PLANT FACT SHEET

Sabal minor (Jacq.) Persoon

GENUS *Sabal* **FAMILY** Arecaceae

COMMON NAMES Dwarf Palmetto, Scrub Palmetto

EDIBLE PARTS AND USES

Edible parts: Fruit, Leaves, Root, Sap, Palm hearts, Starch

The starch of the trunk can be used for sago.
The pulp of the fruit is eaten raw or made into syrup. It is also dried and made into bread.
The terminal bud or cabbage is eaten raw or cooked.

DESCRIPTION

A small palm. The trunk is underground. Some plants can have a trunk 1-2 m high. The trunk can be 25-30 cm across. The leaf stalk extends into the blade. The leaf stalk is strong and the leaves are held upright. The leaf blade may be split into 2 halves. The leaves are blue green. The flowering bunch is also upright but arches over and extends beyond the leaves. The flowers are small and white and have a scent. The fruit are about 1 cm across. They are black when ripe.

HABITAT

It will grow from the tropics to the temperate zones. It can stand very low temperatures. It grows in swamps in the Southern USA. It grows in undergrowth in evergreen and deciduous forests at low elevations. It suits hardiness zones 8-11.

PRODUCTION

Cultivation

Plants can be grown from seeds.

Harvesting and Seed Production

It grows very slowly in temperate countries. Plants usually flower while quite young.

NOTES

There are 16 Sabal species. They can hybridise with each other.

PICTURES



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)



Credit: Food Plants International (Bruce French)

REFERENCES

Ambasta S.P. (Ed.), 2000, The Useful Plants of India. CSIR India. p 536

Balick, M.J. and Beck, H.T., (Ed.), 1990, Useful palms of the World. A Synoptic Bibliography. Colombia p 583,

Beckstrom-Sternberg, Stephen M., and James A. Duke. "The Foodplant Database." http://probe.nalusda.gov:8300/cgi-bin/browse/foodplantdb. (ACEDB version 4.0 - data version July 1994) (As Sabal glabra)

Blomberry, A. & Rodd, T., 1982, Palms. An informative practical guide. Angus & Robertson. p 164

Brickell, C. (Ed.), 1999, The Royal Horticultural Society A-Z Encyclopedia of Garden Plants. Convent Garden Books. p 920

Bull. Sci. Soc. Philom. Paris 3(87):205-206, t. 25. 1804 (As Sabal adansonii)

Cundall, P., (ed.), 2004, Gardening Australia: flora: the gardener's bible. ABC Books. p 1292

Facciola, S., 1998, Cornucopia 2: a Source Book of Edible Plants. Kampong Publications, p 31

Flora of Pakistan. www.eFloras.org

Gibbons, M., 1993, Palms. Compact study Guide and Identifier. Sandstone. p 71

Gibbons, M., 2003, A pocket guide to Palms. Chartwell Books. p 193

Hedrick, U.P., 1919, (Ed.), Sturtevant's edible plants of the world. p 585 (As Sabal adansonii)

Henderson, A., Galeano, G and Bernal, R., 1995, Field Guide to the Palms of the Americas. Princeton. p 66

Hibbert, M., 2002, The Aussie Plant Finder 2002, Florilegium. p 282

Jones, D.L., 1994, Palms throughout the World. Smithtonian Institution, Washington. p 51, 348

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

Moerman, D. F., 2010, Native American Ethnobotany. Timber Press. p 499

Plants for a Future database, The Field, Penpol, Lostwithiel, Cornwall, PL22 0NG, UK. http://www.scs.leeds.ac.uk/pfaf/

Recher, P, 2001, Fruit Spirit Botanical Gardens Plant Index. www.nrg.com.au/~recher/ seedlist.html p 7

Riffle, R.L. & Craft, P., 2003, An Encyclopedia of Cultivated Palms. Timber Press. p 447

Sukarya, D. G., (Ed.) 2013, 3,500 Plant Species of the Botanic Gardens of Indonesia. LIPI p 816

Sylva N. Amer. 10:38, note 3. 1896 (As Sabal glabra)

Syn. pl. 1:399. 1805

Tozer, F., 2007, The Uses of Wild Plants. Green Man Publishing. p 176

Yanovsky, E., 1936, Food Plants of the North American Indians. United States Department of Agriculture Miscellaneous Publication No 237. Washington, D.C. (As Sabal glabra)

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/a8ace2fd-692d-4878-bd0e-977bbace76c9