PLANT FACT SHEET

Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Cycas angulata R. Br.

GENUS *Cycas* **FAMILY** Cycadaceae

COMMON NAMES Zamia Palm, Muninga

EDIBLE PARTS AND USES

Edible parts: Nuts, Seeds

The seeds are eaten after thorough preparation and cooking. They are poisonous unprocessed.
Caution: Because they can cause cancer they are best not eaten.

DESCRIPTION

A large palm like plant. It grows 3-10 m high. The trunk is 40-85 cm across. The trunk can be branched. Separate male and female plants occur. The leaves are compound with dark green fronds. These may be 1 m long. They have 100 or more pairs of leaflets. The leaflets are 7-17 cm long by 0.4-0.6 cm wide. The edges curl upwards and the tip is pointed. The male cone is yellowish-brown and 20 cm long. It is at the end of the trunk. The female spikes are large and hairy and hang down. They have 3-6 fruit. The fruit are hard and round. They are 3.5-4.5 cm long by 3-3.5 cm wide. They turn orange when ripe. There is a single seed inside.

HABITAT

It is a tropical plant. It grows in open woodland often near streams. It grows in regions with hot humid summers and dry mild winters. Rainfalls of 1200-1500 mm occur.

PRODUCTION

Cultivation

Plants are grown from seed. They can be grown from suckers.

NOTES

There are about 15-50-60 (89) Cycas species.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Beck, W., 1992, Aboriginal Preparation of Cycas Seeds in Australia. Economic Botany, Vol. 46, No. 2, pp. 133-147

Brock, J., 1993, Native Plants of Northern Australia, Reed. p 131

Elliot, W.R., & Jones, D.L., 1984, Encyclopedia of Australian Plants suitable for cultivation. Vol 3. Lothian. p 147

Fell, D.G. & Stanton, D.J., 2015: The vegetation and flora of Mabuyag, Torres Strait, Queensland. Memoirs of the Queensland Museum – Culture 8(1):1-33. Brisbane. ISSN 1440-4788. (As Cycas badensis)

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 79

Jones, D.L., 2000, Cycads of the world. Reed New Holland. p 128

Lazarides, M. & Hince, B., 1993, Handbook of Economic Plants of Australia, CSIRO. p 71

Levitt, D., 1981, Plants and people. Aboriginal uses of plants on Groote Eylandt, Australian Institute of Aboriginal Studies, Canberra. p 79

Mua Bioversity Profile, 2013, Profile for Management of the Habitats and Related Ecological and Cultural Resources of Mua Island. Torres Strait Regional Authority Land & Sea Management Unit. p 32 (As Cycas badensis)

Prodr. 348. 1810

Smith, N., 1993, Bushfoods - an Annotated List: Fruit and Seeds Eaten by Aboriginal People in Northern Australia. Winnellie, NorthernTerritory. The Archives of the Rare Fruit Council of Australia.

Townsend, K., 1994, Across the Top. Gardening with Australian Plants in the tropics. Society for Growing Australian Plants, Townsville Branch Inc. p 152

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/e761325e-ed39-41ff-bd9e-1b5743ffaef5