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Phoenix sylvestris

INDIA DATE is an evergreen palm. Native to the Himalayas, Myanmar (more familiar in the West as Burma) and India, it has a crown of long feathery fronds and fragrant white flowers.

It is also known as Date sugar palm, *Icham* (Tamil), *Kattinta* (Malayalam), *Khajuri* (Bengali, Hindi and Punjabi), *Peddayita* (Telugu), *Periyaitcham* (Tamil), Wild date, and Wild date palm.

Sylvestris means ‘wild, of or from woods or forests’.

In India the trunk is an important source of vitamin-rich sugary sap which is drunk as it is or made into palm sugar or toddy.

The leaves and leaf stems have been used locally for basketry – and the leaves have also been used in India for thatching, and matting, as well as for making fans.

South-eastern Asian experts believe that this palm is valued in the region primarily for its sap. Medicinally, in local Indian medicine the fruit have provided a tonic and the root has been used to ease toothache.