



PLANT FACT SHEET



Use with caution

This plant can be harmful if it is eaten raw, in large amounts or without the right preparation. Read the whole fact sheet before use.

Zamia loddigesii Miq.

GENUS *Zamia* FAMILY Zamiaceae

COMMON NAMES Bulletproof cycad

EDIBLE PARTS AND USES

Edible parts: stem - starch

The starch from the stem can be ground into a powder and used to make bread.

Caution: The stem starch needs to be cooked to remove poisons.

DESCRIPTION

A cycad. It has an underground stem 12 cm across. There are 2-6 erect or curved backwards leaves. These can be up to 1.5 m long. The leaf stalks have prickles.

HABITAT

It is a tropical plant. It grows from sea level to 1,000 m above sea level. It is best in a sunny position in a well-drained soil. It grows in low dry deciduous forests.

PRODUCTION

Cultivation

Plants can be grown from fresh seed. The fleshy coat is removed and the seeds are sown in damp sand.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

Fern, K., 2012, Tropical Species Database <http://theferns.info/tropical/>

Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 833

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/ff7eeff5-e559-4077-beaa-3a298af2467a>