PLANT FACT SHEET

Sabal etonia Swingle ex Nash

GENUS *Sabal* **FAMILY** Arecaceae

COMMON NAMES Scrub palmetto, Scrub cabbage

EDIBLE PARTS AND USES

Edible parts: Fruit, Palm Heart, Cabbage

The terminal bud or cabbage is eaten as a vegetable.
The fruit are eaten. They only have a very small amount of pulp.

DESCRIPTION

A palm. The stems occur singly and are short and underground. They can be erect up to 2 m tall. There are 4-7 leaves. They are yellow-green with a prominent mid-vein. There are 25-50 leaflets. They are rigid and joined for a short distance at the base. There are threads along the edges. The flowering stalk is branched to 2 orders. The flowering stalks stick upwards and are shorter than the leaves. The fruit are almost round. They are 0.9-1.5 cm long and 0.8-1.3 cm wide. They are brownish black.

HABITAT

It is a subtropical plant. It grows in the understory or oak-pine forest on sandy soils.

PICTURES



Credit: Food Plants International (Bruce French)

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ONLINE FACT SHEET https://www.echocommunity.org/en/resources/b683f023-dd35-4f36-846a-4e358f0e2155