

NATURALIST INTERPRETIVE NOTES FOR SAYLOR TRAIL

Welcome everyone and thank them for coming! These walks are sponsored by Friends of Barefoot Beach Preserve. It is good to start with the Plant Communities Chart and explain about Barrier Islands and their communities.

1. **Bloodleaf** (*Iresine diffusa*). Bloodleaf or Juba's Bush is tall and erect. The edges of the wavy leaves are tinged with red and eventually turn completely red. The flowers bloom and make a feathery appearance. Juba is the name of a dance from Africa. Native Americans used this plant as a remedy for coughs. Bloodleaf is grazed by livestock.
2. **Wild Coffee** (*psychotria nervosa*). Wild Coffee is a native to Florida and is a nice native plant for home gardens. It can reach heights of 10-15 feet. What we see at Barefoot is known as Shiny-Leafed Wild Coffee. This shrub can tolerate sun as well as shade. The narrow spear-shaped leaves with conspicuous veins give an overall wrinkled appearance. The delicate, tiny, tubular white flowers usually bloom during the warm months of the year. In late summer and fall, the blooms will be followed by small red berries that are an important food source for cardinals, catbirds, mockingbirds, blue jays, and other animals. Although it is related to Arabica coffee, this species is **not** recommended for human consumption.
3. **Snowberry or Waxberry** (*Chiococco alba*). Flowers and fruit usually found year-round. It is an important winter food for wild animals/birds. Indian shampoo made from fruit; poultice for eye irritation from leaves. NEXT PLANT ON SAME POST>>>
4. **Beach Pea or Bay Bean** (*Canavalia maritima*). Trailing, twining vine. Early morning leaves lie open and flat, but fold as sun rises to conserve water. The vine may reach up to 50 feet from its origin. They are great dune stabilizers. Has a small pink-to-purple flower that looks much like a sweet pea. Produces brown marbled beans in pods. The mature, dried beans are edible.
5. **Periwinkle or Sailor's Button** (*catharanthus roseus*). Distributed from Madagascar by sailors into warm parts of the world by the end of 18th century, because they thought it had magical properties. It was a folk remedy for diabetes. Juice from the leaves used to treat wasp stings and other insect bites. Currently being researched as possible treatment for leukemia.
6. **Spanish Bayonet** (*Yucca aloifolia*). Watch out for the sharp tips. The fibrous leaves used in brooms, baskets, and weaving. During WWI, used to make burlap sacks. Extract from stem used as the foaming agent in root beer. Flowers and stalk are edible.
7. **Sea Grape** (*Coccoloba uvifera*). Has large, round, leathery leaves. This tree helps to stabilize the soil in coastal areas. Has purplish fruit in large grape-like clusters, that ripen individually and not as a cluster. Fruits are attractive to raccoons, birds, and tortoises; also makes good jelly.
8. **Myrsine** (*Rapanea guinensis*). The flowers and berries are clustered below the leaves for several inches along the stems. Seeds are useful to birds as a food source.
9. **Golden Beach Creeper aka cough bush** (*Ernodea littoralis*). Its roots are great soil stabilizers and in small areas it serves as a windbreak and reduces wind movement of sand. Birds and small animals eat the fruit—including the gopher tortoise. A tea made from the leafy branch tips are used as folk remedy for coughs.

