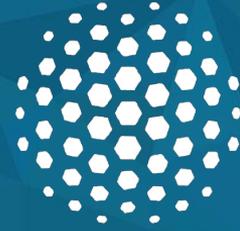




**Plant Identification:
"Weeds"
& Florida Native Plants**

Presented By Fleet Farming



IDEAS

— For Us —

Advancing
Environmental Action
Worldwide



FLEET FARMING™

Changing the Cycle of Local Food Accessibility

5 Focus Areas of Environmental Sustainability



Energy: Solar Workshops



Water: Shoreline Projects



Food: Urban Agriculture



Waste: Waste Audits

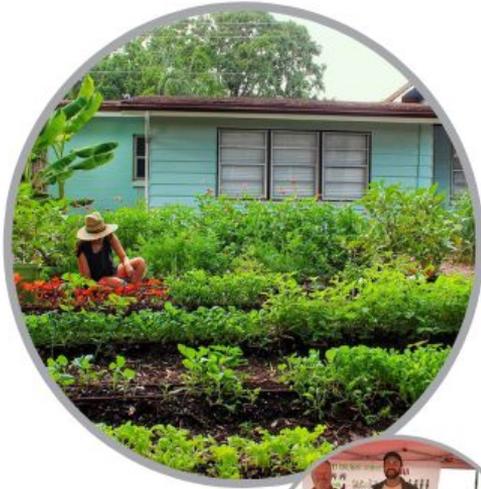


Ecology: Tree Plantings



What is Fleet Farming?

Fleet Farmlettes



Edible Landscapes



Fleet Education



A close-up photograph of a dense patch of groundcover plants. The plants have small, light green, round leaves and clusters of tiny white flowers. The background is a mix of green foliage and some brown, dried leaves.

What are “weeds”?

“Weeds” or Pioneer Species

“Weeds” are a commonly used term for a plant species that is unknown. The better word is “pioneer species”!

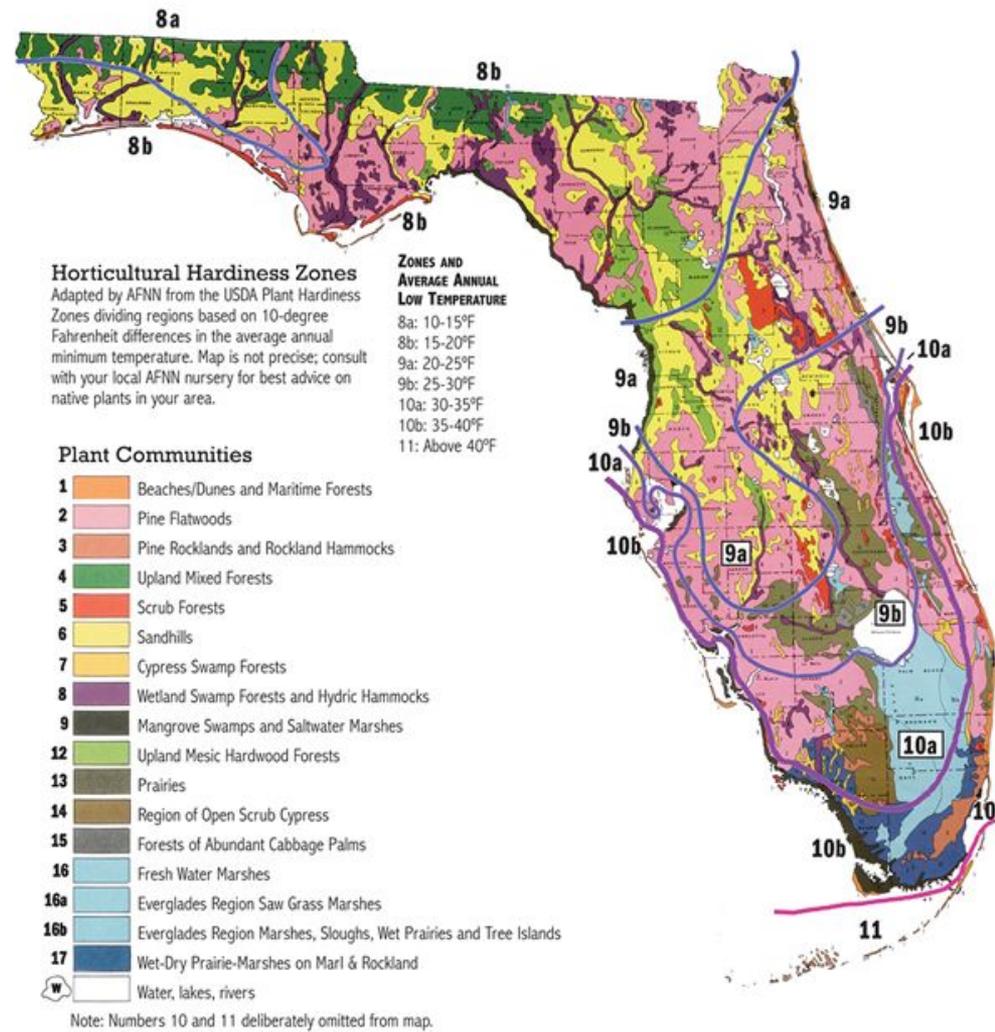
They can actually be:

