

Borassus flabellifer L. *The species*

Also known as:

Palmyra palm,
tala palm, doub palm,
wine palm or ice apple

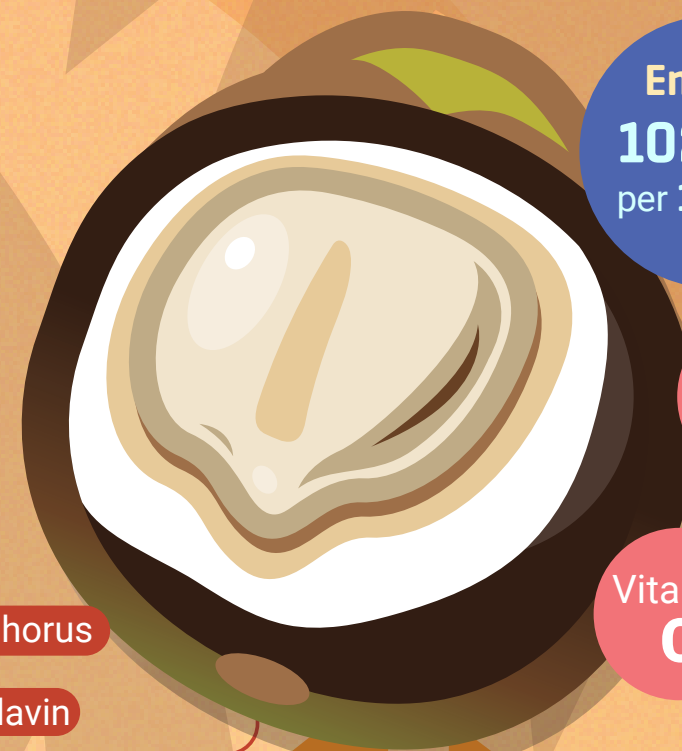
Geography

Native species
from South and
Southeast Asia

Also found in parts of
Africa, and naturalized
in Socotra and China.



Palmyra *The fruit*



Energy:
102 kCal
per 100g EP

Vitamin
B₁

Vitamin
C

Calcium

Phosphorus

Thiamine

Riboflavin

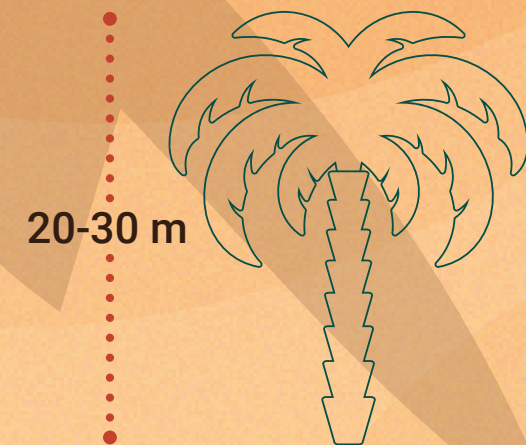
CHARACTERISTICS

Palmyra fruit is similar in taste to lychees and is often used in curries, desserts and sweet coconut drinks. The sap, palm heart and tubers of the species are also edible, offering important minerals such as calcium and phosphorus.


OTHER USES


The plant has antioxidant and anti-inflammatory properties. In East Java, Indonesia, the flower bud is used as a diuretic in traditional medicine.


The tree



20-30 m

 **Bud**
diuretic

 **Bark**
mouthwash

 **Wood**
construction,
charcoal

 **Leaves**
weaving,
thatch

 **Sap**
Palm sugar

Leaves span
3-6m in diameter

Maturity before yields
12-20 years

Productivity lifetime
100+ years



Known as the tree **with 801 uses**,

The palmyra tree is a cultural symbol in parts of **India, Cambodia** and **Indonesia**; it is mentioned in the Hindu epic, "**Mahabharata**."

It is primarily produced by
smallholders
~ in ~
coastal areas