



**Common names**

**Common screw pine,**

Pandanaceae

**Scientific name**

***Pandanus utilis***

**Edible portion** Fruit, Vegetable,



### Description

A screw pine. It is a tall tree. It grows 12-18 m high. It forms many branches. It has aerial roots. The leaves are stiff and blue-green. They have red spines at the base. The leaves are arranged in spirals. The flowering head is made up of very small creamy white flowers. The fruit is a rounded compound head. The head is 15-20 cm across. It is made up of 100 long woody fruit. They are 25 mm long. They are edible when fully ripe.

### Distribution

A tropical plant. It grows from sea level up to 1,800 m above sea level in East Africa. It needs a sandy, well-drained soil. It needs full sun. It is often in coastal areas. It suits hardiness zones 10-12. In XTBG Yunnan. In Townsville Anderson BG.

### Found in:

Africa, Asia, Australia, Benin, Bermuda, Brazil, Caribbean, Central America, China, Colombia, Cuba, East Africa, Hawaii, India, Indonesia, Madagascar\*, Mauritius, Mozambique, Pacific, Puerto Rico, Reunion, SE Asia, Senegal, Seychelles, Singapore, Tanzania, USA, West Africa, West Indies,

### Use

The fruit yields a starchy food which is cooked and eaten.  
The male spadices are edible.

### Cultivation

Plants can be grown from seeds.

### Production

It is slow growing.



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**Nutritional Values**

*Pandanus utilis*

<b>Edible Part</b>	<b>/100 g edible portion</b>	<b>Moisture %</b>	<b>Energy KJ</b>	<b>Energy Kcal</b>	<b>Protein g</b>	<b>Provit A µg</b>	<b>Vit C mg</b>	<b>Iron mg</b>	<b>Zinc mg</b>
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