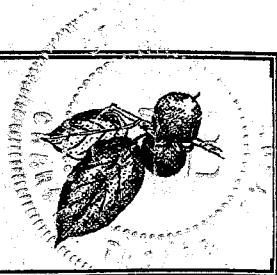


# Mississippi Native Plants

The Newsletter of the Mississippi Native Plant Society

Summer 2003

Volume 21 Issue 3



The Mississippi Native Plant Society is a non-profit organization established in 1980 to promote the preservation of native and naturalized plants and their habitats in Mississippi through conservation, education and utilization.

## MNPS BOARD OF DIRECTORS

### ELECTIVE POSITIONS

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## PRESIDENT'S MESSAGE

### MISSISSIPPI NATIVE PLANT SOCIETY WELCOMES NEW BOARD MEMBERS

MNPS members that attended the Annual Meeting in Gulfport have voted to approve the Executive Board Officers for 2003-2004. Ron Wieland conducted the voting process, and mentioned the willingness of the 2002-2003 Board Members to continue their respective positions. Calls for two openings on the board, the Field Trips Chair and the Education Chair, were taken from the floor. Dr. John Guyton, Environmental Education Specialist with the Mississippi State University Coastal Research and Extension Service, was successfully coerced to serve as Education Chair; and John Hays, Mississippi Natural Science Museum, agreed to serve as Trips Chair. Candidates for all positions were unanimously approved from the members. We welcome these talented new board members! The MNPS Executive Board for 2003-2004 is as follows:

President, Bob Brzuszek  
Vice-President, Joseph McGee  
Secretary/Treasurer, Debora Mann  
Newsletter Editor, Heather Sullivan  
Education Chair, Dr. John Guyton  
Trips Chair, John Hays

### GULF COASTAL PLAINS CHAPTER HOST SUCCESSFUL MNPS ANNUAL MEETING

Bogs, edible native plants, and heartfelt native plant stories were just some of the topics presented at the Annual Meeting of the MS Native Plant Society. Held on April 26, 2003 at the Herbert Wilson Recreation Center in Gulfport, attendees were treated to a spectacular day. Graciously hosted by the newly formed Gulf Coastal Plains Chapter of MNPS, nearly 60 people attended the event. Two dynamic lectures started off the morning, with fun field trips in the afternoon. Mary Anderson Pickard, lifelong resident of Ocean Springs, mesmerized the audience with her wonderful memories of native plants of the Gulf Coast. Also a painter, she brought many of her art pieces for the Society to enjoy. Dr. Charles Allen, botanist for Fort Polk, Louisiana, thoroughly entertained the crowd with his presentation on edible native plants of the Gulf Coast. He brought an incredible number of plant specimens and discussed their culinary uses, and with the help of his wife Susan, even served "native made" breads and teas. After the lectures, a number of people brought native plants to exchange with others, making sure that everyone left the meeting with a new native.

*Continued on page 2*

## GULF COASTAL PLAINS – Continued from page 1

A better day for field trips could not be asked for. Attendees had a choice of three field trips to nearby natural areas. Alice Holmes and Edie Dreher led a group to the Clower-Thornton Nature Trail, a twelve acre preserved area in the heart of Gulfport. Ron Weiland and John Hays toured a group to CC Savanna on Highway 53, and explored the wetlands, ponds and savannas. George Ramseur of The Nature Conservancy, led a group to Mike's Island, which is managed as a Nature Conservancy site. The day was made extra special with the appearance of Dr. Sidney McDaniel, a past president of the Mississippi Native Plant Society. A special thank you goes to the Gulf Coastal Plains Chapter for providing a terrific day.

## Education Chair's Notes

by John Guyton, Ed. D.

The conference Bob Brzuszek had invited me to attend was going fine and it was a splendid opportunity to see a lot of friends I have made since moving to the Mississippi Gulf Coast. I was thoroughly enjoying not being on the program, not having any responsibility and engaging in my favorite past time - sitting back and learning. "Trust me" Bob said, after I had been jolted back to the Mississippi Native Plant Conference from a conversation with Terry Johnson, having heard my name mentioned. It was instantaneously reminiscent of those almost forgotten days in school when teachers would call on me when I was engaged in day dreaming or quietly discussing matters of the greatest importance with other students. "Would you agree to serve as Education Chair?" Ron Weiland asked. "Uh, hum, OK." Oh dear, what have I done now, I wondered. "This is our favorite way to get new members," treasurer Debora Mann said as I hastily paid my dues. When Bob said I was following Felder as Education Chair I began to realize the magnitude of my task - then he sent me some back issues of the newsletter and I have to admit I was in awe. You see, I am not a biologist but I am very interested in the environment and native plants. In fact, I guess I could describe myself as a perpetual student with a child's fascination with the natural world.

