



## **Cabbage Palm**

*Sabal palmetto*

**Height:** 20 to 45 ft. typically

**Spread:** 20 to 30 ft.

**Light requirement:** full sun

**Soil tolerances:** clay; sand; loam; acidic; slightly alkaline; wet or well-drained.

**Drought tolerance:** high

**Aerosol salt tolerance:** high

**Roots:** not problematic

The sabal palm, or cabbage palm, is native to Florida and 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. Sabal palms have curved, costapalmate, fan-shaped leaves with blades 3–4 feet long and petioles 3–6 feet long.

**Send us your questions:** [sarasota@ifas.ufl.edu](mailto:sarasota@ifas.ufl.edu)

Ref: UF/IFAS EDIS Factsheet

<https://edis.ifas.ufl.edu/st575>

Photo credit: UF/IFAS



## **12-Step Tree Adoption Aftercare Program**

1. Look up! Avoid planting under overhead power wires and streetlights.
2. Call 811 to locate underground utilities, before digging a hole.
3. Select a planting location at least 6-8 ft. from pavements, & 15 feet from the nearest building.
4. Dig a hole 2-3 times WIDER, but the SAME length/depth as the root ball.
5. Gently remove root ball from container and check for root defects e.g. circling roots; if present, slit circling roots at diagonal points of an 'X' around the root ball.
6. Carefully place tree in the planting hole and position top of root ball 1-2 inches above the soil level.
7. Straighten the tree.
8. Half-fill the planting hole with soil.
9. Fill planting hole with water to get rid of air pockets.
10. Finish backfilling the hole with soil.
11. Add mulch in an 8 ft. diameter 'doughnut' around the tree but keep it away from touching the trunk.
12. Water (1 gallon) daily first 2 weeks; next 2 months - every other day; next 3 months - weekly.

For more information, watch this video:

[https://www.youtube.com/watch?v=5Dmmaemw](https://www.youtube.com/watch?v=5Dmmaemw4jo)

[4jo](https://www.youtube.com/watch?v=5Dmmaemw4jo)