



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

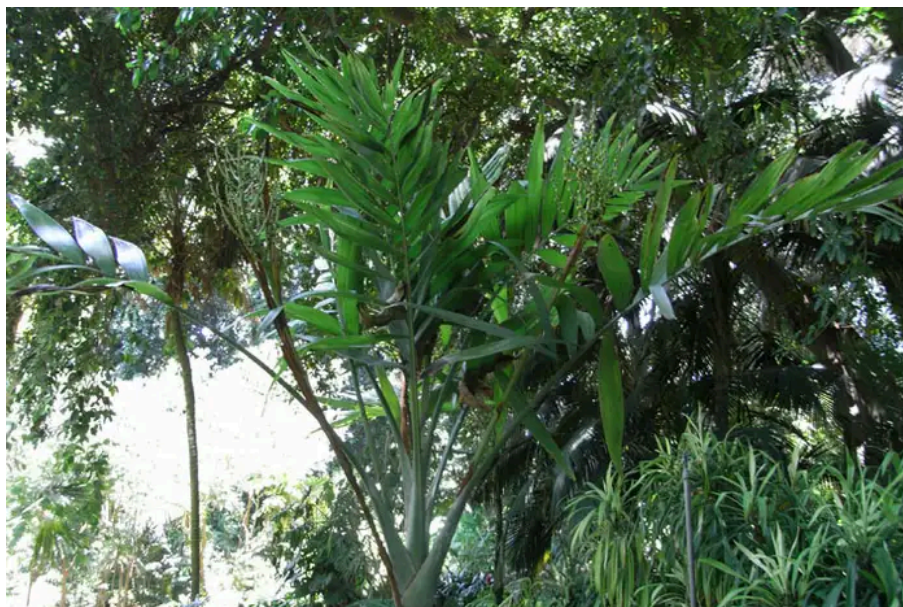
Cultivation

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.

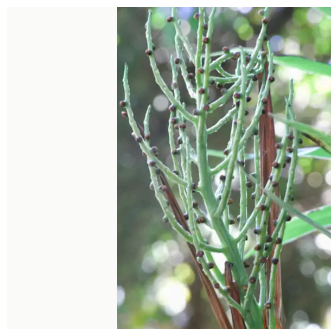
NOTES

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

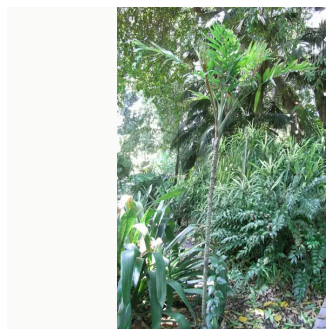
PICTURES



Credit: Food Plants International (Bruce French)



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