PLANT FACT SHEET

Astrocaryum chonta Mart.

GENUS *Astrocaryum* **FAMILY** Arecaceae

EDIBLE PARTS AND USES

Edible parts: Fruit, Seeds, Palm heart

The liquid of the unripe fruit is drunk.
The palm heart is eaten. This would kill the palm.

DESCRIPTION

A palm. It grows 10 m tall and the trunk is 18-27 cm across. The crown has about 8-12 spiny leaves. These can be 6-12 m long. The fruit are brown and oval. They are 5-6 cm long and by 2.5 cm wide. They have one large seed.

HABITAT

It is a tropical plant. It grows in occasionally flooded soils.

REFERENCES

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

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