PLANT FACT SHEET

Chamaedorea elegans Mart.

GENUS *Chamaedorea* **FAMILY** Arecaceae

COMMON NAMES Palour Palm

EDIBLE PARTS AND USES

Edible parts: Flowers, Fruit

The young unopened flower is cooked and eaten.
The fruit are eaten.

DESCRIPTION

A slender dwarf palm. The trunk is solitary and woody. It may grow to 3 m tall. The stems are 8-16 mm across. It has many close spaced growth rings. The leaves have leaflets along the stalk. They are dark green. The leaf sheaths often have a white edge. Male and female flowers are on separate plants. The fruit are 5 mm long. They are black when ripe.

HABITAT

A tropical plant. It grows in moist dense rainforest. It is often on limestone. It will grow from temperate to tropical conditions. Severe frosts will damage the leaves. It grows from sea level to 1500 m altitude in Central America. It suits hardiness zones 10-12.

PRODUCTION

Cultivation

Plants are grown from seed. Although it is best to use fresh seed, seed can be stored for 6 months. Seeds germinate in 3-6 months.

NOTES

There are about 100 Chamaedorea species. They are mostly in Central America. There are 77 species in tropical America.

PICTURES

Credit: Food Plants International (Bruce French)

Credit: Food Plants International (Bruce French)

Credit: Food Plants International (Bruce French)

Credit: Food Plants International (Bruce French)

REFERENCES

Balick, M.J. and Beck, H.T., (Ed.), 1990, Useful palms of the World. A Synoptic Bibliography. Colombia p 121, 558,

Blomberry, A. & Rodd, T., 1982, Palms. An informative practical guide. Angus & Robertson. p 78

Bodkin, F., 1991, Encyclopedia Botanica. Cornstalk publishing, p 242

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 367

Etherington, K., & Imwold, D., (Eds), 2001, Botanica's Trees & Shrubs. The illustrated A-Z of over 8500 trees and shrubs. Random House, Australia. p 207

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 27 (As Collinia elegans)

Haynes, J., & McLaughlin, J., 2000, Edible palms and Their Uses. University of Florida Fact sheet MCDE-00-50-1 p 4

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 183

Henderson, A., Galeano, G and Bernal, R., 1995, Field Guide to the Palms of the Americas. Princeton. p 95

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 65

Jones, D.L., 1994, Palms throughout the World. Smithtonian Institution, Washington. p 58, 171

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 210

Linnaea 5:204. 1830

Piedra-Malagón, E. M. et al, 2022, Edible native plants of the Gulf of Mexico Province. Biodiversity Data Journal 10: e80565 p 11

Riffle, R.L. & Craft, P., 2003, An Encyclopedia of Cultivated Palms. Timber Press. p 296

Roa, J. A. G. & Boada, D. S. G., 2018, Fundación para el Fortalecimiento de la Fruticultura y Plantas Alimenticias no Convencionales en Colombia.

Standley, P. & Steyermark, J., 1958, Flora of Guatemala. Fieldiana: Botany, Volume 24 part 1 p 232

Staples, G.W. and Herbst, D.R., 2005, A tropical Garden Flora. Bishop Museum Press, Honolulu, Hawaii. p 619

Vander Velde, N, 2003, The Vascular Plants of Majuro Atoll, Republic of the Marshall Islands. Atoll research Bulletin. No. 503. Smithsonian Institute. p 31

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/fa21569c-22a6-4198-a0a5-87769651a520