

SABAL PALM/CABBAGE PALM

Sabal palmetto

- The Sabal palm is the Florida State Tree and is protected from indiscriminate cutting.
- It is native to Florida and coastal regions of North and South Carolina and Georgia and is also the state tree of South Carolina.
- The ancient people referred to this tree as the “Tree of Life” because it produced food, shelter, and clothing.
- Branched inflorescences produced during the late spring contain thousands of tiny, creamy-white, fragrant flowers that attract bees.
- 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 birds, raccoons, and other animals that disperse the seeds.
- Larval host plant for Monk skipper butterfly.