- **Florida native plants** - native to Florida
- **Invasive Species** - not from Florida and BAD for the environment
- **Or Florida Friendly Species** - not from Florida but isn't bad for the environment



Plant Communities of FL

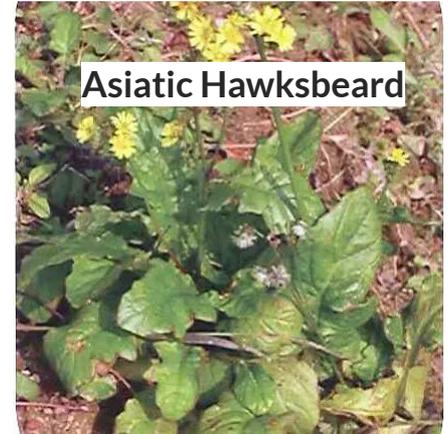
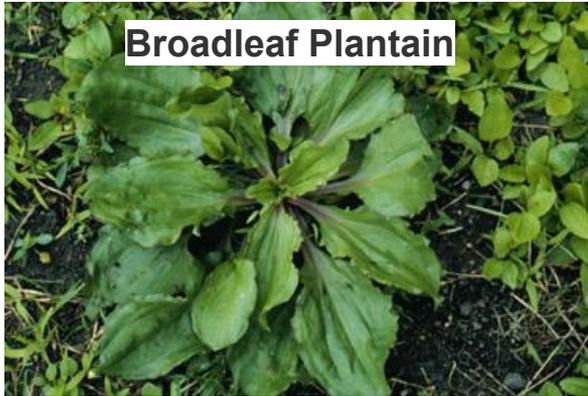
***17 Plant Communities Are Identified In The Graphic To The Right**



Uses



Common Edible Florida Pioneer Plants



Broadleaf Plantain

Broadleaf Plantain is a perennial broadleaf plant that grows in many locations from spring to autumn. Not only is this a vital wild edible plant for overall good health, this wild weed can be used to treat chronic diarrhea as well as digestive tract disorders. Broadleaf plantain is packed with nutrients and is safe to ingest. If a person chomps on some fresh leaves, these can be applied to the skin to treat minor burns, insect bites or open wounds.

The entire plant is edible. Young leaves can be eaten raw or cooked. They are somewhat bitter and tedious to prepare because it's generally preferable (though not required) to remove the fibrous strands before use. Many people blanch the leaves in boiling water before using them in salads in order to make them more tender. Once blanched, plantain can be frozen then used later in a sauté, soup or stew. Seeds can be eaten raw or cooked and can be tedious to harvest. The seed can be ground into a meal and mixed with flour. Dried leaves make a healthy herbal tea.

Edible Plant!



Herbal Safety - Not All Plants Are Safe

- Not all herbs are safe. Some plants are poisonous and can hurt you. For example, poison ivy. If you simply brush up against this plant, poison ivy is liable to give you a nasty, itchy rash. Other plants to avoid include datura, morning glories, and foxglove.
- Sometimes it is hard to tell the difference between a dangerous plant and a safe plant because they may look similar.
 - An example of this is poison hemlock, which happens to strongly resemble many other edible plants in the Apiaceae or parsley family such as wild carrot.
- Some useful herbs have a stronger action on the body than other herbs and too much of a strong herb can make you feel sick.

