

CFPACS Presentation

For

Lakeland Garden Club



By

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CFPACS Membership Chair

City of Lakeland Residential Beautification Award – May 2025

About CFPACS

- **Our Mission:** Education, Preservation, Conservation
- **Our Site:**
 - **About Us:** <https://cfpacs.com/org/about-us/>
 - **Membership:** <https://cfpacs.com/org/membership-info/>
 - **Events:** <https://cfpacs.com/org/events/>
 - **Publications:** <https://cfpacs.com/org/palmateer/>
- **Social Media:**
 - Facebook: <https://www.facebook.com/p/Central-Florida-Palm-Cycad-Society-100064719099155/>
 - Instagram: https://www.instagram.com/cfpacs_theofficial/
 - Twitter/X: <https://x.com/centralflapalms>
- **IPS Affiliate:**
 - IPS Home Page: <https://palms.org/>
 - PalmTalk Forums: <https://www.palmtalk.org/forum/>
 - CFPACS was recognized at our 2025 Fall Meeting in Longwood for outstanding web presence by two IPS directors.
 - IPS is currently offering a great deal for new members! You get a \$300 book for the cost of shipping with your membership.
 - <https://www.palmtalk.org/forum/topic/94274-free-gift-for-ips-members/>

About the Presenter

- Current CFPACS Membership Chair
- City of Lakeland - Residential Beautification Award - May 2025
- 24 years in Polk County
- 21 years in Lakeland
- Originally from near Flight 93 in PA
- Currently growing ~100 species of palms and cycads
- **PalmTalk:** kinzyjr
- **Also growing:**
 - tropical hardwoods and fruit trees
 - crotons
 - cordylines
 - pineapples
- **Specialties:**
 - Cold tolerance
 - Microclimates
 - Seed germination
 - Hardiness map generation and weather records presentation.

Palms in Your Neighborhood

Pygmy Date Palm

- *Phoenix roebelenii*
- Max height: 8-15ft.
- Most are solitary.
- Triples in stores are three separate plants.
- Great for small lots due to small stature.



Canary Island Date Palm

- *Phoenix canariensis*
- Max height: 30-60ft.
- Large, solitary palms with long spines near the center of the crown.
- Most have been killed by Lethal Bronzing



True Date Palm

- *Phoenix dactylifera*
- Max height: 80-120ft.
- The palm that produces grocery store dates.
- Lethal Bronzing has reduced their numbers.
- Yes, you can grow date pits into a palm.