10. **Beach Ambrosia or Coastal Ragweed** (*Ambrosia hispida*). Highly beneficial in stabilizing areas where they grow. Feather-like leaves are light green. In West Indies it is made into soap.
11. **Saffron Plum** (*Sideroxylon celastrinum*). If you are walking along the trail and you suddenly smell a most wonderful scent, chances are it is the Saffron Plum in bloom. The small, white, flowers grow in clusters from May to November. These flowers attract bees and butterflies. Edible berries ripen from green to blue-black, following the flowers. Many species of birds and mammals eat the berries. This plant has long, sharp spines at the ends of the twigs.
12. **Lantana or Wild Sage** (*Lantana involucrate*). Herbaceous shrub with slender twigs and toothed rough-textured aromatic leaves. Small white flowers in clusters are produced year-round in response to rain. Small, round fruit is dark-blue to purple, borne in clusters on branch tips. The leaf tea has been used to treat fevers and as a bath to sooth itching. Perfume is made from the oil extracted from the leaves. The leaves have also been used as seasoning in cooking.
13. **Jamacian Dogwood** (*Piscidia piscipula*). Beautiful clusters of flowers bloom in the spring/summer. A chemical in the bark, roots, and leaves called Rotenone has a stunning effect on fish. By pulverizing the bark, roots and leaves then lowering the weighted mixture in the water, fishermen could catch fish. They had to work fast because the fish would revive quickly and swim away. This method is now prohibited by law. Jamaican Dogwood was used as a traditional remedy for treating nerve pain, migraine, and toothaches. Its strong, decay-resistant timber was often used as the central axis, or dog, of ships to ensure the vessels durability and longevity.
14. **Passionflower** (*Passiflora suberosa*). The flowers are yellow-green. Five outer sepals and five petals form a wheel-like backdrop upon which rests a fringe of two to three circles of purple and pinkish, thread like segments from June through September. A small green berry matures to a black berry.
15. **Greenbrier** aka cats paw or catbrier (*smilax*). Climbing vine with scattered prickles has small white/green clustered flowers followed by berries that turn blue-black when ripe, providing food for birds and other animals. Young shoots can be eaten raw or cooked, said to taste like asparagus, and berries can be eaten both raw or cooked. Several species of Greenbrier are found within the preserve, including catsbrier, earleaf and bamboo vine.
16. **Necklace Pod** (*Sophora tomentosa*). Shrub with yellow flowers that attracts butterflies and hummingbirds. After blooming, pea pods (legumes) start and there may be blooms as well as pods on the same spike at the same time. As the peas mature, the pods are compressed between the peas to resemble a beaded necklace, hence the common name necklace pod. Caution: The seeds (peas) are dangerous to eat.
17. **Poison Ivy** (*Toxicodendron radicans*). Remember: Leaves of three quickly flee. Food source for much wildlife, including gopher tortoise. Poison Ivy is a plant that is native to Florida. Leaves of 3, let it be! The poisonous sap that irritates the skin is present in the leaves, roots, stems and berries. It takes about 20 minutes for the sap to be absorbed into the skin so if you wash with soap and water, you may not get a rash. Burning Poison Ivy can cause your throat to swell from the oils carried by the smoke. Some people are not bothered by the plant. Flowers appear in the spring and summer. Greenish berries follow. The fruits are eaten by birds. Leaves turn red in the late fall. The leaves are eaten by gopher tortoises. Large vines may be seen wrapped around trees.

