

Air Potato Vine

Dioscorea bulbifera



General Information: Even though they are found in nearly every Florida county, the air potato vine is a nonnative-invasive species originally from Asia, Africa, South Pacific and northern Australia. This fast-growing species can grow up to 8 inches per day and contains a variety of toxic compounds in both the underground tubers and aerial bulbs. While most vines grow clockwise around tree trunks, the air potato vine grows in a counter-clockwise direction.

Medicinal Uses: Air potato vines are used in traditional Ayurvedic (a traditional Indian system of medicine) medicinal practices in Asia to treat diarrhea, sore throats, and jaundice.

Did You Know: All air potato vines in Florida have been females and reproduce by sprouting from the bulbils. They are all clones or genetic copies of their original parent plant.

Beggartick

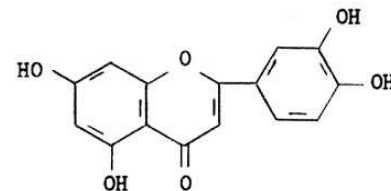
Bidens pilosa



General Information: *B. pilosa* is one of almost 240 known *Bidens* species. Originally from South America, it is an easily grown perennial herb that is found across both tropical and temperate regions. It can be identified as either glabrous or hairy. The leaves can be seen as serrate, lobed or dissected with opposite arrangement. Having invasive tendencies, the herb is generally considered a weed.

Medicinal Uses: *B. pilosa* has been used in many foods and for medicines, for both humans and animals, without any negative effects. It is also used in teas and herbal medicines. Treatments include inflammation, immunological disorders, digestive disorders, infectious diseases, cancers, metabolic syndrome, wounds, etc.

Did You Know: A single plant can produce up to 6,000 seeds.



Bracken Fern

Pteridium aquilinum



General Information: *P. aquilinum* is a perennial fern that can grow up to 4 feet tall and is found on all continents except Antarctica. Due to its wide foliage groundcover, the fern is an excellent shelter for small animals. Even though *P. aquilinum* grows in coastal environments, it is not flood tolerant. It is typically found in woods, fields, areas with disturbed soils, burned-out areas, and marshlands. It does not produce flowers, so it reproduces using spores.

Medicinal Uses: The roots have been used in teas for stomach cramps, chest pains, internal bleeding, diarrhea, colds, and to expel worms. The roots themselves are antiemetic, antiseptic, appetizer and tonic. Young shoots have been eaten as treatments for cancers. The fiddleheads (curled-up leaves) have traces of low toxicity if ingested.

Did You Know: The fern often becomes dominant after disturbances such as fire, logging, and grazing.

Cabbage Palm

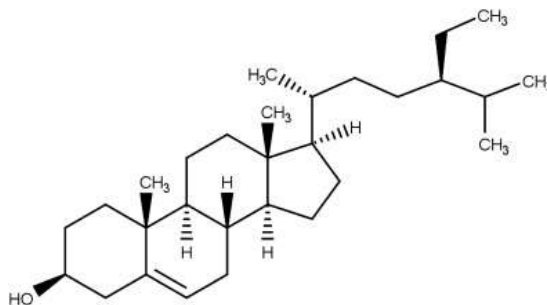
Sabal palmetto



General Information: Growing as tall (or sometimes taller) than 40 feet, the evergreen cabbage palm has fan-shaped leaves supported by hard, woody stalks. As new stalks and leaves grow, they will shed their older ones. The cabbage palm will produce numerous white flowers followed by shiny, black fruits.

Medicinal Uses: The cabbage palm is often used as a diuretic and as a urinary antiseptic.

Did You Know: The trunks of cabbage palms are used in dock pilings. The young leafstalk fibers are used in bushes and whisk brooms, and the leaf blades are made into hats and baskets.



Camphor

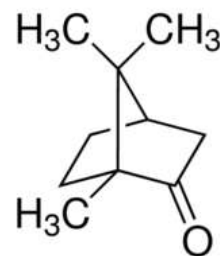
Cinnamomum camphora



General Information: Listed as an invasive species in north and central Florida, the camphor tree can be found throughout Florida, Georgia, and western Texas. This tree will produce small flowers that can be greenish white to a pale yellow and also small, dark, fleshy drupes as fruit. The leaves have an alternate orientation with a glossy topside (adaxial) and a duller underside (abaxial).

Medicinal Uses: Topically, the camphor tree can be used to act as a counterirritant and an antiseptic. Traditionally, it is used in treatments for heart conditions, colds, fevers, respiratory complaints, inflammatory conditions, infections, diarrhea, and hysteria.

Did You Know: The quickest way to identify a camphor tree is to peel back the bark or snap a twig and release the camphor scent.



Cattail

Typha latifolia



General Information: These perennial plants are most commonly found clumped together in shallow, marsh water usually shallower than 8 inches deep. They can grow up to 8 feet tall and have broad, linear leaf blades. The brown, cylindrical flower can persist through autumn and will then become a mass of white. A yellowish club-like flower can also appear above the brown flower.

Medicinal Uses: The roots can be smashed and used for wound treatment for cuts, sores, inflammations, burns and scalds. The flowers are also commonly used for abdominal pain, amenorrhoea, cystitis, vaginitis and dysuria.