As I explore and learn, I look forward to your guidance and suggestions as to how I can best fulfill my role as Education Chair. I will begin by sharing some of the more interesting, fun or useful

things I have learned and let nature take its course.

In my last career I was classified as a Science Educator and spent most of my time preparing students to be science teachers. I had a list of about a dozen plants every science teacher should grow or be familiar with and prepared to use in class. Well, as time passed that list become quite long and I began calling it *Plants Useful in Teaching Science*. It continued to grow and now I call it *Cool Plants: Plants to Play With or Use as Examples*. Have you played with your plants lately? Milkweed is just beginning to bloom so it will suffice as an example. A needle can be used to trick a milkweed flowers into thinking a bee has stopped by for a visit. Use the needle to press on the dark spot at the end of the long pocket, with a white bordered opening, between 2 of the 5 nectar horns. This should cause a



Butterfly Weed

pair of sticky yellow pollen bags to pop out at such a point that they would stick to the bee's feet. Now, I have heard that you can color dodder by watering the clover it is living on with red food coloring, but I have not tried it - yet. I thought *Lycopodium* powder was a chemical and boy was I surprised to learn it was club moss spores. My first experiences with this fine dry powder was about the 8<sup>th</sup> grade and its explosive nature captured my attention! *Lycopodium* powder was used in the early flash photography where an explosive and smoky flash accompanied each photo. Its water phobic nature is also fun to experiment with - sprinkle it liberally on the surface of a glass of water and insert your fingers. They will come out dry! I think it was also an early coating for pills to prevent them from dissolving too fast and it is reported to have been used in diapers. Having listened to several conversations during the conference I know you have a wealth of these cool plant stories and I would certainly like to hear them and I will pass them along.

**Foxy Flowers!** A late summer field trip to one of our more splendid bogs!

Announcing a field trip to Hillside Bog in northern Hancock County on August 23, 2003. This is considered one of the best natural areas owned by the Crosby Arboretum and is a spectacular bog; there are a number of rare and unusual species in the bog proper as well as in other habitats on the preserve such as sections of longleaf pine and a sweetbay/gum swamp near the center. *Agalinis aphylla* (Bog False Foxglove) and *Pteroglossaspis ecrinata* (Giant Orchid) are just two of the state-listed species that occur at Hillside Bog. We may even see one of the many rare species of *Xyris* (Yellow-Eyed Grass) that occur in the bogs of the Gulf Coastal Plain.

This site is easily accessed and is located just south of Highway 43 approximately 0.4 miles on Bienville Road. Due to the heat that we will surely experience, I'd like to get out to the bog by 9:00 a.m. Let's plan to meet at the main entrance to the Crosby Arboretum at 8:30 a.m. and leave from there. Ron Wieland and myself will be able to take 2 people in our vehicle or everyone can carpool/take your own vehicle. I suggest bringing some fluids for comfort; we will remain within eyeshot of our vehicles so if the heat becomes too much we can make a hasty retreat if necessary! I look forward to seeing all of you there!

John Hays,  
MNPS Trips Chair

**Mississippi Native Plants  
The Newsletter of the  
Mississippi Native Plant Society**

**Mississippi Native Plants** is the quarterly publication of the Mississippi Native Plant Society.

Winter (Issue 1)	December/January/February
Spring (Issue 2)	March/April/May
Summer (Issue 3)	June/July/August
Fall (Issue 4)	September/October/November

**Deadlines for the Fall Issue** are as follows:

Articles – Jul 15      Calendar of Events – Jul 31

**Deadlines for the Winter Issue** are as follows:

Articles– Oct 15      Calendar of Events– Oct 31

**Don't Garden in Your Bikini**

John Guyton,  
Education Chair

So you gave in to the temptation and you just had to hug a tree or a child handed you a suspicious vine before you got your glasses adjusted; too late to avoid contact with urushiol (oo-roo-she-all) oil that permeates all parts of the poison ivy plant all year. "Yes, Virginia, there is a Santa Claus" (thank you Church, 1897). Help is as close as the nearest discount store or pharmacy. Tecnu (for poison oak, ivy and sumac) is a soap that was developed to decontaminate people who were exposed to radioactive fallout and what removes radioactive dust from skin pores also removes urushiol oil from skin, clothing, boots, dogs, fur, fly rods, etc. that have come in contact with poison oak, ivy or sumac. The anti-itch CalaGel, packaged and sold with Tecnu is a perfect accompaniment. The quicker you wash with Tecnu (which does not require water) the better (think under 20 minutes for best results).

