



# CABBAGE

# PALM

**FAMILY: *ARECACEAE***

**SCIENTIFIC NAME: *SABAL  
PALMETTO***

**DESCRIPTION: THE CABBAGE PALM IS NATIVE TO FLORIDA AND THE COASTAL REGIONS OF NORTH AND SOUTH CAROLINA AND GEORGIA AND IS THE STATE TREE OF BOTH SOUTH CAROLINA AND FLORIDA. THE NAME "CABBAGE PALM" COMES FROM ITS EDIBLE IMMATURE LEAVES, OR "HEART," WHICH HAS A CABBAGE-LIKE FLAVOR. THE PALM PRODUCES BLACK FRUITS OF ABOUT ¼ INCH IN DIAMETER IN LATE SUMMER. ALTHOUGH THE FRUITS CONTAIN LITTLE FLESH, THEY ARE OFTEN CONSUMED BY RACCOONS AND OTHER ANIMALS THAT DISPERSE THE SEEDS.**

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