Did You Know: The young shoots can be consumed, similar to asparagus, and the immature flower spikes can be boiled and eaten like corn on the cob.

Chamber Bitters

Phyllanthus urinaria



General Information: The chamber bitter can grow up to 2 feet in height and is considered a summer annual plant. The leaves grow in a similar pattern to legumes. The flowers seen are small, greenish-white and inconspicuous. They require temperatures above 75 degrees fahrenheit to germinate, which is why they are most commonly seen during the summer months.

Medicinal Uses: It is most commonly used in folk medicines for jaundice, diabetes, malaria, and liver diseases. It can be used topically for ulcers, sores, swelling, and itchiness.

Did You Know: The fruits of the chamber bitters can forcefully expel the seeds over short distances to propagate.

Chinese Privet

Ligustrum sinense



General Information: The chinese privet is considered a shrub/small tree that can grow up to 13 feet tall. It is considered an invasive species in North Carolina and the southeast US, and shows signs of being problematic. It will flower in the late spring and produce an offensive odor. It can produce toxic berries in an impenetrable thicket formation. It grows extremely fast and has naturalized in most moist areas, but is used as an ornamental shrub in evergreen landscaping.

Medicinal Uses: It has been reportedly used to treat impaired vision, dizziness, fever and insomnia, but is also used in China as a tonic to treat premature aging, tinnitus, or ringing in the ears.

Did You Know: The chinese privet is an extremely tolerant plant including drought tolerant, alkaline tolerant, pollution tolerant, shade tolerant and even tolerant of poor soils.

Coralbean

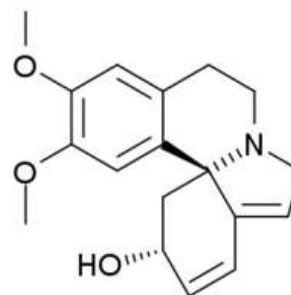
Erythrina herbacea



General Information: This plant grows low to the ground and produces thorns with glossy leaves that are shaped like arrowheads. They produce scarlett red flowers on the upper parts of the stems. Seeds are also produced in blackish pods up to 8 ½ inches long.

Medicinal Uses: Erythrina berries have been used to treat nausea, constipation and blocked urination. The inner bark has been used in body rubs and steams for numb and painful limbs and joints. The leaves have been used as a general tonic.

Did You Know: The coralbean seeds are extremely toxic and have been used in rat and fish poison.



Cuban Jute

Sida rhombifolia



General Information: The Cuban jute is a perennial, or sometimes annual, shrub that produces yellow flower blooms throughout the year. The stems can grow up to 120 centimeters with short, grayish hairs. This species is usually found on roadsides and rocky areas but can often be found in pastures due to its unpalatability to livestock.

Medicinal Uses: It is most commonly used for antibacterial, antifungal, anti-malarial, antioxidant, insecticidal, antidiarrheal, anti-inflammatory, antispasmodic, and cytotoxic medicines. The leaves can be used to treat skin diseases, wounds, inflammation, rabies and skin diseases.

Did You Know: Analyses of the leaves revealed high amounts of protein, carbohydrates, fiber, fat, and ash. Analyses of the roots showed amounts of alkaloids, ephedrine and saponin.

Curly Dock

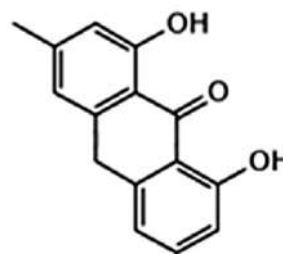
Rumex crispus



General Information: Being able to withstand moist to dry conditions, the curly dock can occur in full sunlight areas and withstand droughts, temporary flooding, and occasional mowing. It is considered a long-lived perennial weed. It does produce flowers with dark brown seeds.

Medicinal Uses: The curly dock is considered a cleansing herb that can be used as a laxative to treat constipation, liver problems, and arthritis. It has also been used for skin clearing against chronic problems. It also has the ability to treat tapeworms and roundworms internally.

Did You Know: The curly dock seeds can remain viable for up to 50 years outside of the plant.



Dollarweed

Hydrocotyle umbellata



General Information: These umbrella-shaped leaves grow as vigorous groundcover in moist soils. It is a native, herbaceous, and perennial weed commonly found in swamps, ditches, and open moist areas. It most commonly blooms during the late spring and through the fall season. It is named dollarweed for the silver-dollar sized leaves produced. It is most commonly pollinated by butterflies, but can spread through its creeping vines. It also produced seeds which are eaten and spread.

Medicinal Uses: Dollarweed has been used in folk medicine as an anti-inflammatory, anxiolytic, and a memory stimulant. Ingesting the leaves directly can cause nausea.

Did You Know: The dollarweed is a member of the carrot family and can be submerged up to 4 inches deep and still continue to grow and survive.

False Pimpernel

Torenia crustacea



General Information: This short-lived annual-perennial plant can grow up to 20 cm tall with a very branched stem. It can survive in both wetland and non-wetland habitats. It is one of the most common plants used in Chinese pharmacies for medicines in Indonesia and Malaysia.