If this sounds like an advertisement consider: I am making nothing but friends for passing along this tip - and research indicates 99% of you are allergic and soon to be my friends!



Poison Ivy

**Edible Plants of the Gulf South**

By Ronald Wieland

Ecologist/Botanist Mississippi Natural Heritage Program

Dr. Charles Allen, PhD, formerly Professor of Botany at University of Louisiana, Monroe, presented an overview of edible plants from the Western Gulf Coast at the Annual Meeting of the Mississippi Native Plants Society, April 26, 2003, in Gulfport. He brought out a cornucopia of plants that can be eaten as vegetables or used as spices, herbal teas, or coffee substitutes. Dr. Allen graciously provided the Society permission to reprint his list of edible plants, almost all of which occur in Mississippi. For each use category, the scientific name, common name, and plant part used are listed. I have added a few notes that were taken during the presentation. The list identifies edible fruits of the better known wild plants such as pawpaw, hackberry, mulberry, and hawthorns, but also lists uses for many lesser known edible plants: day lily flower buds, false dandelion tubers, peppergrass shoots, and rhizome tips of rice cut grass. The list provides a very good overview for our region and should help generate interest in our native flora.

For additional information, old timers, plant books, or hobbyists who have learned useful plants and preparation techniques over the years are useful sources. The Internet is certainly a superb source of information but should be used with caution. One of the best and informative databases that I have found on the web has been created by Dr. James Duke and his cohorts. The web site is partially sponsored by the Agriculture Research Service, US Department of Agriculture. I would encourage you to check the database out at the following address: <http://www.ars-grin.gov/duke/>. I have only begun to explore. A warning clause has been included at the web site because it is sometimes risky to use wild edible or medicinal plants. I have reprinted the warning below as it applies to any information provided by Dr. Allen or as written in this article.

**"WARNING:** Do not consult these databases unless you agree not to hold the compilers or the USDA liable for any errors or omissions. Data were gathered rather randomly from the literature on economic plants, none of which will ever be completely known phytochemically. These data were compiled by human beings,

mostly Jim Duke and Stephen Beckstrom-Sternberg, from published, or rarely, personally communicated sources by human beings. To err is human! For any serious studies, values, especially deviant values, need to be rechecked with original sources. Neither the compilers nor the USDA recommend self diagnosis or self medication; the compilers do urge serious studies of herbal alternatives, believing that in many cases, the herbal alternative may contain several synergistic compounds that will, in fact, do what empirical trials have suggested, as recorded in the folklore (See ETHNOBOTANY database). Where these biologically active compounds occur in the edible portions of long established food species, we could be dealing with promising "food pharmacy" alternatives. Synergies often double the rates of biological activities, but sometimes increase them an order of magnitude or two or more. Plants usually contain synergistic suites of phytoprotective chemicals which are often responsible for their medicinal uses as well. Evolution would favor synergies and disfavor antagonisms in such suites of compounds. If we have learned anything in the preparation of this database, it is that the levels of biologically active compounds vary widely, often one or two, sometimes more orders of magnitude. An increase in one compound from a suite of compounds is usually compensated for by a decrease in another compound(s). All plants, like all animals, contain toxins and carcinogens. Even commonly ingested food plants, like peanuts, can be fatally allergic to sensitive people (Dr. Duke's Phytochemical and Ethnobotanical Databases)."

However, to put the risk in perspective it is worthwhile to review the rate table of fatalities (See <http://www.ars-grin.gov/duke/syllabus/module15.htm>). The number of fatalities per event are provided on a per capita basis (rounded no. of fatalities/no. people involved with procedure or medicine or herb). For example, the fatality rate from auto accidents is 1/5000, improper taking medications is

1/2000, and due to cigarettes, 1/500. Dr. Duke estimates that only two people per year die from ingesting herbs. He estimates that between 2 and 25 million people use wild plants during the same period. The ratio would figure out, conservatively to be 1/1,000,000.