18. **False Sisal, Florida Agave** (*Agave decipiens*). False Sisal plants are endemic to coastal southern peninsular Florida. You do not want to bump into this plant accidentally because the points of the leaves are very sharp. They get 5- 8 feet tall. This is not the "century plant" *Agave Americana* that can get up to 12 feet. It can be distinguished from non-native agave by its bare basal trunk. It only blooms once after about 7 years. Before it dies, smaller plants known as "pups" may emerge around the mother plant. The juice, sap, and thorns can cause a skin rash or irritation. LANDMARK: Saylor Bench (1/4 Mile Marker) - SIDE TRAIL- LOOP STARTS
19. **Prickly Pear Cactus** (*Oppuntia stricta*). Typically grow with flat, rounded edible pads that are armed with spines that easily penetrate skin. The showy yellow flower in late spring produces tasty pear-shaped, reddish fruit. Juice can be used as shampoo. Gopher Tortoise love to eat all parts. LANDMARK: -> ON LOOP
20. (FUTURE PLANT) **Inkberry** (*Scaevola plumieri*). Inkberry is a native plant, growing to 4-feet in coastal strands, with fan-like whitish flowers that are followed by black fruits with a stone containing two seeds. If more than one of the bitter fruits is consumed, it is likely to have a purgative and emetic effect. The roots have been used in home remedies. The dense cluster makes an excellent cover for many birds and small mammals. The introduced species *Scaevola taccada* and/or *Scaevola sericea* has larger leaves, white fruits, and grows taller—now considered invasive, as it is supplanting the native form. LANDMARK: -> ON LOOP
21. **Sea Oats** (*Uniola paniculata*). Excellent beach stabilizer, as the roots grow down to ground water. Plants spread by means of underground rhizomes. Each plant develops a showy inflorescence about 5 feet tall. The oat-like fruit persists on the plant, giving the plant a nice texture as the wind blows. This plant is protected and should not be harvested. Please inform visitors that this plant along with all plants in the preserve are protected and should not be picked. LANDMARK: -> ON LOOP
22. **Seven-year Apple** (*Casasia clusifolia*). This evergreen shrub or small tree is one of Florida's most exceptional native, salt-tolerant plants. It grows up to the first dune near the ocean. It has clusters of fragrant, white, pink-tipped flowers that emerge in the spring. The fruits are green when they first appear and ripen in about one year, so 7 years is a misnomer. The fruit is appealing birds and mammals. LANDMARK: -> RETURN TO MAIN TRAIL FROM LOOP
23. **White Stopper** (*Eugenia axillaris*). In warmer weather, it has an organic, earthy, skunk-like smell. Sometimes referred to as the skunk tree, because of this odor. Tea from leaves used to relieve diarrhea.
24. **White Indigoberry** (*Randia aculeata*). The leaves are nearly stalkless, entire, ovate, and less than two inches long. The flowers are fragrant, white with 5 petals, borne along the branch or clustered at the leaf axils, appearing year-round. After flowering, the female plants have showy white fruits that give this plant its common name. The berry-like fruit has a brittle white hull with bluish-black (indigo) pulp and an average of 8 seeds inside. It provides food and nesting sites for birds, as well as nectar for butterflies. LANDMARK: To Loop --> NEAR Ingrid's Bench (1/2 Mile Marker) needed)
25. (FUTURE PLANT) **Bay Cedar** (*Suriana maritima* L.). Endangered plant helps stabilize beaches and coastal dunes, and furnishes food and cover for wildlife. Herbalists employ extracts of the leaves and bark to treat rheumatism. (FUTURE PLANT) LANDMARK: ON LOOP
26. **Beautyberry** (*Callicarpa americana*). Beautyberry is a deciduous shrub noted for its brightly colored, tightly clustered berries that remain on the bush into winter. Other common names are American beautyberry and American mulberry. These fast-growing deciduous shrubs grow 4 to 8 feet tall and wide.

Plant them in a natural woodland setting under tall shade trees or as an informal hedge along the perimeter of a property. Beautyberries have small, lavender-pink, lilac-like flowers in spring, followed by vivid purple or white berries in fall. The berries attract birds, as well as provide winter color. The foliage turns an attractive yellow in fall. LANDMARK: TURN LEFT TO CHICKEE—ON LEFT BEFORE YOU GET TO CHICKEE.