Medicinal Uses: It has been used in treating bilious disorders, dysentery, amenorrhoea, and hepatitis. It is also said to have emetic and cathartic properties. If you powder the herb and mix it with water, it can treat diarrhea, vomiting, and cholera. Decoctions have been given after childbirth. Topically, it can be applied to boils, itches, sores, infected fingernails, and tick wounds.

Did You Know: It is very unlikely for the false pimpernel to go extinct due to the wide range of anthropogenic habitats, such as rice fields. It is classified as 'Least Concern'.

Feijoa Sellowiana

Acca sellowiana



General Information: The feijoa is an evergreen shrub that blooms early to late spring and produces red and white flowers in July. It can grow as tall as 9 feet and as wide as 9 ft. It can grow in dry to moist soils and cannot survive in the shade. The seeds will ripen from October to January, but have leaves all year round. The feijoa is not self-fertile and requires pollination by insects.

Medicinal Uses: There are no known medical uses for the feijoa.

Did You Know: The Feijoa fruit can be used in pies, puddings, jams, jellies and cakes. You can also eat the fruits or flowers without cooking them. It is said that it tastes like a cross between a strawberry and a pineapple. The flowers are said to taste like marshmallows.

Fishing Pole Bamboo

Bambusa multiplex



General Information: Widely cultivated in the tropics for ornamentals and hedges, this evergreen bamboo clumps in groups up to 7 meters tall. The canes have super thin walls up to 30mm in diameter. Its shoots can be harvested for weaving, handles, fishing poles, bookcases, and paper making. The *Bambusa* grows wild in fields, riversides, low hills and on mountainsides.

Medicinal Uses: The fishing pole bamboo has no known medicinal uses.

Did You Know: Although you can eat the young shoots, they are very bitter tasting, even when cooked. They are said to be less bitter if you harvest them before they even emerge from the soil.

Frogfruit/Fogfruit

Phyla nodiflora



General Information: Frogfruit is a creeping, evergreen herb that is used as ground cover since it spreads vigorously. Its purple flowers provide nectar for birds and insects and is often grown as an ornamental. The frogfruit can tolerate both drought and flooding in temperate and tropical regions. It can grow 3-6 inches tall, is found in ditches, on beaches and in fields, and is classified as perennial.

Medicinal Uses: It is most commonly used for knee joint pain, constipation, ulcers, boils, and swelling in cervical glands. It has shown antibacterial activity against gonorrhea, E. coli, Pseudomonas, and Staphylococcus.

Did You Know: Since the frogfruit thrives in warmer climates, it has been known to go dormant during hard winters.

Fuzzy Bean

Strophostyles helvola



General Information: This annual vine thrives in sandy soils and can be found in savannas, open fields and meadows usually occurring in smaller populations. It is commonly consumed by small mammals, and game birds will eat the seeds. Purple flowers are produced at the tip of the stalks and are about a half inch in diameter.

Medicinal Uses: Originally used by Native Americans, the fuzzy bean has been used to treat typhoid and was used topically for irritation, warts, and poison ivy. Today, it is commonly used as a laxative and to aid in respiratory issues.

Did You Know: The flower of the fuzzy bean has a spur-like projection that will curl up at the tip and look similar to an elephant's trunk.

Golden Bamboo

Phyllostachys aurea



General Information: This member of the grass family is native to southeast China but is fast growing all throughout the United States. It is most commonly used for its thick screening abilities since the plant grows in clumps that can reach 30 feet high. The golden bamboo has internodes at the base of the stems which aid in identifying it from other bamboo species. It has been shown to flower infrequently, but can go decades without flowering.

Medicinal Uses: The golden bamboo can be used medically to treat colds, fevers, urinary tract problems, and overheating.

Did You Know: Golden bamboo is listed as a nonnative, aquatic and invasive plant and spreads through underground rhizomes which make it extremely difficult to eliminate.

Golden Tree

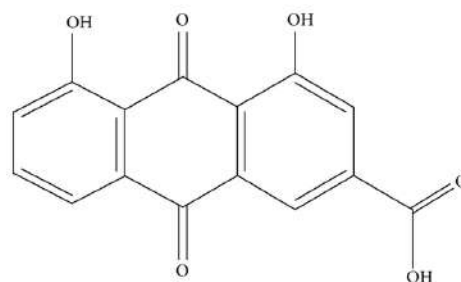
Cassia fistula



General Information: Growing up to 15 meters tall, the Cassia tree can be identified by its bark, smooth and grey when it's young and rough and dark when it's old. The golden tree can have many uses such as charcoal, fuel, timber and dyes. The tree produces bright yellow flowers about 3-4cm in diameter and small, cylindrical fruit pods.

Medicinal Uses: The tree is extensively used in ethnomedicine having antibacterial and pharmacological activities. The leaf extracts contain antidiarrheal properties.

Did You Know: Cassia seeds can remain viable for over a year after removal from the tree, or more than 3 years if kept in storage at room temperature.



Greenbriers

Smilax auriculata



General Information: This woody, evergreen plant can climb up to 23 feet tall in light, medium, and heavy soils. The greenbrier is not self-fertile and flowers from May-June in sun or semi-shaded areas. It is also dioecious, which means that both the male and female plants must be grown if seeds are to be produced. Each of the leaves has 3 prominent veins and grows in alternate forms. They produce purple-black berries and are considered a native plant to the southern area.