Wild onions are a bit stronger (real tear jerkers) than the commercial varieties, so one should use sparingly in salads. The native wood sorrel and probably the introduced pink varieties, which taste slightly sour, are good for adding variety to salads. If harvested before June, wild lettuce leaves are quite palatable but become excruciatingly bitter latter in the year. Curly dock leaves have a lemony flavor. Chickweed is succulent in the winter months through March. Early shoots of saw brier, especially from laurel greenbrier, are edible raw. The edible portions of shoots are often quite large, up to a foot long and one-half inch in diameter. They can be eaten raw or with melted butter after a light steaming. Throughout April the terminal shoots of the vine are very abundant and easy to collect. The fleshy stems would provide a vegetable side dish over the year if properly frozen. When the budget is limited, stocking up on greenbrier shoots would not be a bad way to supplement the family's diet. Besides *Smilax laurifolia* is a rampant multiplier and nuisance over unburned forest lands of southern Mississippi. The more of it harvested, the less of a labyrinth of spiny vines to negotiate during the summer and fall. Though it'd be difficult to make a dent in the growth of this vine, if successful, it would prove to be a "bloodless coup." Horse sugar leaves smell sweet when crushed and taste somewhat like apple peelings. Chewing on the leaves tends to provide temporary relief from thirst. Jack-in-the-pulpit and green dragon roots can be dried. They should not be eaten raw because of the calcium oxylate crystals that are present in the raw form. When dried the crystals usually disappear. When young and fresh, red bud pods can be cooked like the snow peas you buy at the store. Fruits of beech trees, although rather small, are often found in abundance abundant on mature trees in the fall season. They are very tasty when eaten raw. Silver bell fruits have a tart taste, a bit like star fruit (*Carambola*), a tropical fruit occasionally found in local supermarkets. Unbeknownst to people, squirrels and some birds will often stake out plants that contain ripening fruits. When ripe, the fruits may quickly disappear before you have a chance to get a taste. Mulberry fruits are highly attractive to birds and will create a feeding frenzy when ripe. So be vigilant if you want a taste. Acorns of the white

oak varieties, particularly from common white oak and chinquapin oak are tasty when roasted. Fruits of chinquapin (a chestnut), hog peanut, nut grass, black gum, elderberry, and possum haw are also edible.

Dr. Allen pointed out that the only difference between vodka and gin is that juniper fruits are used in making gin. Some recipes use juniper fruits to season deer meat. Mexican tea plant, when cooked and mixed with baked beans, is said to have the same effect as the commercial product called Beano. Peppergrass seeds are tart when dried or fresh. The seeds provide an interesting seasoning for baked breads when mixed in with the dough. A cautionary note is warranted for the use of pokeweed, which when taken raw is poisonous. It is not advisable to use the plant unless one is familiar with the cooking process. To be made palatable the leaves must be boiled 3 to 4 times, each time pouring out the water. Sassafras roots are thought to be carcinogenic to humans but early settlers readily used them for making seasonings and teas. Some use the leaves for making file', a seasoning for gumbo and deer sausage. White bay or Sweetbay leaves when dried make a quality seasoning for soups and stews and can substitute for commercial bay leaves found in the spice section of grocery stores. Seeds or fruits of coffee weed, persimmon, beech, bedstraw, sunflower, cedar, oak and dandelion rootstock are sources for herbal coffee. Usually the seeds, tubers, or rootstock are roasted and boiled. The drink produces a coffee flavor. Roasted dandelion is reported to taste like Folgers Coffee while the roasted seeds of persimmon make a coffee that tastes like Community Coffee. Numerous plants in our area are available for making tea. Usually the leaves, fruit, flowers or whole plants are dried and stored in sealed containers until used. Leaves of persimmon, witch hazel, American holly, rose, blackberry and many other plants are used for making teas. After some testing, come up with your own favorite. Spring and early summer are good times to harvest fresh material. There is more new growth on plants during these seasons and insect damage is usually lower.

