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*Roystonea oleracea*

[Synonyms : *Areca oleracea*, *Euterpe caribaea*, *Gorgasia maxima*, *Oreodoxa caribaea*, *Oreodoxa oleracea*, *Roystonea venezuelana*]

**CABBAGE PALM** is a palm. Native to the West Indies and to north-eastern South America, it has creamish flowers.

It is also known as Barbados cabbage palm, Cabbage tree, Caribbee royal palm, Caribbee royal palm, *Palmeira imperial* (Brazilian), *Palmeira real* (Brazilian), Palmetto royal, *Palmiste* (French), Royal palm, South American royal palm, and *Yagua* (Honduran).

*Oleracea* means ‘vegetable- or cooking herb-like or of the herb-, vegetable or kitchen garden’. In parts of the West Indies the terminal bud or cabbage is eaten locally as a delicacy, raw or cooked as a vegetable. It is the prime ingredient in a well-known salad called ‘Millionaires salad’. The young leaves are also edible.

The trunk of cabbage palm yields sago-type (*Metroxylon sagu*) of starch.

The trunk and stems are used locally for wharf piling and general construction-work.