PLANT FACT SHEET

Sabal mexicana Mart.

GENUS *Sabal* **FAMILY** Arecaceae

COMMON NAMES Mexican Palmetto

EDIBLE PARTS AND USES

Edible parts: Palm heart, Cabbage, Fruit

The palm heart is eaten. It is dried and pounded into a meal.
The fruit is eaten. It only has a small amount of pulp.

DESCRIPTION

A large palm. The trunk is 15-20 m high and 35-60 cm across. The trunk is grey and covered with old leaf bases. The leaves are big and fan shaped. They are greyish-green and 2-3 m long. The leaf stalk runs into the leaf blade. The leaf stalks are stiff and 1-1.5 m long. The leaves are divided for about 3/4 of their length into numerous segments which droop. The flower stalks grow among the leaves. The flowers are white. The fruit occur in large clusters and have small dark black fruit. These are 1.5 cm long.

HABITAT

A tropical plant. It will grow in tropical and temperate regions. It is common in the lowland vegetation of Mexico. It grows near sea level. A very hardy palm. It thrives in hot dry climates. It suits hardiness zones 9-12.

PRODUCTION

Cultivation

The plant is grown from seed. The seed are small and round and sprout easily.

Harvesting and Seed Production

The young plants grow quite quickly.

NOTES

There are 16 Sabal species.

PICTURES



Credit: Food Plants International (Bruce French)



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