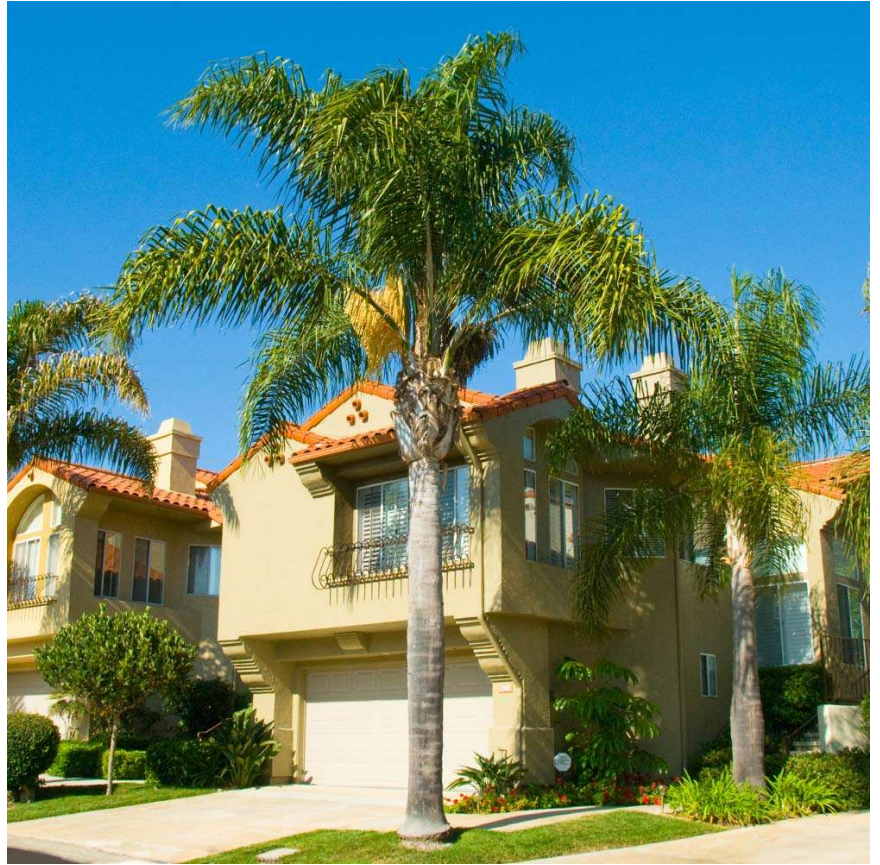
Senegal Date Palm

- *Phoenix reclinata*
- Max height: 30-50ft.
- A clustering palm in the Phoenix genus.
- Most, if not all, plants in Florida are hybrids.
- Seems to be more resistant to Lethal Bronzing than other Phoenix.



Queen Palm

- *Syagrus romanzoffiana*
- Max height: 30-50ft.
- Solitary palm related to the coconut palm. They love water and 8-2-12 + micros fertilizer.



Jelly Palm or Pindo Palm

- *Butia odorata*
- Max height: 15-30ft.
- Solitary palm related to queens and coconuts.
- Very cold-tolerant.



Cabbage Palm

- *Sabal palmetto*
- Max height: 60-80ft.
- Solitary palm native to the SE USA from Texas to Florida and up to NC.
- The state tree of FL and SC – even though it isn't a tree.
- Grows in every part of FL.



Everglades Palm

- *Acoelorrhaphe wrightii*
- Max height: 15-40ft.
- Clumping native palm with ~4in wide canes.
- Loves water! Right at home next to a pond or lake.



Mediterranean Fan Palm

- *Chamaerops humilis*
- Max height: 5-30ft.
- A variable palm with solitary and clustering varieties that can be any shade of green or blue with multiple leaf forms.
- One of only two species native to Europe.
- Very cold and drought tolerant!



Silver Bismarck Palm

- *Bismarckia nobilis*
- Max height: 40-80ft.
- Large solitary palm with silver and green varieties.
- Difficult to transplant once established.



Mexican Fan Palm

- *Washingtonia robusta*
- Max height: 80-120ft.
- Solitary palm native to Mexico.
- Less cold tolerant, but more humidity tolerant than its close relative *Washingtonia filifera* (California Fan Palm).



Chinese Fan Palm

- *Livistona chinensis*
- Max height: 20-50ft.
- A great overall mid-sized choice in the age of Lethal Bronzing.



Ribbon Palm

- *Livistona decora*
- Max height: 30-40ft.
- The current best palm for Lakeland.
- Almost completely resistant to Lethal Bronzing.
- Tolerant of record low temperatures and drought.



Golden Cane Palm

- *Chrysalidocarpus lutescens*
- Max height: 30-40ft.
- A clustering palm from Madagascar formerly in the *Dypsis* genus.
- Takes damage with frost and cold but can come back from the ground.



Foxtail Palm

- *Wodyetia bifurcata*
- Max height: 30-60ft.
- A solitary crownshaft palm from Australia.
- Takes damage with frost and cold but has survived serious cold in Lakeland in sheltered areas.



Cycads in Your Neighborhood

King Sago, Sago Palm

- *Cycas revoluta*
- Max height: 10-30ft.
- A clustering cycad from Japan.
- Cycads are not palms; they're conifers.
- Every part of the plant (and other cycads) is toxic, if ingested.



Florida's Only Native Cycad

Coontie, Florida

Arrowroot

- *Zamia integrifolia*
- Max height: 2-3ft.
- The only cycad native to the USA, and therefore, Florida.
- Food Source for Atala Butterfly larvae.
- Every part of the plant (and other cycads) is toxic, if ingested.



Palms for Your Taking

Fine Leaf Palm

- *Chrysalidocarpus plumosus*
- Max height: 25-40ft.
- A solitary relative of the Golden Cane Palm.
- These were left outside for the freeze and had no damage.
- Adds tropical flare to a garden.