Dr. Allen opened the door to the realm of edible native and naturalized plants of the south. The list provided some very interesting surprises, like popping eastern gamma grass seeds, using red clover (not crimson clover) flowers for tea, or May apple as an insecticide. With experience and knowledge, one can employ that fifth sense to discover our vegetable world. Check out Dr. Allen's web page at [www.nativeventures.net](http://www.nativeventures.net)

## EDIBLE PLANTS FROM WESTERN GULF COAST

By: Dr. Charles M. Allen

CEMML, Fort Polk; 5070 Hwy 399, Pitkin, La. 70656

email = native@camtel.net; web page = nativeventures.net; phone 337-328-2252

Scientific Name	Common name	part used
<u>Acer</u> spp.	maple	inner bark, seedlings, seeds, leaves
<u>Allium</u> spp.	onions	bulbs, leaves
<u>Alternanthera philoxeroides</u>	Alligatorweed	leaves
<u>Amaranthus</u> spp.	Amaranth	seeds, shoots, leaves
<u>Amphicarpa bracteata</u>	Hog Peanut	Underground fruits
<u>Apios tuberosa</u>	Ground Nut	tubers
<u>Arisaema dracontium</u>	Green Dragon	corm
<u>Arisaema triphyllum</u>	Jack in the Pulpit	corm
<u>Arundinaria gigantea</u>	Cane, Bamboo	shoots, seeds
<u>Asclepias</u> spp.	Milkweed	flower buds, leaves, sprouts, fruits
<u>Asimina triloba</u>	pawpaw	fruit
<u>Callicarpa americana</u>	French Mulberry	fruits
<u>Callirhoe</u> spp.	Wine Cup	roots, leaves
<u>Cardamine</u> spp.	Native Water-Cress	leaves
<u>Carya</u> spp.	hickory nut	fruit
<u>Castanea pumila</u>	Chinquapin	seeds
<u>Celtis</u> spp.	Hackberry	fruits
<u>Centella asiatica</u>	Centella	leaves
<u>Cerastium</u> spp.	Mouse-eared Chickweed	leaves
<u>Cercis canadensis</u>	Red Bud	young pods, flowers
<u>Chenopodium album</u>	Lamb's Quarters	seeds, whole plant
<u>Chionanthus virginica</u>	Fringe Tree	fruits
<u>Cirsium</u> spp.	thistle	roots, leaves, pith
<u>Claytonia virginica</u>	Spring Beauty	leaves, corms
<u>Commelina</u> spp.	Day Flower	shoot
<u>Crataegus</u> spp.	Hawthorn	fruits
<u>Cyperus esculentus, rotundus</u>	Chufa, Nut Grass	tuber
<u>Diospyros virginiana</u>	Persimmon	fruits
<u>Eclipta alba</u>	Eclipta	tips
<u>Erechtites hieracifolia</u>	Fireweed	tips
<u>Fagus grandifolia</u>	beech	bark, leaves, fruit
<u>Fraxinus</u> spp.	Ash	fruits
<u>Galium aparine</u>	Bedstraw	tips
<u>Gleditsia triacanthos</u>	Honey Locust	fruits
<u>Halesia diptera</u>	Silver Bell	fruits
<u>Helianthus tuberosus</u>	Jerusalem Artichoke	tuber
<u>Hemerocallis fulva</u>	Day Lily	flower buds
<u>Hydrocotyle</u> spp.	Water Pennywort	leaves
<u>Hydrolea</u> spp.	Hydrolea	tips
<u>Juglans nigra</u>	Black Walnut	fruit
<u>Krigia dandelion</u>	False Dandelion	tubers
<u>Lactuca</u> spp.	Wild Lettuce	leaves
<u>Lamium amplexicaule</u>	Henbit	tips
<u>Lepidium virginicum</u>	Peppergrass	shoots
<u>Liatis</u> spp.	Blazing Stars	corms
<u>Lycopus</u> spp.	Bugleweeds	tubers
<u>Melothria pendula</u>	Melonette	fruits

