS AND USES

Edible parts: Palm heart, Cabbage

The inner leaf sheaths or palm heart is up to 1 m long and 10 cm wide but eating this kills the palm.

DESCRIPTION

A palm. It grows about 20 m tall. The trunk is 10-20 cm across. The leaf sheath is about 40 cm long. The leaves are about 2 m long and 1 m wide. The leaflets are long and narrow.

HABITAT

It is a tropical plant. It grows near the streams in the higher regions in Puerto Rico.

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/d5f4da88-1096-4aed-9a4e-56b0c7329414