PLANT FACT SHEET

Astrocaryum tucuma Mart.

GENUS *Astrocaryum* **FAMILY** Arecaceae

COMMON NAMES Tucum palm, Star nut palm

EDIBLE PARTS AND USES

Edible parts: Fruit, Cabbage, Seeds, Palm heart, Seeds - oil

The fruit yield an edible oil.
The fruit pulp is eaten. It is also made into wine.
The seed yield and edible oil.

DESCRIPTION

A palm. An erect plant 16 m tall. The trunk is spiny and the bark is greyish brown. The leaves are divided and about 3 m long. The fruit are fibrous and fleshy. They are 5-6 cm across. The outside is greenish yellow and the flesh is yellow.

HABITAT

A tropical plant. It suits the hot tropical lowlands. It can grow in sandy soils in coastal areas.

PRODUCTION

Cultivation

Plants are grown from seed.

Harvesting and Seed Production

A fruit weighs 70 g.

NOTES

There are about 40-50 Astrocaryum species. The fruit are high in Vitamin A.

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