## Edible Plants (Cont).

Scientific Name	Common name	part used
<u>Mitchella repens</u>	Partridgeberry	fruit
<u>Mollugo verticillata</u>	Carpet Weed	plant
<u>Morus spp.</u>	Mulberry	fruit
<u>Nelumbo lutea</u>	Water Chinquapin	young leaves, seeds, rhizomes
<u>Nuphar spp.</u>	Splatterdock	rhizomes, seeds
<u>Nymphaea spp.</u>	Water Lily	leaves, rhizomes
<u>Nyssa spp.</u>	Black Gum	fruits
<u>Oenothera biennis</u>	Evening Primrose	leaves, roots
<u>Oxalis spp.</u>	Wood Sorrel	roots, leaves
<u>Passiflora incarnata</u>	May Pop	fruits
<u>Petalostemon candidum</u>	Prairie Clover	leaves
<u>Phragmites communis</u>	Reed	rhizome tips, seeds, rhizomes
<u>Physalis spp.</u>	Groundcherry	fruit
<u>Phytolacca americana</u>	Pokeweed	leaves
<u>Plantago spp.</u>	plantain	leaves
<u>Polygonatum biflorum</u>	Solomon's Seal	rhizomes, stem tips
<u>Polygonum spp.</u>	Knotweed, smartweed	shoots, seeds
<u>Pontederia cordata</u>	Pickereel Weed	shoots, seeds
<u>Portulaca oleracea</u>	Purslane	eaves, seeds
<u>Prunus americana &amp; umbellata</u>	Wild Plum (Sloe)	fruits
<u>Prunus serotina</u>	Blackcherry	fruit
<u>Psoralea spp.</u>	Sampson's Snakeroot	root?
<u>Pteridium aquilinum</u>	Bracken Fern	fiddleheads, rhizome
<u>Pyrus (Malus) angustifolius</u>	Crab Apple	fruits
<u>Quercus spp.</u>	oak	acorns
<u>Rhexia virginica</u>	Meadow Beauty	tubers, leaves
<u>Rosa spp.</u>	Rose	petals, hips, seeds
<u>Rubus spp.</u>	blackberry	fruit, stem tips
<u>Rumex crispus</u>	Curly Dock	leaves
<u>Sagittaria spp.</u>	Wapato, Arrowhead	tubers
<u>Salix spp.</u>	Willow	leaves, inner bark, young twigs
<u>Sambucus canadensis</u>	Elderberry	fruit, flowers, stem tips
<u>Sassafras albidum</u>	Sassafras	leaves
<u>Scirpus spp.</u>	Bulrush	pollen, seeds, rhizomes, rhizome tips
<u>Smilax spp.</u>	Saw Brier	tubers, shoots
<u>Sonchus spp.</u>	Sow Thistle	leaves
<u>Stachys spp.</u>	Woundwort	tubers
<u>Stellaria media</u>	chickweed	leaves
<u>Strophostyles umbellata</u>	Wild Bean	seeds
<u>Symplocos tinctoria</u>	Horsesugar	leaves
<u>Taraxacum officinale</u>	Dandelion	rootstock, leaves
<u>Tilia spp.</u>	Basswood	inner bark, young buds
<u>Tradescantia spp.</u>	Spiderwort	shoot
<u>Trifolium pratense</u>	Red Clover	young leaves
<u>Trifolium spp.</u>	Clover	roots, leaves
<u>Typha latifolia</u>	Cattail	stem tips, rhizome, inflorescence, pollen
<u>Ulmus rubra</u>	Slippery Elm	inner bark
<u>Urtica spp.</u>	Stinging Nettle	leaves
<u>Vaccinium spp.</u>	Blueberry, Huckleberry	fruits
<u>Viburnum spp.</u>	Possum haw	fruit

## Edible Plants (Cont).

Scientific Name	Common name	part used
<u>Viola</u> spp.	violet	leaves & flowers
<u>Vitis</u> spp.	grapes	tendrils, leaves, fruits
<u>Zizania aquatica</u>	Wild Rice	seeds
<u>Zizaniopsis miliacea</u>	Rice Cut Grass	rhizome tips

## SPICE PLANTS FROM WESTERN GULF COAST

Scientific Name	Common name	part used
<u>Cardamine bulbosa</u>	Spring Cress	rootstock
<u>Celtis</u> spp.	Hackberry	pits
<u>Chenopodium ambrosioides</u>	Mexican Tea	whole plant
<u>Cryptotaenia canadensis</u>	Wild Chervil	leaves
<u>Juniperus virginianum</u>	Juniper, cedar	fruits
<u>Lepidium virginicum</u>	Peppergrass	seeds
<u>Lindera benzoin</u>	Spice bush	leaves & fruits
<u>Magnolia virginiana</u>	White Bay	leaves
<u>Monarda</u> spp.	Bee Balm	whole plant
<u>Pycnanthemum</u> spp.	Mountain Mint, Sage	whole plant
<u>Myrica cerifera</u>	Wax Myrtle	leaves
<u>Persea borbonia</u>	Red Bay	leaves
<u>Polygonum</u> spp.	Knotweed, smartweed	leaves
<u>Sassafras albidum</u>	Sassafras	roots, leaves
<u>Xanthoxylum clava-herculis</u>	toothache tree	fruits

