PLANT FACT SHEET

Sabal rosei (O. F. Cook) Becc.

GENUS *Sabal* **FAMILY** Arecaceae

COMMON NAMES Palma de llano

EDIBLE PARTS AND USES

Edible parts: Palm hearts, Cabbage

DESCRIPTION

A palm. It has a single stem. It is stout and 20 m tall. The trunk is 30-40 cm across. There are 15-35 leaves and they have a bluish bloom on them. The midrib is strong and arches over. There are 60-80 leaflets that are rigid and point upwards. On each side of the midrib the leaflets are arranged in one plane. The flowering stalks are as long as the leaves. They arch over and have 3 orders of branches. The fruit are slightly broader than long. They are 1.5-2.2 cm long by 1.3-2 cm wide. They are a greenish brown-black.

HABITAT

It grows in deciduous forest in Mexico. It grows in disturbed areas below 1,000 m altitude.

PICTURES



Credit: Food Plants International (Bruce French)

REFERENCES

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PROVIDED BY **Food Plants International**

French, B.R. & Maynard, A.R. Food Plants International Database. Food Plants International

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/31f9b10d-9456-41ee-9fc8-a6fdf319bf5a