27. (FUTURE PLANT) **Beach Elder** (*Iva imbricata*). This is a pioneer plant—one of the first to return to dunes after a large storm. *Iva imbricata* is a North American species of flowering plant in the aster family known by the common names such as Beach elder, dune marshelder, and seacoast marshelder. It is native to Cuba, the Bahamas, and coastal areas of the United States from Texas to Virginia. It is a low shrub, found on sand dunes and the upper beach. It is a highly salt tolerant plant, and is often the perennial plant closest to the ocean. It has small green pea-like flowers in the summer, followed by brown fruit in the fall. It is an important species for dune stabilization and can easily be propagated by cuttings.
28. **Blue Porterweed** (*Stachytarpheta jamaicensis*). Blue Porterweed bloom year-round and is a low-growing plant. Small blue flowers on long spikes, open in the morning and close during the hottest part of the day. The flowers only last one day. Bees and hummingbirds are attracted to the flowers. As a tea, it is used by Bahamians to lower fever, relieve constipation, and dispel worms; and as a salve used for skin irritations. This species of Blue Porterweed is native to Florida. Nettleleaf, a similar-looking plant is non-native; however, it grows four to seven feet tall.
29. **Northern Needleleaf** (*Tillandsia balbisiana*). This bromeliad clusters on a variety of trees and shrubs. It is epiphytic (meaning it relies on its host plant without harming it) and closely related to pineapples and Spanish Moss. The tubular, purple flowers attract hummingbirds, blooming from January through June. The showy floral bracts are typically red on the lower ones and greenish-yellow on the upper ones. This plant reproduces by windborne seeds. Dying plants that have already flowered will send out suckers, aka pups, creating new plants. This plant is native to Florida.
30. **Ball Moss** (*Tillandsia recurvata*). An epiphyte (air plant) that lives on a host. It gets its nutrients from air and rain. It does not harm its host plant.
31. **Florida Privet** aka Florida Swampprivet, Florida Olive, (*Forestiera segregata*). Native. Flowers are borne individually or in clusters of three or four along the branches, and they occur in the winter and early spring before the new leaves emerge. The fruits are purplish or dark blue berries that ripen in the spring and summer. The birds favor these berries and the plant produces the fruits in abundance—just in time for the migrating birds. It frequents coastal hammocks, marshes, shell middens, and pinelands. Traditional Remedy or Use: Straight stems were used to make arrows and ink may have been made from fruit. LANDMARK: TURN LEFT--cutover to East trail - NO PLANT POSTS, THEN TURN RIGHT TO GO TO WIGGINS PASS. THE FOLLOWING PLANTS START FROM WIGGINS PASS HEADING BACK NORTH.
32. **Black Mangroves** (*Avicennia germinas*). Black Mangrove plants are very important to the ecological community. The plant drops its leaves providing food for crabs. Crabs are eaten by birds and birds are eaten by larger animals. The plant excretes salt through its pores. The underside of the leaf is a grayish green. The Black Mangrove produces white flowers mainly in June and July. The honey made from the nectar is of a very high quality. The Black Mangrove has pneumatophores--black protrusions that grow vertically from the mud to provide air exchange and nutrients. The height of the pneumatophores are just above highest tide level. The tree will drown if its pneumatophores are submerged under water for too

long. The dark bark on the trunk is corky-looking. SW Florida has the greatest concentration of mangroves in the world. A tea from the bark has been used to treat ulcers, hemorrhoids, diarrhea, and tumors.

33. **Coinvine** (*Dalbergia ecastaphyllum*) pronounced: dal-BERG-ee-uh. Native. This plant is in the bean (*fabaceae*) family. It is a trailing shrub or vine and its stems can get 25 feet or more. In spring and summer, it has fragrant white to pink flowers in clusters, followed by 1-inch pods with a single seed, at first green and turning copper as they mature. Tea from the root was used to sooth sore throats. It has fish stunning properties when the roots or bark are crushed and placed in the water. It is illegal to fish this way today. Larval host plant for *Statira sulfer* butterfly.
34. **Groundsel or Salt Bush** (*Baccharis halimifolia*). In the Aster family. Flowers are small and fragrant, appearing in the early fall. The female flowers are like a fine paint brush and the seeds float on the wind. Brew made from roots used to treat consumption (tuberculosis).
35. **Muscadine Grape Vine** (*Vitis rotundifolia*). Native. The vine can grow up to 90 feet long. The leaves are almost heart-shaped and have points on the edges (dentate margins). The grapes are useful for animals and human consumption-- very sweet with a thick skin. When Europeans arrived, they brought their Old World uses for similar items with them and made juice, jelly, syrup, and wines. Tea was made from leaves to treat diabetes. The fruit can also be used to make a blue dye.
36. **Bayberry/Wax Myrtle** (*Myrica cerifera*). Bayberry is fast growing and aromatic. Flowers appear in the spring and small, waxy fruits follow. Many different birds eat the berries. Colonists gathered the berries to melt down the waxy coating to produce fragrant, slow burning candles. Colonists also used the plant as a treatment for stomach aches, ulcers, dry skin, the common cold and for making plaster casts. Native Americans used this plant as an insect repellent.
37. **Shoestring Fern** (*Vittaria lineata*). It is easy to see why this plant is called Shoestring fern. These ferns often grow in association with Golden Polypody Ferns on Sabal Palms. This plant is an epiphyte (a plant that grows on a host without harming it.) Like all ferns, it reproduces by spores rather than through flowers and seeds.
38. **Varnish Leaf** (*Dodonaea viscosa*). This plant is native to Florida. The shiny green leaves have a varnished appearance that gives this plant its most widely used common name. The resinous coating is a protection against water loss. This allows the plants to be exceptionally drought tolerant. The yellowish-green flowers are borne in small clusters appearing summer and fall. The pendent fruit emerge green, turn yellow-green, then pink and red, and then brown as they mature.
39. **Yellow Joyweed** (*Alternanthera flavescens*). Native plant frequently found in the coastal hammocks of central & southern Florida. It is usually 3-12 inches high and the white to pale greenish-yellow flowers bloom throughout the year. Sometimes called chaff-flower, because of the papery scales between the small flowers. Several butterflies are drawn to the nectar of this plant, including the great southern white and long-tailed skipper. A tea made from the plant was used as remedies for flu, colds, and tiredness.
40. **Winged Sumac** (*Rhus copallinum*). Winged sumac is a large, deciduous shrub or small tree, 20-35 ft. tall, with short, crooked trunks and open branching. Glossy, dark-green, pinnately compound leaves turn reddish-purple in the fall. Individual plants normally have only male or female flowers, not both. Yellowish-green flowers are succeeded by drooping, pubescent, pyramidal fruit clusters which turn