*Before starting an herbal regime, it's always important to contact a medical professional including expert herb advice



Plant “Look-alikes”



<- Edible:
Elderberry

Toxic: -> Water
Hemlock



Bull Thistle

The prickly bull thistle (*Cirsium vulgare*) is a biennial plant that belongs to the asteraceae (sunflower) family. The bull thistle has pink to purple flowers, with fruit also known as thistledown. The small seeds, which are carried by the wind, are called achene.

The bull thistle plant was used by early humans as a warm medicinal tea. The roots were also used as an aid to digestion, and to treat stomach cramps. Steam from the warm tea was used to treat muscle stiffness and rheumatism. The leaves were used to treat neuralgia, and the fresh flowers were chewed to cover the medicinal tastes.



Edible Plant!

Asiatic Hawksbeard

Hawksbeard, in the Asteraceae (daisy) family, is a weedy summer annual herb that can be found growing as an agricultural or environmental weed, and often persisting year-round. Seedlings form a rosette resembling a small sowthistle (*Sonchus* spp.) but leaves are hairy. Upper leaves are more linear and lack a stalk, and a milky sap is emitted when leaves are torn. In contrast to dandelion, narrowleaf hawksbeard plants have leaves on the flowering stem, and plants can become highly branched. In the rosette stage (i.e., before the flowering stem has bolted upward), it is much trickier to differentiate between narrowleaf hawksbeard and dandelion.

Inflorescence stalk is generally leafless (but occasionally with up to 3 leaves), branched at the top, and 6 to 15 inches (occasionally to 3 feet) tall. Flowers are yellow, dandelion-like but only about 1/2 inch in diameter. Seed heads are dandelion-like, about 1/4 to 1/2 inches in diameter, and seeds are wind dispersed. Do not let plants go to seed. Hawksbeard appears to be well controlled by available pre-emergence herbicides; however, herbicide efficacy rankings for this species are based on limited experimental data.

The young leaves and young plant can be eaten cooked or raw.

Attracts the Burnsius Butterfly, which is a new genus of the checkered skipper.

Edible Plant!



Spurge (Euphorbia)

Euphorbia is an herb. The parts of the plant that grow above the ground are used to make medicine.

The parts of the plant that grow above the ground are used to make medicine. Euphorbia is used for breathing disorders including asthma, bronchitis, and chest congestion. It is also used for mucus in the nose and throat, throat spasms, hay fever, and tumors. Some people use it to cause vomiting.

In India, it is also used for treating worms, severe diarrhea (dysentery), gonorrhea, and digestive problems.



Edible Plant!

Florida Pusley

This is a hardy plant that happily intermingles with grass and survives drought and cold, pusley is helpful for controlling soil erosion. The flowers also provide nectar for butterflies and bees, both important pollinators.

A lawn dominated by Florida pusley could be suffering from a nematode infestation. Nematodes are microscopic worms that attack the root system of the grass.

This plant can be eaten in salads.



Edible Plant!

Dandelion

From root to flower, dandelion are highly nutritious plants, loaded with vitamins, minerals and fiber.

Dandelion greens can be eaten cooked or raw and serve as an excellent source of vitamins A, C and K. They also contain vitamin E, folate and small amounts of other B vitamins (1). What's more, dandelion greens provide a substantial amount of several minerals, including iron, calcium, magnesium and potassium (1).

The root of the dandelion is rich in the carbohydrate inulin, which is a type of soluble fiber found in plants that supports the growth and maintenance of a healthy bacterial flora in your intestinal tract (2)

Dandelion root is often dried and consumed as a tea but can also be eaten in its whole form.

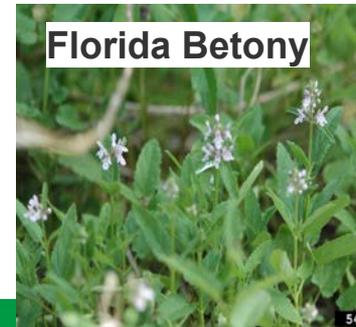
Dandelion are full of potent antioxidants, which may explain why this plant has such broad applications for health. Antioxidants are molecules that help neutralize or prevent the negative effects of free radicals in your body.