Cretan Date Palm

- *Phoenix theophrasti*
- Max height: 25-40ft.
- A clustering, smaller version of a true date palm with smaller fruit.
- Faster growing than true date palms.
- The second palm native to Europe.



California Fan Palm

- *Washingtonia filifera*
- Max height: 40-50ft.
- A shorter, stout version of the Mexican Fan Palm.
- California's only native palm.



Climate and Microclimate

▪ Recent Freezes

○ Freeze of February 2026 – An oddball

- High winds and high-teens to low-20s in open areas while low-to-mid 20s persisted inside the city limits.
- The cold air traveled more west-to-east rather than the typical north-to-south or northwest-to-southeast pattern.
- https://www.palmtalk.org/forum/topic/92659-2026_02-florida-palmageddon-observations-and-damage-photo-thread

○ Freeze of December 2022 – Classic Advection Cold

- High winds the first night, long duration below 50F. Minimums in the area ranged from low-20s to low-30s.
- https://www.palmtalk.org/forum/topic/76409-2022_12-florida-christmas-freeze-2022/

○ Freeze of January 2022 – Classic Radiational Cold

- Minimum temperatures low-20s in open areas, 30s in town, 35F at City Hall.
- https://www.palmtalk.org/forum/topic/72092-2022_01-january-2022-florida-freeze-report/

○ Not enough?

- Check out our maps at <https://cfpacs.com/org/palmateer/>

▪ What can be done?

- Select plants that can stand up to our record low (20°F).
- Tree canopy can eliminate frost, allowing more palms to survive radiational cold.
- Windbreaks can cut wind speed down to a more tolerable level while still allowing enough air movement to stop frost.
- Plant sensitive plants near your house. The south and east sides will be milder than the north and west sides.
- Keep plants in good health, well-watered, and well-fed. This will help them stand up better.
- Move to Miami or further south.

Seeing is Believing

Common Questions:

- *Where can we look at information for palm species with which we are not familiar?*
 - Palmpedia: <https://palmpedia.net/wiki/index.html>
 - PalmTalk: <https://www.palmtalk.org/forum/>
- *Where can I go to see more?*
 - Locally:
 - Hollis Gardens: <https://www.palmtalk.org/forum/topic/18482-hollis-gardens-lakeland-fl/>
 - Lake Wire: <https://www.palmtalk.org/forum/topic/61996-lake-wire-lakeland-fl/>
 - Common Ground: <https://www.palmtalk.org/forum/topic/61890-common-ground-lakeland-fl/>
 - City Hall + Downtown: <https://www.palmtalk.org/forum/topic/94081-downtown-lakeland-lakeland-fl/>
 - Tigertown: <https://www.palmtalk.org/forum/topic/75211-tigertown-lakeland-fl/>
 - Travel:
 - Kopsick Palm Arboretum – St. Petersburg: <https://www.palmtalk.org/forum/topic/50060-gizella-kopsick-palm-arboretum/>
 - Leu Gardens – Orlando, FL: <https://www.palmtalk.org/forum/topic/91304-leu-gardens-some-z9-palms-for-the-gulf-coast/>
 - St. Johns Botanical Garden and Nature Preserve: <https://www.palmtalk.org/forum/topic/71456-st-johns-botanical-garden-hastings-fl/>
 - Society Meetings:
 - Our members and hosts have some of the best and most varied gardens in Central Florida.

Special Invitations

▪ CFPACS 2026 Fall Meeting

- Saturday, October 10th, 2026 – 10AM-2PM
- More Info: <https://www.palmtalk.org/forum/topic/93849-central-florida-palm-cycad-society-fall-2026-meeting/>
- RSVP: cfpacs.membership@gmail.com

▪ Palm Walk – Lakeland Electric and Hollis Gardens

- Friday, November 13th, 2026 – 10AM-11AM
- Speaking Session:
- Lakeland Electric, 501 East Lemon Street, Lakeland, FL 33801
- Palm Walk:
- Hollis Garden, 702 E Orange St, Lakeland, FL 33801
- <https://www.eventbrite.com/e/palm-tree-talk-walk-tickets-1992385534768>
- This event and more posted on our website's Events section:
- <https://cfpacs.com/org/events/>