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Dioon edule

[Synonyms : *Dioon aculeatum*, *Dioon edule* var. *edule*, *Dioon edule* var. *imbricatum*, *Dioon edule* var. *lanuginosum*, *Dioon imbricatum*, *Dioon strobilaceum*, *Macrozamia littoralis*, *Macrozamia pectinata*, *Platyzamia rigida*, *Zamia maelenii*]

CHAMAL is an evergreen, palm-like shrub. Native to Mexico it has a crown of glossy, green fronds.

It is also known as Arrowroot, Chestnut dioon, *Cycadale du Mexique à graine comestible* (French), *Dioon* (Russian), *Dioon eduure* (Japanese), Edible seeded cycas, Edible seeded Mexican dioon, Mexican arrowroot, Mexican fern palm, *Palma de Dolores* (Spanish), *Palmfarn* (German), *Shi yong su tie* (Chinese), Virgin palm, and Virgin's palm.

Starch is extracted from the seeds.

Edule is Latin (edible).

Locally the seeds are eaten either boiled or roasted. They are also ground into flour which is used to make tortillas.