And more!

Edible Plant!



Common Edible Florida Pioneer Plants



Spanish Needle or Bidens Alba

This is a white flower with a yellow center. The flowers are actually edible! Grows in most gardens throughout Central Florida.

Astringent, anti-inflammatory and anti-infective, this plant can heal any number of irritations and infections externally and internally, especially those of the tender and vulnerable mucus membranes. It works very well on the lungs, the sinuses, the digestive tract, prostate, urinary tract, uterus and GI.



Edible Plant!

Gotu Kola

Gotu kola is an herb in the parsley family. It is commonly used in Traditional Chinese and Ayurvedic medicine. The above-ground parts are used to make medicine.

Gotu kola is used for burns, poor circulation that can lead to [varicose veins](#) (venous insufficiency), scars, [stretch marks](#), and many other conditions but there is no good scientific evidence to support these uses.

Edible Plant!



Dollarweed

Dollarweed helps the aorta and blood vessels relax - which can lower blood pressure. Pennywort is anti-inflammatory, antibacterial, and antiviral. It aids digestion and it's full of B vitamins, calcium, magnesium, phosphorus, and zinc. This plant is great for arthritis sufferers, and for keeping your connective tissue from aging...and for any age-related aches and pains.

Studies show that if you eat 3 to 4 pennywort leaves a day it will keep you sharp, alert, and improve your memory. New studies on Alzheimer's disease show that it may be very effective for combating this disease. Dollarweed is effective for stress, anxiety, fatigue, and also for those who suffer from insomnia.

Edible Plant!



Clover

Add its raw leaves to salads, sauté and add to dishes for a splash of **green**, eat the red or white flowers raw or cooked, or dry the flowers and use for tea. Eating **clover** can help the lymphatic system in our bodies, cleaning up all its waterways and improving our blood.



Edible Plant!

Purslane

Purslane is a green, leafy vegetable that can be eaten raw or cooked. It is known scientifically as *Portulaca oleracea*, and is also called pigweed, little hogweed, fatweed and pusley. This succulent plant contains about 93% water. It has red stems and small, green leaves.



Edible Plant!

Florida Betony

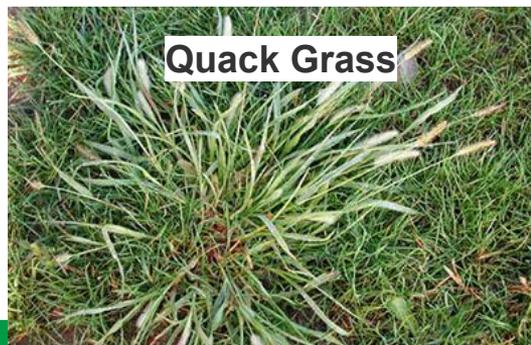
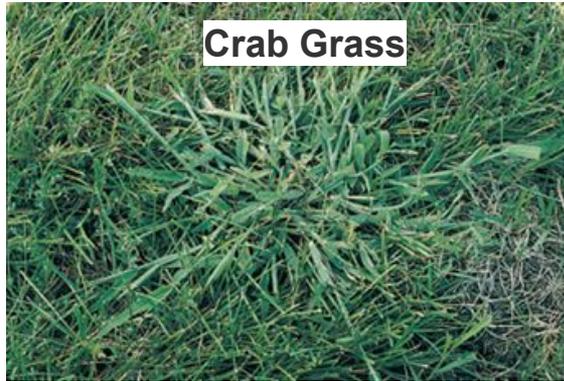
Florida betony (*Stachys floridana*) is native to Florida and began appearing in other states in the 1940s and 50s. It has become an aggressive weed in residential and commercial landscapes in South Carolina. It is usually not a problem in nurseries that produce container grown plants. Florida betony is also known as wild artichoke (although it is not related to artichoke) and rattlesnake weed.

The underground tuber is the reason for the common name “rattlesnake weed”.

Edible Plant!



