



Cabbage Palm

Cabbage palm, or Sabal Palmetto is one of twelve Florida native palms. It is the state tree of both South Carolina and Florida. The edible immature leaves have a cabbage-like flavor, locally known as swamp cabbage, elsewhere called hearts of palm. The trunk and leaves were used in construction by both the indigenous people and Florida “crackers”. They are not harmed by the plants

that often germinate in the “boots” of the trunk. They do not need to be trimmed, as brown fronds will fall off on their own.