*Sabal palmetto*

English: Cabbage palm.

Ecology: one of 15 species of [palmetto](https://en.wikipedia.org/wiki/Sabal) [palm](https://en.wikipedia.org/wiki/Arecaceae). It is native to the [southern United States](https://en.wikipedia.org/wiki/Southern_United_States), as well as [Cuba](https://en.wikipedia.org/wiki/Cuba), the [Turks and Caicos Islands](https://en.wikipedia.org/wiki/Turks_and_Caicos_Islands), and [the Bahamas](https://en.wikipedia.org/wiki/The_Bahamas).

Uses: Firewood, scrubbing brushes, food [hearts of palm], ornament

*Description: a deciduous palm tree that* grows up to 65 feet or 20 metres. BARK: Starting at ½ to ⅔ the height, the trunk develops into a rounded, costapalmate fan of numerous [leaflets](https://en.wikipedia.org/wiki/Leaflet_(botany)). LEAVES: leaflets are arranged radially like in a palmate leaf. All costapalmate leaves are about 0.20 inches or 5.1 millimetres across. FLOWERS: FRUIT: a black [drupe](https://en.wikipedia.org/wiki/Drupe) about 0.5 inches or 1.3 centimetres long containing a single seed. It is extremely [salt-tolerant](https://en.wikipedia.org/wiki/Halophyte)

Propagation: seedling. Thrives on regular light watering and regular feeding.

Seed: One contained inside each fruit. Often planted in nurseries.

Management: Maintenance of the cabbage palm tree is very easy and very adaptable. The cabbage palmetto is known to tolerate drought, standing water and brackish water.

Remarks: The cabbage-like terminal bud has been eaten as [hearts of palm](https://en.wikipedia.org/wiki/Hearts_of_palm).