## COFFEE PLANTS FROM WESTERN GULF COAST

Scientific Name	Common name	part used
<u>Cassia occidentalis</u>	Coffee Weed	seeds
<u>Cyperus esculentus</u>	Chufa, Nut Grass	tuber
<u>Diospyros virginiana</u>	Persimmon	seeds
<u>Fagus grandifolia</u>	beech	fruit
<u>Galium aparine</u>	Bedstraw	seeds
<u>Helianthus</u> spp.	sunflower	seed-shells
<u>Juniperus virginiana</u>	Juniper, Cedar	fruits
<u>Quercus</u> spp.	oak	acorns
<u>Taraxacum officinale</u>	Dandelion	rootstock

## TEA PLANTS FROM WESTERN GULF COAST

Scientific Name	Common name	part used
<u>Ceanothus americanus</u>	New Jersey Tea	leaves
<u>Chenopodium album</u>	Lamb's Quarters	whole plant
<u>Diospyros virginiana</u>	Persimmon	leaves
<u>Hamamelis virginiana</u>	Witch Hazel	leaves
<u>Ilex opaca</u>	American Holly	leaves
<u>Ilex vomitoria</u>	Yaupon	leaves
<u>Juniperus virginiana</u>	Juniper, cedar	twigs



## Tea Plants (Cont.)

Scientific Name	Common name	part used
<u>Lespedeza capitata</u>	Lespedeza	leaves
<u>Lindera benzoin</u>	Spicebush	leaves & twigs
<u>Monarda spp.</u>	Oswego Tea	leaves
<u>Monarda fistulosa</u>	Wild Bergamot	leaves
<u>Myrica cerifera</u>	Wax Myrtle	leaves
<u>Oxalis spp.</u>	Wood Sorrel	leaves
<u>Pinus spp.</u>	Pines	needles
<u>Rhus copallina</u>	Sumac	fruit, flowers
<u>Rosa spp.</u>	Rose	hips, leaves, petals
<u>Rubus spp.</u>	blackberry	leaves
<u>Sambucus canadensis</u>	Elderberry	flowers
<u>Sassafras albidum</u>	Sassafras	roots
<u>Smilax spp.</u>	Saw Brier	tubers
<u>Solidago odora</u>	Sweet Goldenrod	leaves-flowers
<u>Stellaria media</u>	chickweed	leaves
<u>Taraxacum officinale</u>	Dandelion	leaves
<u>Tilia spp.</u>	Basswood	flowers, leaves
<u>Trifolium spp.</u>	Clover	flowers
<u>Urtica spp.</u>	Stinging Nettle	Leaves

## OTHER USEFUL PLANTS FROM WESTERN GULF COAST

Scientific Name	Common name	part used	Use
<u>Myrica cerifera</u>	Wax Myrtle	berries	candles
<u>Asclepias spp.</u>	Milkweeds	latex	chewing gum
<u>Liquidambar styraciflua</u>	Sweet Gum	Resin	chewing gum
<u>Silphium laciniatum</u>	Compass Plant	resin	chewing gum
<u>Tilia spp.</u>	Basswood	fruits & flower	chocolate
<u>Ceanothus americanus</u>	New Jersey Tea	roots	Dye
<u>Juglans nigra</u>	Black Walnut	fruit	Dye
<u>Phytolacca americana</u>	Pokeweed	berries	Dye
<u>Urtica spp.</u>	Stinging Nettle	roots	Dye
<u>Pteridium aquilinum</u>	Bracken Fern	fiddleheads	Hops
<u>Podophyllum peltatum</u>	May Apple	whole plant	Insecticide
<u>Nuphar spp.</u>	Splatterdock	seeds	Popcorn
<u>Tripsacum dactyloides</u>	Eastern Gamma Grass	fruits-seeds	Popcorn
<u>Myrica cerifera</u>	Wax Myrtle	berries	Soap



Partridge Berry

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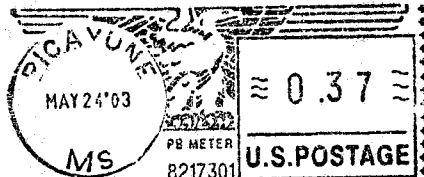
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**M**  
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**P**  
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