dull red and persist through winter. It is easily distinguishable from other sumacs by the winged leaf axis and watery sap. Often forms thickets. Food for many gamebirds, songbirds, and large and small mammals.

41. **Water Pimpernel** (*Samolus ebracteatus*). It is found in wetlands, including seashore salt marshes, and near springs and intermittent rivers. Flowering spring-fall. Bright-green stems are erect or ascending. Leaves usually crowded near plant base. This perennial herb can grow to 24 inches tall. Pinkish or white flowers are borne in a terminal raceme from the center of the plant. Sites include dunes, coastal strands, salt marshes in Fla., Kans., La., Nev., N.Mex., Okla., Tex.; Mexico; West Indies; Central America.
42. **Yellowtop** (*Flaveria floridana*). This native plant located along the Saylor Trail is endemic to Florida, meaning it only grows in Florida. More specifically, it has been found only along the Gulf Coast of Florida between Clearwater and Marco Island. *Flaveria floridana* is a perennial herb that can get to nearly 4 feet tall. Leaves are long and narrow, up to 5.5 in long. One plant can sometimes produce as many as 100 flower heads in a tightly packed array. Each head contains 9-14 yellow disc flowers.
43. **Saltwort** (*Batis maritima*). The white or yellow minute flowers are found year-round, mostly April-summer, at the base of a fleshy cone-like structure in the leaf axils. It is known to be one of the major colonizers after loss of mangroves due to hurricanes. In the West Indies, the leaves are used to treat venereal disease and as a poultice on cuts. The salty leaves can be eaten raw, pickled, or used to make a puree.
44. **Black Mangrove** (*Avicennia germinas*). Have leaves that are lighter in color on the underside and may have salt crystals. Also Black Mangroves have pneumatophores. Excretes salt. (See #32)
45. **Goldfoot Fern aka Polypody** aka rabbit's foot fern (*Phlebodium aureum*). An epiphytic fern sometimes referred to as cabbage palm fern, because it is often found growing in the boots of cabbage palms. Common name from tiny golden colored spores on the underside of the leaf.
46. **Strangler Fig** (*Ficus aurea*). Seed germination may take place on the ground or on host tree such as the Sabal Palm. The tree provides habitat, food and shelter for a host of wildlife. Natives used the milky sap (latex) as a chewing gum known as chicle (Chiclets); also used sap as paint base.
47. **Christmas Berry** (*Lycium carolinianum*). Christmasberry is a delightful plant with tiny leaves that give off a musky odor when crushed. Blue or lavender-to-white flowers bloom in the fall and winter. Bright red somewhat elongate berries follow in the winter, hence the name, Christmasberry. Birds love to eat the ripe berries.
48. **Gray Nickerbean** (*Caesalpinia bonduc*). Native. The stem of this prickly, aggressive, leguminous, climbing bush can grow to 2 inches or more in diameter and 18 to 20 feet in length. The yellow, five-petaled florets occur year-round in clusters. The spiny green pods eventually turn brown. When fully ripe they will open and let a couple of shiny gray beans tumble out. In the West Indies the bark has been used to treat malaria and the leaves to treat toothaches. Also, some natives carry the seeds around as a form of "pet rocks" or make them into necklaces. If the beans fall into water, they have been known to float as long as 32 years. For that trait they are sometimes they are called sea beans. Facts: This shrub has many hooked spines. The seeds are roasted, ground and boiled and used as a diuretic, for diabetes, for hypertension, and formerly used as quinine in treating malaria. The seeds are also used in a traditional African game Wari, widely played in the West Indies.

