Historically roots were harvested commercially to make arrowroot flour.

The **ONLY** host plant consumed by Atala Hairstreak butterfly caterpillars.

This is the only native species of the cycad family (cyadaceae) found in North America.

This plant, and the Atala butterfly, was almost driven to extinction due to over harvesting.
GUMBO LIMBO
*Bursera simarouba*
(ber-SER-uh sim-uh-ROO-buh)

Historically, wood has been used for light construction and resin as incense.

Important food source for many resident and migrant species of birds.

Roots are an important dune stabilizer and help to minimize beach erosion.

Good shade tree; fallen limbs often root and grow into new trees!
From roots to berries, all parts of this plant were used by humans.

Fantastic habitat for bats, like short tailed Mexican bat, and birds that use old fronds as nests.

Extensively used in landscaping, but often over pruned (see bottom right).

Florida state 'tree' but is more like a grass--it only grows up and not out like trees!
SEAGRAPE
*Cocoloba uvifera*
(koh-koh-LOW-buh oo-VEE-fer-uh)

**Used to make seagrape jelly; fruits ripen individually not all at one time.**

**Fruits eaten by many birds and protective habitat for small mammals.**

**Roots are an important dune stabilizer, protecting against beach erosion.**

**Good for wind breaks and likes full sun.**
TICKSEED

Coreopsis leavenworthii

(kor-ree-OP-sis lev-en-WERTH-ee-eye)

- Frequently used as a showstopper in wildflower and pollinator gardens.
- These bright yellow petals attract butterflies, bees, and birds.
- Low maintenance. Water when soil dry. Plant in full sun and loam or sandy soils.
- This cheery yellow color may boost your creativity and elevate your feelings of happiness.
BEACH VERBENA
Glandularia maritima
(glând-you-러-러 ee-uh muh-RIT-tim-muh)

This endemic species is listed as endangered. Great to plant after removing invasive species.

Showy purple flowers attract a variety of butterflies and moths.

Can withstand significant amounts of salt spray and very dry conditions.

Add to your wildflower garden or even grow in a container, the pollinators will LOVE you! Buy from a reputable native plant nursery to preserve genetics.
FIREBUSH

Hamelia paterns
(huh-MEE-lee-uh PAY-tenz)

Used historically as anti-inflammatory, antifungal, and antibacterial treatment.

One of Florida's best pollinator plants. Birds and small mammals eat fruits.

Plant this native in full sun for fast growth and abundant showy red flowers.

Native to southern half of Florida.

Head to a reliable native plant nursery to ensure you select the native variety.
BEACH DUNE SUNFLOWER
Helianthus debilis
(heel-ee-ANTH-us DEB-bil-liss)

Grows in sandy soils of Florida's Atlantic coast. Do not plant on Gulf coast, will hybridize with endemic Gulf species.

Attracts pollinators year round.
Provides protection for many species.

Prefers direct, full sun and sandy soils.
Drought and salt tolerant.

Important dune plant. Root system anchors sand and helps to protect and stabilize coastal dunes.
SPOTTED BEEBALM
Monarda punctata
(moe-NAR-duh punk-TAY-tuh)

Used by Native Americans to treat colds. Contains thymol, also found in thyme and oregano.

Fragrant. Colorful specialized leaves (bracts) attract hummingbirds and pollinators.

Prefers sandy, dry soil, full sun, and disturbed areas.

Drought tolerant. Also makes a lovely cut flower to enjoy indoors too.
TROPICAL SAGE
Salvia coccinea
(SAL-vee-uh kock-SIN-nee-uh)

The name is derived from the Latin name 'Salvare' meaning healing.

The deep red flowers attracts pollinators butterflies and hummingbirds.

Tropical sage plants can thrive in the hot summer months.

In ancient times people would use sage leaves in teas and for medicinal purposes.
FLORIDA PEPEROMIA
Peperomia obtusifolia
(pee-per-ROE-mee-uh ob-too-siff-FOLE-leeuh)

- These plants make great indoor plants since they do not require high light levels.
- Flowers important for pollinators.
- Flowers periodically throughout year.
- Prefers shade, does not tolerate salt spray. Rare epiphyte.
- Listed as endangered in Florida.
- Source from a reliable native plant source to protect genetic integrity.
MUHLY GRASS
*Muhlenbergia capillaris*
n(mew-len-BER-jee-uh kap-pill-LAIR-riss)

Historically used as material for making baskets. Also known as sweetgrass.

Excellent shelter for birds and small animals. Supports beneficial insects and pollinators.

Warm-season plant, growth through summer with full bloom in the fall.

Often referred to as 'pink hair grass'. Self-seeds and easy to grow.
BAHAMA WILD COFFEE
Psychotria ligustrifolia
(sy-KO-tree-uh lig-us-trih-FOH-lee-uh)

Grows in rockland hammocks naturally. Prefers moist, well-drained limestone soil.

It can also cause painful digestive issues.

Great pollinator plant, birds enjoy fruit. Important nectar source for butterflies.

Grows in rockland hammocks naturally. Prefers moist, well-drained limestone soil.

Regionally native to select areas of Monroe and Miami-Dade counties. Listed as endangered by the state of Florida.
DWARF FAKAHATCHEE GRASS

Tripsacum dactyloides
(trip-SAY-kum dak-ty-LO-id-eez)

Dwarf Fakahatchee grasses are used in some landscapes to stabilize slopes and banks.

Great shelter for wildlife. Larval host for several species of Skipper butterflies.

Fakahatchee grass is found throughout Florida, in both wet and dry environments.

Distantly related to cultivated corn (Zea mays).