

Plant	Leaf characteristics	Flower / fruit characteristics	Other unusual characteristics	Uses (Fairchild Tropical Garden does not guarantee the validity of all of these plant uses)
Gumbo Limbo (<i>Bursera simaruba</i>)				
Coontie (<i>Zamia pumila</i>)				
Saw Palmetto (<i>Serenoa repens</i>)				
Prickly Pear (<i>Opuntia dillenii</i>)				

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Lignum Vitae (<i>Guaiacum sanctum</i>)				
Jamaica Dogwood (<i>Piscidia piscipula</i>)				
Cabbage Palm (<i>Sabal palmetto</i>)				
Black Mangrove (<i>Avicennia germinans</i>)				

Plant	Leaf characteristics	Reproductive (flower/cone/fruit) characteristics	Other unusual characteristics	Uses (Fairchild Tropical Garden does not guarantee the validity of all of these plant uses)
Gumbo Limbo (<i>Bursera simaruba</i>)	Compound pinnate, opposite, with terminal leaflet	Small, greenish yellow flowers	Peeling reddish bark	<ul style="list-style-type: none"> • Bark and leaves - antidote to poison wood, relief of rashes, stings, burns • Tea from bark used to treat fever and low blood pressure
Coontie (<i>Zamia pumila</i>)	Compound pinnate leaves, up to 3 feet long, leaflets narrow (less than 1/4 in wide), curving upward	Male plants: narrow cylindrical cones, up to 7 in. long. Female plants: thick ellipsoid cone, up to 7 in long, with orange or red seeds	Is a gymnosperm, contains toxins (steroid-like)	<ul style="list-style-type: none"> • Used for food - the thick underground stem was made into starch, though it is poisonous - cycasin (a poisonous substance) has to be removed first by washing
Saw Palmetto (<i>Serenoa repens</i>)	Palmate leaves (fan shaped), stiff with serrated edges on leaf stalk	White flowers bloom in clusters, fragrant. Fruit is black when ripe and oblong in shape	Main stem crawls along ground and can form new plants vegetatively.	<ul style="list-style-type: none"> • Known to affect hormones, used for treatment of benign prostatic hyperplasia, treating hair loss and infertility in both sexes • Fruit and palm heart (terminal bud) are used for food and the juice of berries is used in a soda called "Metto" • Used as a cork substitute and for wallboard, leaves used to make small fans • Flowers major source of nectar for honeybees
Prickly Pear (<i>Opuntia dillenii</i>)	Flat, fleshy, succulent stems with leaves modified into spines	Large, 2 inch yellow to orange flowers with many sepals; pear shaped red to purple fruit with many seeds		<ul style="list-style-type: none"> • Fruit and pads are edible • Tea from pads used to treat inflammation, • Flesh cooked and used for boils, splinters, tumors, arthritis • Root crushed in water and drunk for urinary burning, flowers for diarrhea • Fruit baked and used for asthma, liver congestion, whooping cough • Juice extract from pads can be used as shampoo
Lignum Vitae (<i>Guaiaacum sanctum</i>)	Small, compound pinnate leaves with oval leaflets, no terminal leaflet	Deep-blue to purple fragrant flowers, yellow fruit pod	Very hard, dense wood	<ul style="list-style-type: none"> • Used medicinally in the Caribbean for fighting swollen glands and fever • In Jamaica the resin soaked in rum is used as gargle for sore throats and for cuts and bruises • The wood is highly valued for its strength and durability

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Jamaican Dogwood (<i>Piscidia piscipula</i>)	Costapalmate leaves (Fan shaped and slightly folded, with arched midrib). Leaf segments slender, the ends are thread-like	Small, white flowers formed in clusters, fragrant. Fruit is black when ripe and round in shape	The trunk is made up of old leaf bases.	<ul style="list-style-type: none"> • Palm heart made from the terminal bud or “cabbage”. This can be eaten raw or cooked, but it kills the tree. (Commercial heart of palm that you find in the store is harvested from multi-stemmed palms that are not killed). • The fruits are eaten raw when ripe and are said to taste prune-like, or are made into syrup • Native Americans reduced the dried fruits to a coarse meal, which they used to make bread • Leaves used to make thatch roofs for chickens
Cabbage Palm (<i>Sabal palmetto</i>)	Pinnate leaves with seven leaflets, each 5 to 10 cm. (2 to 4 in.) long	Pink to lavender pea-sized flowers, which appear in clusters after the tree loses its leaves in the dry season. The seed pods have 4 papery wings and are each 7 cm (3 in) long	Main stem crawls along ground and can form new plants vegetatively	<ul style="list-style-type: none"> • The bark or leaves have been crushed and used to relieve pain • The dried root bark has been used for neuralgia, insomnia, hysteria, toothaches and asthma. • The bruised twigs and leaves of this plant were used by indigenous people to stun fish • The fruits were used for arrow poison when hunting • Extracts of the plant have been found to be effective natural pesticides
Black Mangrove (<i>Avicennia germinans</i>)	Opposite leaves, very thick, almost leathery, often exuding salt	White flowers with what looks like four petals. Fruit is a flattened, fleshy green pod	The roots commonly send up many pencil-sized pneumatophores (roots that stick up from under the water)	<ul style="list-style-type: none"> • Sprouting seeds are edible as famine food if cooked, though can be toxic if raw • Flowers are an excellent honey source. Beekeepers will intentionally keep beehives near black mangroves to make “mangrove honey.” • Salt on leaves can be collected and consumed. • Medicinal – rheumatic pain, poison and insect repellent