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Cycas revoluta

[Synonyms : *Cycas acuminatissima*, *Cycas brevipinnata*, *Cycas longisporophylla*, *Cycas miquelii*, *Cycas septemsperma*, *Cycas spiniformis*, *Epicycas miquelii*]

JAPANESE SAGO PALM is a palm-like, evergreen plant. Native to southern Japan and to China, it has scaly cone-like flowers.

It is also known as Cycad, Cycas, *Cykas japonský* (Czech, Slav), False sago palm, Fern palm, Food of the dinosaur, King sago, *Madanagameswari* (Tamil), Sago-cycas, Sago palm, *Sotetsu* (Japanese), and *Vạn tuế* (Vietnamese).

Warning – prolonged ingestion of starch from the root and trunk pith is suspected by some authorities to cause increased risk of liver and cancer problems.

Revoluta means ‘rolled back’ with reference to the leaflet edges.

Japanese sago palm is a minor source of sago that can be processed from the pith in the trunk. Locally the seeds are eaten fresh or roasted.

In Japan the plant is understood to be extremely popular with those who practice bonsai, the art of growing dwarf trees. It is also familiar as a pot plant in Europe.