

Cabbage Palm

(*Sabal palmetto*)



Cabbage Palm

Instant ID

- A tree that grows 40-50 feet tall. Can grow much taller in a forest
- Crown (top) is 10-15 feet across
- Has fan-shaped fronds (leaves) over 5 feet long
- Has 4-5 foot long flower stalks of white, bell-shaped flowers
- Fruit begins green and turns black as it ripens
- Fronds are often green near the top and change from yellow to brown near the bottom

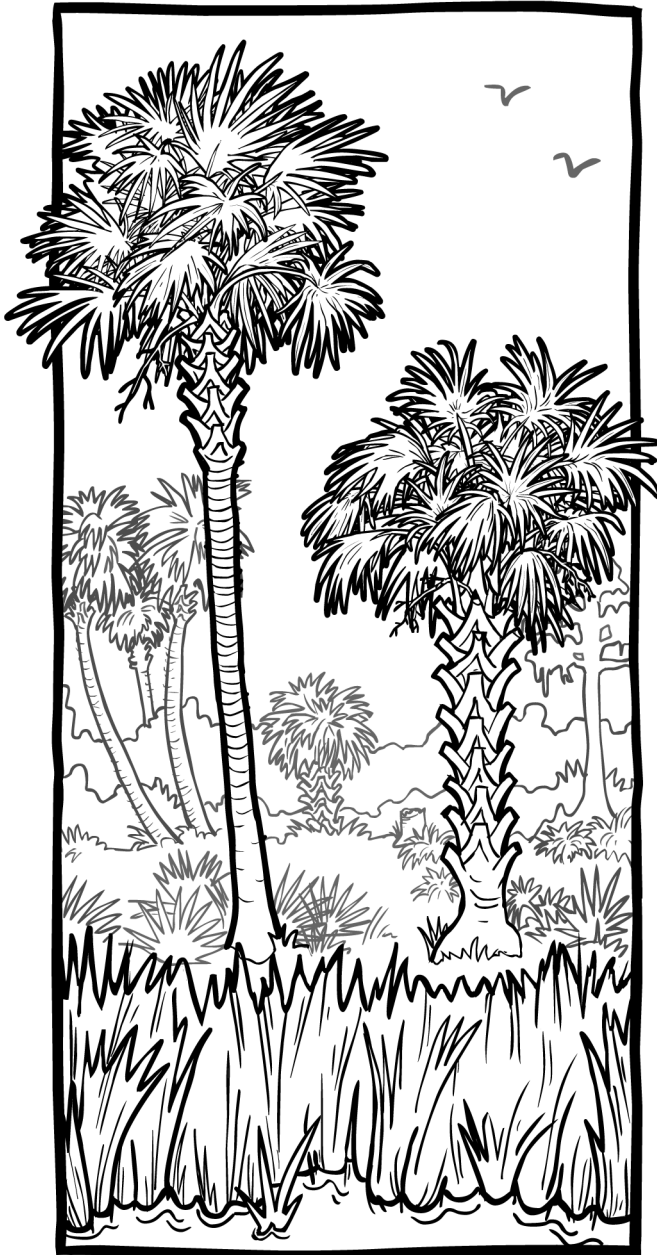
Native Niches

- Found throughout
- Florida and other coastal regions of the Southeast
- Found in prairies, hardwood hammocks, pine forests, beaches and dunes



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Plant Particulars

- It is Florida's and South Carolina's state tree
- Can be found with a smooth trunk or with the boots (remnants of dead fronds) still attached
- The terminal buds (growing portion) give the tree its name because they are a food called hearts-of-palm
- Also called the sabal palm
- A variety of wildlife eat the fruit
- Resistant to short periods of salt water exposure

Population Protection

- Palms cannot heal their trunks like other trees, so damage can be more severe
- Harvesting heart-of-palm kills the tree

