



PLANT FACT SHEET

Heterospathe phillipsii D. Fuller & Dowe

GENUS *Heterospathe* FAMILY Arecaceae

COMMON NAMES Phillip's palm

EDIBLE PARTS AND USES

Edible parts: Cabbage, Seeds, Palm heart

The palm heart or cabbage is eaten.

The young seeds are eaten.

DESCRIPTION

A slender solitary palm. It grows about 15 m high. The trunk can be stout. It can be 20 cm across. It is fattened near the base. The fronds are light and feathery. They have many leaflets which hang over. The fronds can be 5 m long and curve over. There is no crown-shaft. The flowering stalk is thin and large. It is branched. The fruit are about 10 mm long. They turn bright red when ripe.

HABITAT

A tropical plant. It occurs on Viti Levu in Fiji. It grows on the edge of the rainforest.

PRODUCTION

Cultivation

Plants are grown from seed. Seed germinate readily. Young palms need shade.

Harvesting and Seed Production

Plants grow slowly for the first year then more quickly after that.

REFERENCES

Watling, D., 2005, Palms of the Fiji Islands. Environmental Consultants (Fiji) Ltd. p 92, 165

Zona, S., Heart of Palm Use: A Family Survey. p 4

PROVIDED BY Food Plants International

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

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ONLINE FACT SHEET <https://www.echocommunity.org/en/resources/fe5b84f8-e30f-46a0-b67d-a503367b4cf6>