49. **Buttonwood** (*Conocarpus erectus*). Native. This is a Mangrove Associate, found in the highest areas at Clam Pass. It is not considered a mangrove since its seeds do not germinate on the tree. The leaves are alternate. The heavy wood from this tree makes high-grade charcoal. The bark is used for tanning leather and medicinally for treating fish poisoning and diarrhea. The wood from this tree was used to carve the "Marco Cat". Somewhat like the White Mangrove, the Buttonwood has nectaries on its petioles but they are more on the sides and usually slightly staggered instead of being opposite. (Note: there is a variation called Silver Buttonwood, *Conocarpus erectus var sericeus*.)
50. **Red Mangroves** (*Rhizophora mangle*). Have prop roots and drop roots; produce propagules. Excludes salt. The Red Mangrove is known as the "walking tree" for the prop roots that seem to walk out into the water. Drop roots also grow down from high in the tree to the ground to support the growing tree. The prop and drop roots provide air as well as water to the plant. Roots are able to filter salt from the water. Yellowish-to-white 4-petaled flowers, borne in clusters of 2-3 at the leaf axils appear year-round. A single seeded fruit germinates on the tree and produces a propagule. The formation of the propagule is called viviparous birth or live birth because the propagule has everything it needs to become a new tree. The propagules fall into the water or mud to grow and are still viable after one year of floating in the seawater. The thick leaves are a dark, shiny green in an elliptic shape. Powdered leaves have been used to relieve constipation. A tea from the leaves has been used to treat fish poisoning. If you peel the bark back, the trunk is a reddish color, thus its common name. Mangrove roots provide protection for many marine animals.
51. **Seaside Goldenrod** (*Solidago sempervirens*). Native to Florida, this plant is in the Asteraceae family. The yellow blooms appear in late summer or early fall. The plant reaches 3-6 feet tall from underground runners. Despite the name, this species does not cause hay fever in people. Indians and herbalists used this plant as a fever reducer, as a balm for bites, as a curative for digestive problems, and as yellow dye for clothing. Ladybugs, lacewings, among others, along with giant swallowtail butterflies, are drawn to goldenrod.
52. **White Mangroves** (*Laguncularia racemosa*). Usually have spoon-shaped leaves often with a notch in the end. The White Mangrove is the most versatile of the three and can exclude and/or excrete salt. They are usually upland of the Black Mangroves. Its ovate leaf has a smooth, leathery upper side with lighter mid-vein. The under-side is a lighter green with a more prominent vein. At the base of the leaf on the front are two nodules. These nodules secrete nectar. White Mangroves are fast growing trees reaching up to 80 feet. Tiny, white flowers appear in spring or early summer. Almond shaped fruits follow in the fall. The fruit germinates on the tree and the seedling falls into water; it can be viable for 30 days.
53. **Hurricane grass** (*Fimbristylis cymosa*). Brown nutlet, head-like, densely crowded with spikelets, blooms year-round. May be found as a single plant or as large colonies in beaches, dunes, brackish shores, marshes, ditches and disturbed sites.
54. **Virginia Creeper** (*Parthenocissus quinquefolia*). The palmate compound leaves (consisting of 5 leaflets) are quite distinctive, which makes Virginia Creeper easy to identify in the field. Virginia creeper blooms in the spring; the flowers are small, greenish white and grow in clusters. Fruit follows in summer into fall, first a pale color but turning blue to near black when ripe. The fruit is a delight for birds and other animals but is toxic and potentially deadly for humans. The palmate divided leaflets turn a beautiful scarlet color in fall.
55. **Cocoplum** (*Chrysobalanus icaco*). This is a native plant that can grow 30 feet tall. White bell-shaped flowers may appear year round followed by a dark berry that can be eaten but does not have much flavor. The nectar produces a rich honey. Tea from the bark, fruits, roots and leaves have been used as home

remedies to treat diarrhea, dysentery, hemorrhages, and as a laxative. The kernel oil has been used as a base in medical ointments. The kernels, high in oil content, were strung together on a stick by Carib Indians and burned like a candle.