Medicinal Uses: It has been used topically as a counter-irritant to relieve muscle cramps, pains, boils, and muscle twitching. If made into a tea, it can relieve rheumatism and stomach problems.

Did You Know: If you cook and dry the greenbrier, it can be used in cereal flours, breads, soups, and even jellies.

Groundsel Tree/Sea Myrtle

Baccharis halimifolia



General Information: This deciduous shrub is most significantly identified by its silvery, plume-like achenes. This plant can grow up to 12 feet tall and produces white to green flowers in small, dense clusters. The numerous and short branchlets bear gray-green, oval leaves. The fast-growing sea myrtle can be found in wet to droughty soils in salt marshes and on shorelines.

Medicinal Uses: The groundsel tree has been used to treat kidney inflammation and fevers in southern Louisiana.

Did You Know: The sea myrtle is one of the few shrubs suitable to thrive in salt-tolerant soils and is oftentimes found along shorelines known for producing salt-spray.

Hairypod Cowpea

Vigna luteola



General Information: This perennial vine is a member of the pea family, but are beans and not peas. They produce compound leaves with yellow flowers. The hairypod cowpea is found distributed throughout most of Florida and grows best in full sunlight. They produce pod fruits year round that get about 2 ½ inches long.

Medicinal Uses: In Ethiopia, the leaves and flowers are mixed with other substances to help treat ulcers and syphilis. The plant itself can be used to control lipid absorption and cholesterol levels. It has also shown antimicrobial and antineoplastic properties.

Did You Know: The yellow flowers are edible both raw and cooked, but eating many could have a laxative effect on your body. You should also be sure to check the flower before consumption because the hairypod cowpea has a positive relationship with ants.

Haspan Flatsedge

Cyperus haspan



General Information: The haspan flatsedge grows wild in both seasonal and permanent wet grasslands. It is commonly found in the tropics and subtropics in ditches, marshes, river beds, swamps, and more wet places. It is a somewhat grass-like annual-perennial. The piths are commonly used for lamp wicks and the leaves and stems are used for weaving.

Medicinal Uses: This plant can be decocted and used to internally treat shingles. The whole plant can be used with other plants to treat fevers. If you smoke the pith, it can be used as a febrifuge. The rhizomes are considered diuretic and can be made into a paste to treat kidney problems, lactation issues and used for general healing.

Did You Know: You can prepare salt from the ashes of the haspan flatsedge plant.

Horned Beaksedge

Rhynchospora corniculata or *Rhynchospora inundata*



General Information: The horned beaksedge is a perennial found in the southeastern United States. They are most commonly found in wetlands, swamps, bays, and wet forests. They produce flowers starting in July and all the way through September. This plant is listed as a threatened species in the north and more weedy and invasive in the south.

Medicinal Uses: The horned beaksedge has no known medicinal uses or beneficial properties.

Did You Know: The horned beaksedge has a medium fire tolerance and has been seen to persist through annual burns.

Lantana

Lantana strigocamara



General Information: Lantana can grow up to 6 feet tall and is a perennial shrub with oppositely arranged leaves that are about 6 inches long and 2 ½ inches wide. Lantana is found commonly in forests, roadsides, pastures, and citrus groves. It will survive the best in shaded, sunny, moist, or dry conditions and is widely cultivated. It produces both flowers and fruits. However, the berries have been known to kill children and sick adults, so consumption is avoided.

Medicinal Uses: It has been used in folk medicines for the treatments of cancers, chicken pox, measles, asthma, ulcers, swelling, eczema, tumors, high blood pressure, fevers, infections, malaria, tetanus, rheumatism, and the atony of abdominal viscera.

Did You Know: Lantana leaves feel like sandpaper, similar to that of a cat's tongue. When crushed, they have a strong aroma.

Maritime Live Oak

Quercus virginiana



General Information: This perennial, deciduous wide-spreading tree forms a broad, rounded canopy that creates magnificent arches. The tree itself can grow up to 80 feet tall and up to 100 feet wide. The leaves are dark green and waxy and will fall late in the winter and bloom almost immediately again in the spring, appearing evergreen. Acorns are produced as well as yellow flowers from March to May.

Medicinal Uses: Externally, a concoction of the wood chips and bark has been applied as an astringent analgesic to treat aches, pains, sores, and haemorrhoids.

Did You Know: The maritime live oak is fairly drought tolerant and has been known to continue to function through short freezing winters. Long-term, the cold can damage the tree.

Milk Pea

Galactia volubilis



General Information: This climbing, perennial, herbaceous vine can be found in sandy soils from New York to Florida. It is most commonly found in sandhills and dry forests with full sunlight. It produces lavender flowers from June through August and produces fruits from July through October. Seeds are dispersed through gravity and natural forces.

Medicinal Uses: In some practices, it has been used to cure headaches and nausea, but there is not much medicinal use known of the milk pea.

Did You Know: The milk pea hosts a variety of bees and consists as a diet for approximately 2-5% of large and small mammals and about 5-10% of various terrestrial birds.

Mille Graines

Oldenlandia corymbosa



General Information: This erect, branched, annual shrub can have stems up to 40 centimeters long and is harvested for food, medicine and a source of dye for fabrics. It is commonly found in grasslands, river beds, alongside ponds, and along cultivated grounds. It is labeled as an invasive weed because of its ability to grow fast and colonize disturbed areas, gardens, farmlands, roadsides and more. It produces large amounts of seeds that are dispersed by water, animals and vehicles.

