PLANT FACT SHEET

Syagrus oleracea (Mart.) Becc.

GENUS *Syagrus* **FAMILY** Arecaceae

COMMON NAMES Catole

EDIBLE PARTS AND USES

Edible parts: Fruit, Palm heart, Cabbage, Seeds, Oil

The bitter palm heart is used in cooking.
The fruit are edible raw.
The nut is eaten.

DESCRIPTION

A tall palm. The trunk is 15-30 m tall. It is 30 cm across. The trunks are straight and almost white. The crown has arching fronds. It is full and round. The leaves are 3 m long. The leaflets occur in clusters. They have long pointed tips. They are 30 cm long. They grow at angles giving a V shape or feather shape. The fruit occur in clusters and are round. They are orange and 4.5 cm across.

HABITAT

It is a tropical plant. It grows in woodland. It cannot tolerate cold or drought. It needs rich, well drained soil. It grows below 800 m altitude. In XTBG Yunnan.

PRODUCTION

Cultivation

Plants are grown from seed. The ripe fruit are harvested and can be used directly as seed. They are only viable for a short time. Seeds germinate after 2-4 months.

Harvesting and Seed Production

Plants grow at a moderate rate. It yields 3-4 kg of oil-rich kernels containing 50% oil.

NOTES

There are about 30 Syagrus species.

PICTURES



Credit: Food Plants International (Bruce French)



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

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