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Palm Trees For Office Indoor Planting Or Outside In The Deep South

By Pat Malcolm

Several types of palm trees can be grown outside or inside, if planted in a container. Palm trees

grown in containers are suitable for low light office situations or indoors at homes in Northern States. Gardeners can buy small, reasonably priced palm trees at a nursery to be planted, to grow as bonsai specimens. Gardeners can purchase mature indoor palms from certain Internet nurseries that will be delivered fast by semi-trucks

Pygmy Date Palm, *Phoenix roebellenii*, originated in Asia and can grow to 10 feet tall, but it is not a fast grower. This very adaptable, exotic plant, is easy to grow, and has become a very important indoor office palm, because of its beautiful, graceful leaves that grow well in low light. This containerized plant is popular at Sea Island, Georgia, and it has been used massively by the US Government as an outdoor containerized plant to separate crowds from the elite. The Pygmy Date Palm is often commonly used at National, televised political events. Most plant designers recommend buying multiple trunked plants from a nursery that are containerized.

The Bamboo Palm, *Chamaedorea erumpens*, is a perfect indoor palm that can grow 10 feet tall in a container. The Bamboo palm was so named, because its multiple canes grow like bamboo rings, widely spaced, slender and olive green in color. The Bamboo palm is well adapted to plant and grow in tropical gardens, or as an under story shrub that screens out noise and automobile exhaust fumes. The Bamboo palm grows fast and neatly as a silhouette, privacy, landscape plant in warm areas.

The Sago Palm, *Cycas revoluta*, is a cycad, not a true palm tree. But, it is widely known by the public as a palm tree, and has many characteristics with the landscaped tropical appearance of a palm. The tree is not fast growing, and requires 100 years to develop a trunk 6 feet tall. The trunks on large specimen trees often sprout abundant, small sago shoots that grow out of the trunk at right angles, creating a bazaar sight when planted in the landscape. The Sago palm will survive temperatures of 0 F, and at temps below 20 F will show some foliage burning that will regrow in warm weather. The Sago palm grows well in zones 7 - 10, but some gardeners prefer to containerize the plant to move indoors during the winter or to grow it as a bonsai plant. Many cottage owners at Sea Island, Georgia plant and grow sago palms in the landscape, but some homeowners containerize the sago palms, and place them in pairs at the front doorway entrances.

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Lady Palm, *Rhapis excelsa*, is an ideal office plant, and it can be grown in landscapes, where the temperatures don't drop below 20 F. The Lady palm tree is a favorite indoor plant at the famous resort Cloister Hotel, at Sea Island, Georgia. Very large, 6 - 7 feet Lady palms can be seen growing in 25 gallon containers in extremely low lighted areas inside the Hotel and are placed at dark corners at several covered outside walkways that receive only small amounts of reflective indirect sunlight. This palm may become your office or home favorite. Lady palm trees grow 10 feet.

Triangle palm, *Dypsis decaryi*, also is called the Madagascar palm, and it originated on the South African Island of Madagascar. The Triangle palm is one of the most bizarrely formed plants ever grown and offered to buy at a nursery, because of the oddly shaped trunk and red clusters of cells on the underside of the blue-green leaves. The dark brown trunk with contrasting glowing, gray leaf scars are exotic in any office container planting.

The Ponytail palm, *Beaucamea recurvata*, is also called a Bottle palm tree and Elephant Foot palm, but is really not a true palm. The Ponytail Palm is, however, related closely to the agave family. The base of the plant is swollen, woody-looking, and the trunk tapers as it grows larger. Ponytail palms will survive temperatures down to the low 20's F, and can be grown outside in many warm climates, but they grow into very interesting office containerized plants in low light situations, and are not fast growing.

Bauer's Dracaena Palm Tree, *Cordyline Baueri*, is a beautiful red leaved, slender tree, growing 8-10 feet at maturity with burgundy-red leaves. During the warm summer, a large flower stalk appears with clusters of white flowers. Even though this plant is not a palm, it is evergreen when planted and grown in temperatures above 20 F. The Bauer Dracaena is a perfect office or indoor containerized plant for Northern States, and will draw entertaining stares from office visitors. Bauer's Dracaena grows well outside in warm climates, but is not a fast growing tree.

Patrick A. Malcolm, owner of TyTy Nursery, has an M.S. degree in Biochemistry and has cultivated palm trees for over three decades.

<http://www.tytyga.com>

Palm Trees - Uses And Locations

By Henry Gallant

Palm trees, scientifically known as *Arecaceae* or *Palmae*, are trees belonging to a family of monocot flowering plants. There are approximately 2,600 different species of palm trees, the majority of which are native to tropical or subtropical climates. Some well-known trees that belong to this group include coconut trees, rattan trees, and date palm trees.

Uses of palm trees

Palm trees have many uses. Palm tree sap is sometimes fermented in order to produce palm wine, or

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palm toddy. To make palm wine from the sap of palm trees, the sap is first collected by cutting between the tree kernels. A container is placed below the cut to collect the sap, a process that takes one or two days. The sap begins fermenting immediately and creates a wine within two hours. If the palm sap is allowed to sit too long, however, it turns into vinegar.

Heart of palm is also derived from several species of palm trees. Heart of palm is also referred to as swamp cabbage, palm heart, or palmito. Heart of palm is a vegetable harvested from palm trees. Because the vegetable is taken from the inner core of the palm trees, however, it kills the tree when it is harvested. Therefore, it is quite costly and salads in which it is added are often referred to as "millionaire salad."

In addition, oil palms belonging to the genus *Elaeis* are used to produce palm oil. This form of vegetable oil is obtained from the palm tree's fruit. The edible form of palm oil is extracted from the pulp of the fruit. This is what is generally referred to as "palm oil" or "edible oil." This oil is generally reddish in color and contains high levels of carotenoids. It is most often used in margarine or in cooking oil.

"Palm kernel oil" is derived from the kernel of palm trees. This oil is not edible, but is used mostly to make soap. Palm kernel oil contains olefins and lauric acid. Both forms of palm oil also contain a large amount of tocotrienol, which is part of the Vitamin E family.

Palm trees in the United States

Very few palm trees are capable of tolerating severe cold. The hardiest palm trees include the *Trachycarpus*, which is native to eastern Asia, and the *Rhapidophyllum*, which is from southwestern United States.

Other palm trees are native to warmer climates in the United States, such as California, Florida, and southern California where a tropical climate is prevalent. Other states with Mediterranean climates, such as the Gulf coast states of Alabama, Mississippi, Louisiana, Texas and southern Georgia also are home to native palm trees. Some desert states, such as Arizona, Nevada, New Mexico, and Utah are also home to some species of palm trees.

In addition, the Atlantic coast of South Carolina contains numerous palm trees, earning the state the nickname of "Palmetto State."

Palm trees have also been known to grow as far north as Arkansas and Maryland in the United States, as well as along the Pacific Coast to Washington and Oregon. Some species of palm trees have also been successfully transplanted to states as far north as New Jersey.

Henry Gallant is an expert author at

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