Medicinal Uses: The mille graines leaves are juiced and used to treat stomach disorders and applied externally to hands and feet to treat fevers. The plant itself is used externally as a poultice to treat sores and sore eyes.

Did You Know: Mille Graines is a rich source of vitamin C.

Mistflower

Conoclinium coelestinum



General Information: This herbaceous perennial can grow up to 3 feet high and spread up to 3 feet wide. The blue-purple flowers can be seen from July to October and will attract butterflies. They are commonly found in medium to wet soils and full sun to partly shaded areas.

Medicinal Uses: Most commonly used in traditional medicines, the mistflower can be used to treat skin infections and sore throats. The leaves can be applied to wounds to stop the bleeding. Studies have also shown that the mistflower has high antioxidant properties.

Did You Know: The mistflower is a very common plant to see in flower gardens and butterfly gardens.

Morning Glory Vine

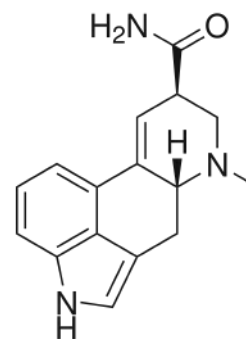
Ipomoea cordatotriloba



General Information: This perennial, deciduous vine produces funnel-shaped orchid flowers with deep purple centers. The flowers bloom from March through December. The vine itself can only grow about 1 foot in length, but can be found in various soil conditions. It can become invasive in tropical and temperate regions.

Medicinal Uses: The morning glory vine was thought to be used by the Aztecs as hallucinogens to aid in medical diagnosis, but the plant itself has no known medicinal uses.

Did You Know: This vine contains seeds made of LSA which has been reported to be about one tenth as potent as the drug LSD.



Myrtle Oak

Quercus myrtifolia



General Information: This broadleaf, evergreen tree can grow up to 20 feet tall and can spread up to 10 feet wide. It is in full bloom from April to May and can be found in full sun to partial shade. It is native found in dry and sandy soils in dunes, sandhills, dry ridges, and coastal plains. It can form dense thickets in coastal areas. It produces flowers which immediately are followed by acorns.

Medicinal Uses: The bark of the myrtle oak has been used as an antiseptic and a hemostatic, often to cure toothaches and gastropathies. It also has anti-inflammation properties and can heal burns.

Did You Know: The myrtle oak has no known insect or disease problems, even though oaks are very susceptible plants.

Persian Silk Tree/Mimosa Tree

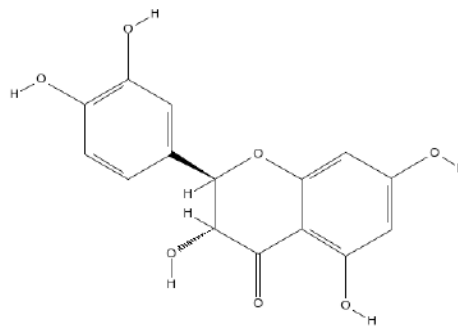
Albizia julibrissin



General Information: Although it can grow up to 50 feet tall, the mimosa tree is considered small. It can have multiple trunks and produces flowers in early summer and flat fruit in late summer.

Medicinal Uses: The Persian silk tree can be decocted and taken orally for anxiety, cancer, depression, sleep problems, and sore throats. Externally it can be applied to insect bites, skin infections, ulcers, fractures, and sprains.

Did You Know: This tree is native to Japan, China, Persia, and Iran. It was first introduced to the U.S. in 1745 and is now an invasive species in southern forests.



Philippines Lily

Lilium philippinense



General Information: The Philippines lily is originally from the island of Luzon in the Philippines and produces white, funnel-shaped trumpet flowers. Blooming in full sun, this herbaceous, perennial plant can grow up to 4 feet tall and blooms fully from mid summer to early fall. The Philippines lily cannot grow in crowded conditions and requires lots of water to survive in the warm conditions. After removal from soil, lilies can only last about 14 days.

Medicinal Uses: Most commonly, the Philippines lily has been used to treat fever, cough, edema, tumors, burns, tendonitis, hemoptysis, and insomnia. Other types of lily have been used to treat mental and emotional disorders.

Did You Know: The lily flower produces a very fragrant smell and is a very popular plant for flower gardens and butterfly gardens.

Poison Ivy

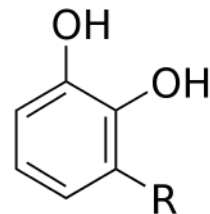
Toxicodendron radicans



General Information: This deciduous shrub can grow up to 3 feet tall and 3 feet wide. It will bloom from May to July in full sun to part shade. It is a native weed throughout the United States and can appear as a trailing vine.

Medicinal Uses: Although the plant itself causes a serious rash, homeopathic preparations are used to treat pain, rheumatoid arthritis, menstrual period problems, swelling, and itching skin disorders.

Did You Know: Poison ivy is considered a noxious weed and the genus name translates to 'poison tree'.



