



RESEARCH  
PROGRAM ON  
Forests, Trees and  
Agroforestry



INTERNATIONAL YEAR OF  
FRUITS AND VEGETABLES  
2021

# *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.

### 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.



Calcium      Phosphorus  
Thiamine      Riboflavin



Energy:  
102 kCal  
per 100g EP

Vitamin  
**B<sub>1</sub>**

Vitamin  
**C**

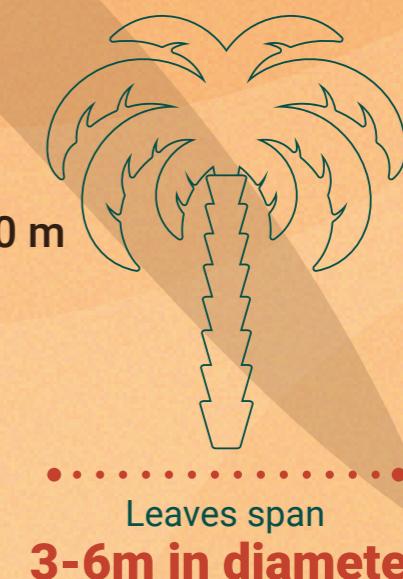
### OTHER USES

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

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**



- Bud diuretic
- Bark mouthwash
- Wood construction, charcoal
- Leaves weaving, thatch
- Sap Palm sugar

