PLANT FACT SHEET

Sabal uresana Trelease

GENUS *Sabal* **FAMILY** Arecaceae

COMMON NAMES Palma blanca, Sonora palmetto

EDIBLE PARTS AND USES

Edible parts: Palm hearts, Cabbage

DESCRIPTION

A palm. The stems are single and stout. They can be 20 m tall. They are 20-30 cm across. There are 15-35 leaves. These have a bluish bloom on them. There are 60-75 leaflets with are rigid and point upwards. The flowering branch has 3 orders of branches. It is as long as the leaves and arches over. The fruit are round or pear shaped and 1.6 cm long by 1.3 cm across. They are brown or black.

HABITAT

It is a warm temperate plant. It grows in thorny forest and oak forest in Mexico. It is along streams and in valleys. It grows from sea level to 1,500 m altitude. It can grow in arid places.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/01798f5b-e407-420c-a467-308c7260b715