



PLANT FACT SHEET

Pinanga philippinensis Becc.

GENUS *Pinanga* FAMILY Arecaceae

COMMON NAMES Bungang-dakigan

EDIBLE PARTS AND USES

Edible parts: Cabbage, Palm heart

The bud is cooked and eaten.

DESCRIPTION

A small or medium sized palm with a stem 2 to 5 cm across. They have prominently stepped nodes. The crown-shaft is very conspicuous and pale coloured. It is swollen. The leaf sheaths are densely covered with greyish densely matted woolly hairs. The leaf segments are rather numerous, tapering to a point and usually 3-ribbed. They are relatively broad. The flower arrangement is a spike of flowers closely arranged around a central axis with a few scattered branches. The fruit is narrowly oval and 11 to 14 mm by 5 to 8 mm.

HABITAT

A tropical plant. They are common on exposed ridges in the mossy forests. They are also sometimes found in valleys at altitudes of 800 to 1800 m in the Philippines. It suits tropical places. In Cairns BG.

PRODUCTION

Cultivation

Plants are grown from seed. Seed take 3-4 months to germinate.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET <https://www.echocommunity.org/en/resources/fa80d540-1cdc-4787-b1f9-8bc6ea4439ea>