

# Sabal Palm

## *Sabal palmetto*

Sabal palm, also known as Cabbage palm, is about as hurricane-proof as a tree can be. Sabal palms are fairly tolerant of salt spray on foliage but are intolerant of salt in the root zone. The Sabal palm was designated the State tree in 1953 and occurs on the Florida State seal. The bud of the tree is edible and is known as "heart of palm." Sabal palm has been successfully grown in urban areas where air pollution, poor drainage, compacted soil, and drought are common. It is exceptionally easy to transplant and will thrive in full sun or partial shade. It will adapt to slightly brackish water as well as dry, sandy locations and requires no special care once established. Seeds germinate readily in the landscape, generating many seedlings. Removing the seedlings from beneath the canopy can be a nuisance.

**Type:** palm tree

**USDA hardiness zones:** 8b through 11

**Uses:** reclamation plant; specimen

**Origin:** native to North America

**Height:** 40 to 50 feet      **Spread:** 10 to 15 feet

**Plant spacing:** 6 to 10 feet

**Light requirement:** full sun to part sun

**Soil tolerances:** clay; loam; sand; acidic; alkaline;  
extended flooding; well-drained

**Drought tolerance:** high

**Soil salt tolerances:** good

**Aerosol salt tolerances:** high

**Invasive potential:** seeds itself into the landscape

**Pest resistance:** long-term health usually not affected  
by pests

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Photo: UF/ IFAS