56. **Gumbo Limbo** (*Bursera simaruba*). It has tiny green flowers, followed by a deep red fruit loved by many birds and other wildlife. Easily propagated by cuttings and pioneers created living fences by closely planting branches. Has reddish and peeling bark hence, the “Tourist Tree” reference. Very good tree in that tolerates high winds.
57. **Seaside oxeye** (*Borrchia frutescens*). Native. Yellow flowers bloom most profusely in spring and summer. At maturity the flower heads turn down and disperse the abundant brown seeds. Birds and rodents consume the seeds. A tea prepared from leaves and branch tips is used as a home remedy for colds, coughs, back pains, asthma, malaria and fish poisoning. In the past leaves were eaten in salad with vinegar to prevent scurvy. The dried buds are sharp to the touch.
58. **Sabal Palm** aka Cabbage Palm (*Sabal palmetto*). The State Tree of Florida was also referred to as the Tree of Life by Native Americans because it was used for food, shelter, and clothing. Although the Cabbage Palm is slow growing, it may reach heights of 90 feet. When the first “woody” frond emerges from the trunk, the tree may already be 15 years old, as it grows its girth underground before emerging. Thereafter, the tree grows about 6 inches per year. Appearing in early summer, the greenish-white flowers are a favorite of bees. The round, black, shiny berries follow the flowers. Each berry contains one seed. Many birds and small mammals such as raccoons and squirrels eat the fruits. The fronds are still used today as thatching for chickee huts. Decaying matter that collects in the boots create a home for plants and small animals. Removal of the growth bud of a cabbage palm, located at the top of the trunk (the heart of the palm), is difficult to extract and kills the tree. Hearts of palm were a staple in the diets of pioneers.
59. **Catclaw aka Blackbead** (*Pithecellobium unguis-cati*). Tiny thorns are positioned on the stems of this plant. The paired leaflets are reddish at first and turn green. Small greenish-white flowers are feathery and may appear at any time of year. Fruit follows flowering. The fruit is a twisting, reddish pod with dark fruit that take 18 months to ripen and are very showy. Once the pod ripens, it pops open to expose four to nine black, shiny seeds surrounded by white to reddish fleshy arils. The seeds are still used in jewelry and the bark and fruit are used to treat bronchitis, diarrhea, and to stop bleeding. Caribs making necklaces didn't live as long as the rest of the population because the poison in the seeds is similar to arsenic and builds up over time. The plants are used as living fences. LANDMARK AFTER THIS PLANT: WELCOME SIGN 1 1/4 mile loop--You are now at the south end of parking lot--north end of east side of trail.
60. (FUTURE PLANT) **Saw Palmetto** (*Serenoa Repens*) – can be seen near canoe launch but not on Saylor Trail yet. A native plant located along the Saylor Trail. It is an evergreen woody shrub or small tree in the Sunflower (Aster) family. They are common along coastal areas and have high salt tolerance. However, they are not restricted to these types of environment and may occur in a wide variety of disturbed, open and moist soil habitats. Groundsels are dioecious. This means that each plant is either a male or a female and each plant produces male/female flowers accordingly. Only the female plants produce the fluffy silvery white flowers late in the fall. The white, hair-like bristles extend beyond the leafy bracts of the female flowers, giving it a cottony or silvery appearance. The bristles also help in dispersing the tiny fruit/seeds. Male flowers are yellowish-green in distinctly rounded spheres. Groundsel leaves are toxic to livestock and the small fruit from the female plant is poisonous to humans. Indigenous people used the leaves to make yellow dye.