Purple Sesban

Sesbania punicea



General Information: Originated in South America, the purple sesban is a woody shrub that can grow up to 15 feet tall with alternate, compound leaves 5-7 inches long. The purple sesban produces both fruits and flowers with seed pods that are 3-4 inches long and dark brown in color. The plant produces dense thickets which can displace native vegetation and wildlife. It is most commonly found in wet environments.

Medicinal Uses: The purple sesban has no known medicinal uses or health benefits.

Did You Know: All parts of the purple sesban are poisonous, especially the seeds. They contain a compound known as saponin.

Resurrection Fern

Pleopeltis polypodioides



General Information: This evergreen fern is commonly found growing on trees, fallen logs, stumps, ledges, and rocks. It can grow up to 12 inches tall and 12 inches wide in moist areas in full or part shade. It is an epiphytic plant which means that it is dependent on another plant to grow and have support, nutrition is not a factor. It is also an epipetric, meaning that it can also grow on rocks and hard substrates. Virtually, it is pest and disease free and resistant to small animals such as rabbits.

Medicinal Uses: There are no known medicinal uses for the resurrection fern.

Did You Know: The resurrection fern was named for its ability to survive long periods of droughts and curling up and turning brown, but then 'reviving' itself once water is present again and turning back to green.

Saw Palmetto

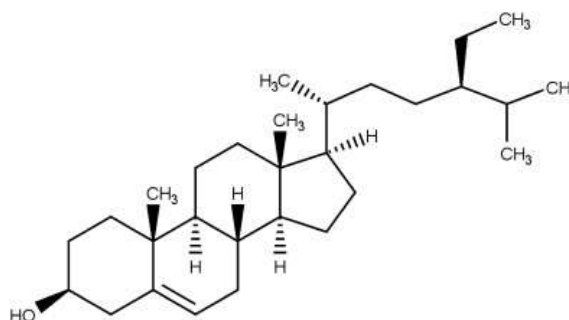
Serenoa repens



General Information: This fan-shaped, perennial, evergreen shrub can grow up to 3 feet across and up to 12 feet tall. It produces white, small flowers and orange to black fruits in bloom from May through July. It is most commonly found in pinelands, sand dunes and savannas.

Medicinal Uses: The saw palmetto is commonly used when treating symptoms of benign prostatic hypertrophy. It is also used as a dietary supplement for urinary symptoms and enlarged prostate glands.

Did You Know: The saw palmetto is part of the palm family which contains over 2,500 species in tropical and subtropical regions across the world.



Scarlet Creeper

Ipomoea hederifolia



General Information: This annual vine has been seen growing up to 10 feet tall. It blooms in the summer and fall and produces bright red flowers. It is commonly seen growing on fences and trellises, but will also grow up trees and across the ground. It can grow in full sun or part shade and has a low salt tolerance to salt spray. It also cannot tolerate extreme winters and flood areas. The scarlet creeper can, however, survive long periods of droughts.

Medicinal Uses: The scarlet creeper is used in medicines as a diuretic, anthelmintic, blood purifier, deobstruent, laxative, carminative, and as an anti-inflammatory. It has also been used to treat abdominal disorders, fevers, headaches, and bronchitis.

Did You Know: The scarlet creeper attracts various bird and insect species including hummingbirds and large butterflies.

Scuppernong/Muscadine

Vitis rotundifolia



General Information: This Florida native is a deciduous climbing vine found in dry upland forests, marshes, swamps, roadsides, and thickets in sandy and rocky soils. The muscadine grape ripens in September and October and is commonly used in wine-making because of their sweet flavor. The vine itself can reach lengths of over 90 feet long.

Medicinal Uses: Scuppernong grapes have been used to improve bowel movements and inhibit cancer cell growth. They have antioxidant, anti aging, cardioprotective, antihyperlipidemic, anti-atherogenic, anti-ischemic, anticancer, chemoprevention, and mild antihypertensive properties.

Did You Know: Muscadine grapes are very high in fiber and antioxidants. They have shown anticarcinogenic properties in the colon, lungs and liver of mice.

Sea Grape

Coccoloba uvifera



General Information: Growing as tall as 50 feet, the sea grape produces evergreen leaves with distinctive red veins. It produces ivory flowers and clusters of green and purple grapes on female plants. It is native to Florida and is commonly found in coastal, sandy areas.

Medicinal Uses: Decoctions of the leaves are used to treat asthma, hoarseness and to wash wounds. Decoctions of the wood, bark and roots are used to treat hemorrhages, venereal disease, and dysentery. Externally it can be applied to rashes and skin afflictions.

Did You Know: The sea grapes can be eaten raw and contain unsaturated fatty acids: AA, LA, DHA, EPA and ALA used to help with enhanced eyesight and memory.

Slash Pine

Pinus elliottii



General Information: Native to Florida, the slash pine can be found in central and southern areas, common along subtropical, coastal plains. It can grow up to 100 feet tall and produces pollen cones that mature in 2 years and then fall off the tree. This fast growing tree has simple, needle-like, evergreen leaves and can be found in clay, sand, and well-drained to occasionally wet soils.

Medicinal Uses: Used in traditional medicines internally for catarrh, chronic bowel inflammation, colds, gonorrhea, leucorrhea, rheumatism, urinary complaints, rheumatism, and ulcers, the turpentine has many medicinal uses.

