PLANT FACT SHEET

Sabal bermudana L. H. Bailey

GENUS *Sabal* **FAMILY** Arecaceae

COMMON NAMES Bermuda palm

EDIBLE PARTS AND USES

Edible parts: Palm heart, Cabbage, Fruit

The fruit can be used to produce a flour.
The growing tip can be cooked and eaten.

DESCRIPTION

A palm. It has a single stem. It grows 7 m tall. The trunk is 20-35 cm across. There are 15-25 leaves. There are 85-95 leaflets. They are rigid and joined at their base for about half their length. The flowering stalk branches 3 times. The stalk arches over and is not longer than the leaf stalk. The fruit are pear shaped. They are black and 1.3-1.9 cm across. It is like Sabal palmetto but has larger, pear shaped fruit.

HABITAT

It is a tropical plant. It grows in dry and marshy locations in open areas in Bermuda. In Townsville Queens BG.

PICTURES



Credit: Food Plants International (Bruce French)



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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/7525d182-b602-4d0a-8fe6-fd731acd8ae4