Common Pioneer Florida Grasses



Native Florida Grasses



Black Seeded Needle Grass



Blue Fakahatchee



Dwarf Fakahatchee Grass



Purple Lovegrass



Muhly Grass



Pineywoods Dropseed



Southern Wiregrass



Elliott's Lovegrass



Sand Cordgrass



Fakahatchee Grass

*Images provided by
Wilcox Nursery

Florida Native Flowers

Dune Sunflower



Coreopsis



Eastern Red Bud



Blanket Flower



Elliot's Aster



False Rosemary



Verbena



Blazing Star



Saw Palmetto



Bee Balm



Salvia



Rosinweed



Black Eyed Susan



Mimosa



Beauty Berry



Simpson Stopper



Walter's Viburnum



Seaside Goldenrod



A close-up photograph of a field of purple aquatic plants, likely water hyacinths, with green leaves and tall, slender stems topped with clusters of small purple flowers. The background is a soft-focus green field. A white rectangular box is overlaid across the center of the image, containing the text "Aquatic Pioneer Species" in a bold, black, sans-serif font.

Aquatic Pioneer Species

UPLAND

ZONES OF A VEGETATED FRESHWATER SHORELINE

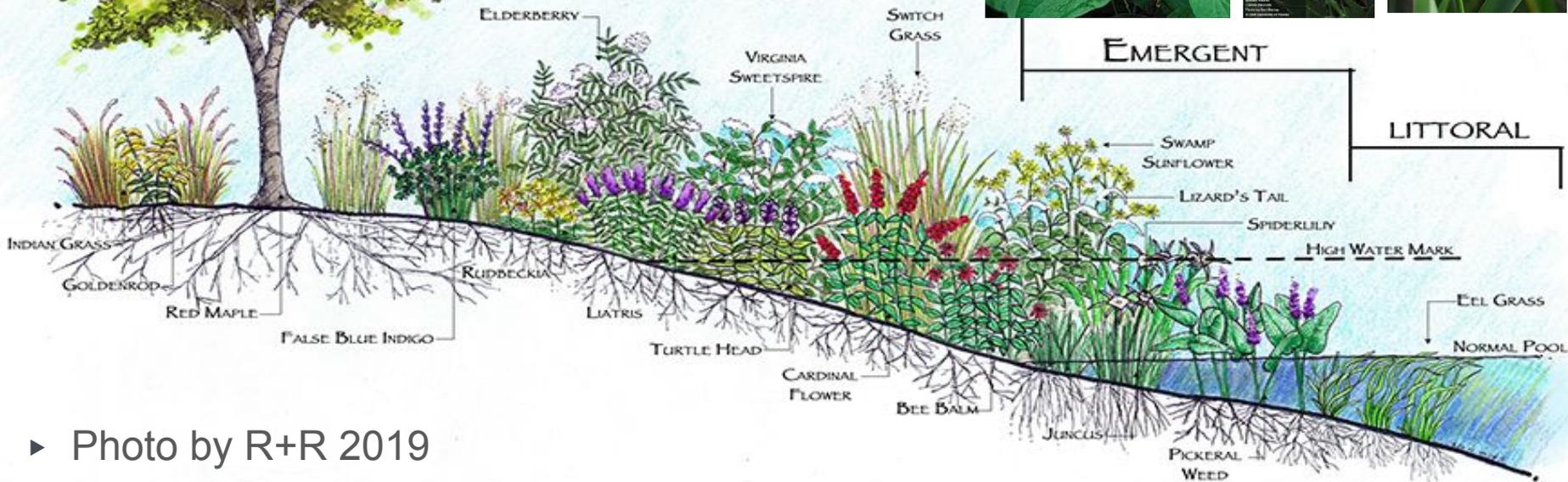


RIPARIAN



EMERGENT

LITTORAL



► Photo by R+R 2019

Pontederia cordata, Pickerelweed



- **Location for our project:** Emergent
- Pollinator plant only
- Bees and many butterfly species utilize Pickerelweed
- Purple cones of flowers
- Depth up to two feet or floating mats, littoral or emergent
 - Can survive in shallow or even dry moist areas
- Zones 8A-10B Full Sun
- Easily grown through rhizomes and cuttings
- Favored food by waterfowl and turtles



Iris virginica (Blue Flag Iris)