Did You Know: The slash pine is super sensitive to pests and diseases and can self-prune its lower branches to allow more light to penetrate the plants underneath the tree.

Soft Rush

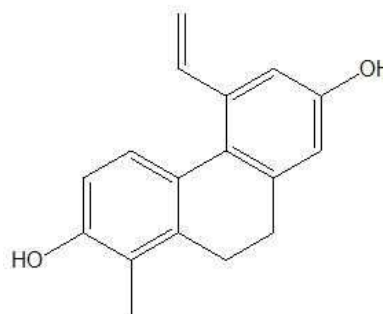
Juncus effusus



General Information: Soft rush is an evergreen plant that can grow up to 4 feet tall and spread up to 4 feet wide. Its flowers are in full bloom from June to August and grow in full sun and wet soil. It is commonly found in ditches, bogs, swamps, marshes, and alongside rivers and lakes. The stems turn yellow in the fall and then brown in the winter.

Medicinal Uses: The pith of the soft rush is an antiphlogistic, depurative, discutient, diuretic, febrifuge, lenitive, lithontriptic, pectoral and sedative.

Did You Know: The seeds are edible as well as the shoots. They can be eaten raw, roasted, or boiled.



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Southern Magnolia

Magnolia grandiflora



General Information: This large perennial, evergreen tree can grow up to 100 feet tall and produces large white flowers from April to June. It is most commonly found in lowlands and coastal woods in dry soils and partial shade. They are very cold tolerant but will lose leaves in the winter. The thick, waxy leaves are very hard to decompose, so most people chop them with a mower and recycle them back into the soil. They are relatively pest free, but seedlings are very sensitive to frost and cold weather.

Medicinal Uses: The bark and flower buds can be used for weight loss, digestion problems, constipation, inflammation, anxiety, stress, depression, fever, headache, stroke, and asthma.

Did You Know: The southern magnolia's wood is commonly used for furniture, boxes, cabinetwork, and doors. The dried leaves are used in floral arrangements.

Spanish Needles

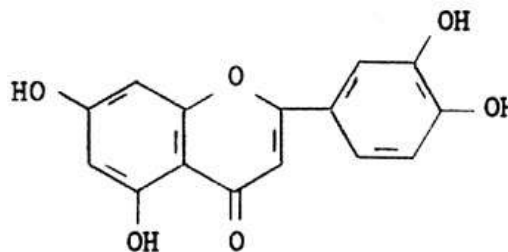
Bidens alba



General Information: This annual plant is most commonly found growing in open and bordered woodlands, savannas, thickets, rocky glades, riverbanks, meadows, abandoned lots and fields, and in waste areas. It can grow in partial or full sun and in moist soils. The size of the plant will vary based on where it is located.

Medicinal Uses: The Spanish needle is a very well-known antimicrobial and very effective against infections, inflammation, and ulcers used both internally and externally.

Did You Know: The Spanish needle plant spreads by reseeding itself.



Spiderwort

Tradescantia ohiensis



General Information: This perennial herb can grow up to 3 feet tall and produces red and purple flowers from March through August. It is commonly found in moist meadows, prairies and thickets in partially shaded areas. They are a special plant for bumble bees and other pollinators. They can also hybridize in different soil combinations and water levels.

Medicinal Uses: If you crush the leaves, you can alleviate the sting of insect bites. Teas have been made and used as laxatives.

Did You Know: The flowers tend to open in the morning, but if you touch the spiderwort's flowers in the heat of the day, the flowers will shrivel up and feel like a fluid jelly.

Tall Gallberry

Ilex coriacea



General Information: This evergreen shrub can grow up to 9 feet tall and has its leaves all year round. It produces flowers from April through May and the seeds ripen in October. The tall gallberry is not self-fertile, so it relies on bees and other insects for fertilization. Preferring moist soils, it can be found in semi-shade to no shade in swamps, bays, floodplains, by streams and swamps, and in sandy woods.

Medicinal Uses: There are no known medicinal uses found for the tall gallberry.

Did You Know: The fruits themselves are not edible for humans, but the dried and roasted leaves have been used to make teas. The fruits themselves have traces of saponins and are slightly toxic and can cause vomiting, diarrhoea and stupor if eaten in large amounts.

Tick Trefoil

Desmodium incanum



General Information: Known to be found in disturbed areas, the tick trefoil tends to grow on trails, fences, and other structures in full sunlight. It is a perennial, herbaceous shrub that is both seed propagated and vegetatively propagated. It is native to Mexico, Central America, the Caribbean and South America. It can grow up to 3 feet tall and produces numerous flowers and fuzzy seed pods.

Medicinal Uses: The tick trefoil has been used in medications to treat dysentery, rheumatism, pyrexia, wounds, coughs, malaria, hepatitis, hemoptysis, and more.

Did You Know: The tick trefoil has small 'hitchhiker' seeds that will stick to humans and animals. They have been called nuisances due to having to pick them off of clothing and shoelaces.

Trumpet Creeper

Campsis radicans



General Information: This perennial, invasive weed is a high-climbing, woody vine that can grow up to 35 feet tall. It produces waxy, trumpet-shaped flowers from June through September that are orange and red in color. Brown fruit pods are also produced and can be up to 6 inches long. It is fairly drought-tolerant and thrives in full sunlight.

