PLANT FACT SHEET

Sabal pumos (Kunth) Burret

GENUS *Sabal* **FAMILY** Arecaceae

COMMON NAMES Pumos

EDIBLE PARTS AND USES

Edible parts: Fruit

The fruit are eaten.

DESCRIPTION

A slender fan palm. It has a single trunk. The trunk can be 15 m tall and 35 cm across. The crown is large and rounded. The leaf stalk extends into the leaves. The leaves bear threads. The flowering stalk is arching or nodding and shorter than the leaf stalk. The fruit are oval or round and greenish-black. They are 18-27 mm across. The fruit are edible.

HABITAT

It is a tropical plant. It grows on sandy soils between 600-1300 m altitude in Mexico. It grows in tropical deciduous forests of mountainous areas. It needs a fast draining soil. It can tolerate drought.

NOTES

There are 16 Sabal species.

REFERENCES

Haynes, J., & McLaughlin, J., 2000, Edible palms and Their Uses. University of Florida Fact sheet MCDE-00-50-1 p 12

Henderson, A., Galeano, G and Bernal, R., 1995, Field Guide to the Palms of the Americas. Princeton. p 67

Johnson, D.V., 1998, Tropical palms. Non-wood Forest products 10. FAO Rome. p 86, 94

Kermath, B. M., et al, 2014, Food Plants in the Americas: A survey of the domesticated, cultivated and wild plants used for Human food in North, Central and South America and the Caribbean. On line draft. p 771

Riffle, R.L. & Craft, P., 2003, An Encyclopedia of Cultivated Palms. Timber Press. p 448

PROVIDED BY **Food Plants International**

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

LICENCE CC BY-NC-SA 3.0

ONLINE FACT SHEET https://www.echocommunity.org/en/resources/90a0fc38-ecfd-46d6-967e-12acbefa97fd