PLANT FACT SHEET

Sabal palmetto (Walter) Lodd. ex Schult. & Schult.f.

GENUS *Sabal* **FAMILY** Arecaceae

COMMON NAMES Caribbean Cabbage palm

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Cabbage, Sap, Palm heart

The growing point or cabbage can be eaten, raw or cooked.
The pulp of the fruit is eaten. It is also made into syrup and dried and made into bread.
The pith of the upper trunk is chewed and also made into a pie or boiled with raisins and syrup as a pudding.
The ashes are used as a salt substitute.

DESCRIPTION

A fan palm. The trunk is 15-20 m tall and 35 cm across. The leaves form a round crown. The leaf stalk extends into the leaf blade. The leaf stalk is 1-1.5 m long. The leaves are blue-green. The leaf segments are joined for about 1/3 of their length. The tip is strongly notched. The flowering stalk is about as long as the leaves. It is branched. The flowers are white to cream. The fruit are small and round and black when ripe. They are 8-14 mm across. They are edible.

HABITAT

A tropical plant. It grows in the tropics and subtropics. It will grow in coastal sand dunes and tidal flats and in seasonally flooded land. It does best in fertile and well watered conditions. It grows to 34°C North. It suits plant hardiness zones 8-12. Mt Cootha Botanical Gardens.

PRODUCTION

Cultivation

The plant is grown from seed. The seed germinate easily given heat and humidity.

Harvesting and Seed Production

It is easy to grow. Plants flower and fruit when young.

NOTES

There are 16 Sabal species.

PICTURES



Credit: Food Plants International (Bruce French)



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