Medicinal Uses: A decoction of the trumpet creeper's flowers have been used for menstrual disorders, rheumatoid pains, traumatic injuries, difficult urination, pruritus, and oozing dermatophytosis.

Did You Know: The trumpet creeper is commonly used as a pollinator in hummingbird gardens and is known to attract swarms of birds all summer long.

Virginia Creeper

Parthenocissus quinquefolia



General Information: This deciduous, woody vine is easily grown in average to medium moisture environments in full or part shade. It can grow between 30-50 feet tall and spread over 10 feet. It is native to the eastern United States and Mexico and blooms from May to August. It is commonly found in areas with ravines, woods, thickets, hillsides, etc. It can creep up surfaces or along the ground.

Medicinal Uses: The bark and young shoots of the vine are aperient, alternative, emetic, expectorant, and tonic. They can be decocted to reduce swelling and a tea can be made to use as a diuretic. A wash can be made to use on swellings and poison ivy rashes.

Did You Know: The Virginia creeper is extremely useful for wildlife by providing food for many animals that feed on the berries, leaves and stems.

Water Oak

Quercus nigra



General Information: This tree can grow up to 80 feet tall and spread up to 60 feet wide. It blooms in April and thrives in full sun in medium to wet soils. It is commonly found in low woodland areas, floodplains, and along rivers and streams. It will drop old leaves in late fall and early winter.

Medicinal Uses: The galls produced by the water oak can be used for treatment of hemorrhages, chronic diarrhoea, dysentery and more. The bark has been used as an antiseptic and hemostatic to cure toothaches, gastropathies, inflammation, and healing agents for burns.

Did You Know: Although it is a rapid-grower, the water oak can only live between 30 and 50 years and will begin to hollow out at about 40 years old.

Wax Myrtle

Morella cerifera



General Information: This evergreen tree can grow up to 25 feet tall with light olive-colored leaves and thin, smooth, grey-brown bark. It can withstand cold winters and is found in full sun to shaded areas with medium to wet soils. It is commonly found in marshes, swamps, forests, and around fresh to brackish streams.

Medicinal Uses: Internally, the wax myrtle is used in the treatment of diarrhoea, irritable bowel syndrome, jaundice, fevers, colds, influenza, catarrh, excessive menstruation, discharge, etc. Externally, it can be used to treat ulcers, sore throats, spongy gums, sores, itching skin conditions, and dandruff.

Did You Know: When the leaves are crushed, the wax myrtle releases a spicy, aromatic odor. It is also used in wetlands and restoration efforts for erosion control. They are also labelled as a fire hazard because of the flammable aromatic compounds.

Wild Bean

Phaseolus polystachios



General Information: The wild bean is a herbaceous, perennial climbing plant that grows in temperate regions. It is commonly found climbing on shrubs, in moist thickets, deciduous forests, deep swamps, and sometimes on hillsides. It can grow up to 9 feet long and produces purplish flowers that are pollinated by insects.

Medicinal Uses: Most commonly, the wild bean is used for obesity, diabetes, high cholesterol, and many other conditions. The extract of the dry beans or husk of the plant.

Did You Know: The wild bean is edible and is a wild relative of a lima bean. It has smaller fruits but can be dried, stored and cooked in the same way. It also has chemical properties that allows it to fix nitrogen and resist white mold.

Wild Poinsettia

Euphorbia cyathophora



General Information: The wild poinsettia is a member of the spurge family which are common herbs that produce a milky sap. This annual herb can grow between 1-3 feet tall and produces both fruits and yellow-green flowers from May through November. The wild poinsettia can grow in full sun and moist soils. It is native to Florida and will attract butterflies and honey bees when it's flowers produce nectar.

Medicinal Uses: The wild poinsettia herb can be used for breathing disorders, dengue fever, digestive problems, severe diarrhea and many other conditions.

Did You Know: Most members of this family are poisonous and can cause irritations of the eyes and mouth if in contact with the milky sap.

Wood Sage

Teucrium canadense



General Information: The wood sage is a perennial, deciduous herb that can grow between 1-3 feet high. It produces white-pink flowers from May to August. It is commonly found in prairies, plains, meadows, pastures, and savannas in moist soils and part shade.

Medicinal Uses: Native Americans were known to use the wood sage in herbal teas as a diuretic and to promote sweating. The leaves are used to dress antiseptic wounds and can be made into a tincture for gargling.

Did You Know: The wood sage is a well-known nectar source that attracts butterflies and other insects and is very aromatic.

Yaupon/Chief Osceola

Ilex vomitoria



General Information: This small tree can grow up to 45 feet high and can be found in southern Virginia, Florida, southeast Oklahoma, and central Texas. Female plants produce bright red berries. It is often grown in ornamental landscapes and trimmed into decorative hedges.

Medicinal Uses: It can be used to cause vomiting, and tea can be made and used as a 'ceremonial cleanser' in South America. Preparations recently have been used for coughs, digestive disorders, water retention, and jaundice or yellowed skin.

Did You Know: The leaves and twigs of yaupon contain caffeine and were made into tea, which was consumed in large quantities and then thrown back up. This led to the name '*vomitoria*'.