- **Location for our project:** Riparian / terrestrial
- Native to Florida & pollinator friendly
- Blue flag iris has wonderfully textured, light-green foliage emerging directly from the ground in dense clumps.
- It grows 12 to 18 inches tall, producing lavender-blue flowers about 4 inches across in the spring. Flowers are displayed in a showy fashion slightly above the foliage.
- They are native to boggy areas where water stands all year long. They will grow in standing water.
- Can plant year round
- Flowers in the spring



Canna flaccida (Golden/Yellow Canna)



- **Location for our project:** Emergent
- Golden canna is a native herbaceous perennial wetland plant
- Grows in marshes, wetlands, and savannahs and around the edges of lakes and ponds.
- Golden canna is an emergent plant that only needs to have “wet feet” (damp soil) and usually grows up to 4 feet tall, although some reports suggest that the species can reach up to 9 feet in height.
- Golden canna can grow in a wide variety of substrates, including sand, clay, loam, and organic muck.
- Although golden canna grows best in moist or saturated soil, the species is somewhat tolerant of drought.
- Most reproduction in native populations of golden cannas occurs through seeds.
- Golden canna can also be easily propagated by rhizome division.



Saururus cernus (Lizard's Tail)



- **Location for our project:** Emergent
- Native to Florida
- Perennial flowering plant, pollinator friendly
- This is a wetland plant. It can form dense patches making good groundcover in wet areas.
- Provides nectar for hair streaks and other insects esp. bees and flies, but mostly wind pollinated.
- Liked by dragonflies for perching.
- Eaten by wood ducks and other foraging birds.
- This plant requires extremely little attention once planted. It spreads by rhizomes and can be divided by root propagation. No special care is needed to over winter this plant, and it is not susceptible to bugs or disease. As long as it receives plenty of water and partial sun, it will thrive.

Cephalanthus o. (Buttonbush)



- **Location for our project:** Riparian / terrestrial
- Buttonbush is a large, long-lived shrub that occurs naturally in wetlands and along stream and river edges. The flowers attract many bees, butterflies and moths. Its seeds are eaten by ducks and other birds, and the foliage is browsed by deer.
- Prefers wet sandy, clay, loamy or mucky soils
- Buttonbush requires wet soil and its roots can withstand full submersion.
- In shade, the foliage will be more open. Plants can be pruned to encourage denser foliage. Seeds can be gathered in late summer or early fall before the flowerheads dry out and will germinate without any treatment.
- The foliage is toxic to both humans and livestock.
- Host plant to Titan Sphinx and Hydrangea Sphinx Moths
- Large white or yellow flowers, highly attractive to birds and mammals
- Tolerates a depth up to two inches, riparian
- Zones 8A-11 Full Sun Part Shade



A close-up photograph of a field of purple flowers, likely a species of Iris or similar, with green leaves and stems. The flowers are in various stages of bloom, with some showing buds. A white rectangular box is overlaid in the center of the image, containing the text "Invasive Species" in a bold, black, sans-serif font. The background is a soft-focus field of similar flowers under bright, natural light.

Invasive Species

Invasive Plants

Air Potato



Kudzu



Brazilian Pepper



Common Aquatic Invasive Aquatic Plants



Uruguay Waterprimrose



Water Hyacinth



Aquatic Soda Apple



Crested Floating Heart



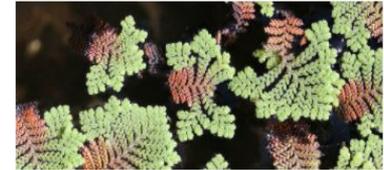
Water Lettuce



Water Spinach



Cuban Club-Rush



Feathered Mosquitofern



West Indian Marsh Grass



Wild Taro



Giant Salvinia



Hydrilla

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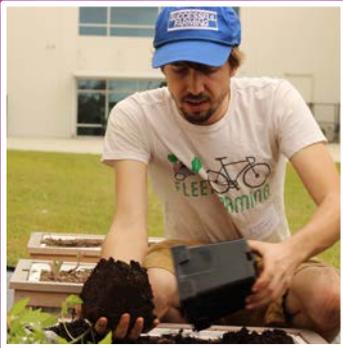
Cedar Raised Beds



Food Forests



Fruit Trees



Maintenance Services



Fleet Education



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