

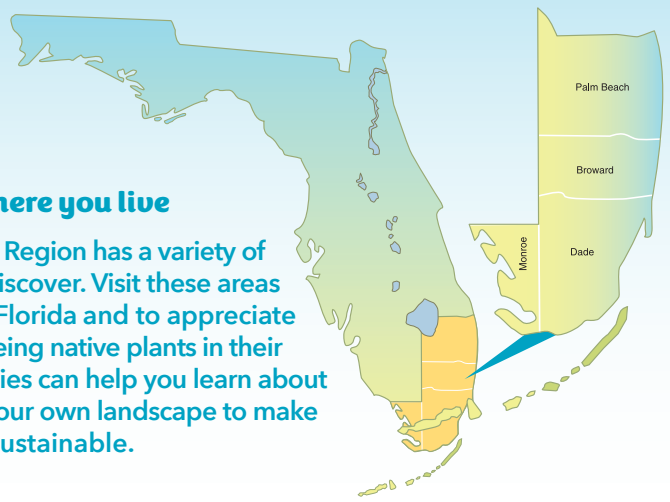


# Good Citizen Guide to Natural Florida

## South Florida Region

### Learn about where you live

The South Florida Region has a variety of natural areas to discover. Visit these areas to see the “real” Florida and to appreciate their diversity. Seeing native plants in their natural communities can help you learn about what to plant in your own landscape to make your yard more sustainable.



### Discover some of the Region’s native plant communities



#### Scrub (Atlantic Coastal Ridge)

Scrub occurs on barrier islands, dunes, and ridges along the Atlantic Coast. Characterized by well drained, sandy soils, much of it was razed for development. This fire-dependent, endangered plant community supports rare species of plants and animals.

#### Where to visit Scrub (Atlantic Coastal Ridge)

- Crystal Lake Sand Pine Scrub Natural Area (Broward County)
- High Ridge Scrub, Hypoluxo Scrub, Juno Dunes, and Jupiter Ridge Natural Areas (Palm Beach County)
- Highlands Scrub Natural Area (Broward County)
- Jonathan Dickinson State Park, Hobe Mountain Trail (Palm Beach County)



#### Pine Rockland/Rockland Hammock

Found only in extreme southern Florida in areas where limestone is exposed or very near the surface. These hammocks support a range of rare plant and animal species including those that are endemic, tropical, and subtropical.

#### Where to visit Pine Rockland/ Rockland Hammock

- Camp Owaissa Bauer County Park (Miami-Dade County)

- Dagny Johnson Key Largo Hammock Botanical State Park (Monroe County)
- Everglades National Park, Long Pine Key Trail (Miami-Dade County)
- Larry and Penny Thompson Memorial Park (Miami-Dade County)
- National Key Deer Refuge (Monroe County)
- Simpson Park (Miami-Dade County)
- The Barnacle Historic State Park (Miami-Dade County)
- Windley Key Fossil Reef Geological State Park (Monroe County)



#### Pine Flatwoods

Depending on how wet they are, pine flatwoods may be considered scrubby (dry), mesic (moist) or hydric (wet). Hydrology is important to the floral diversity in this fire-dependent habitat characterized by an open canopy of pines and a low understory layer.

#### Where to visit Pine Flatwoods

- Hillsboro Pineland Natural Area (Broward County)
- Jonathan Dickinson State Park, Kitching Creek Trail (Palm Beach County)
- Royal Palm Beach Pines Natural Area (Palm Beach County)
- Winding Waters Natural Area (Palm Beach County)



#### Hardwood/Maritime Hammock

Hardwood hammocks are dense stands of broad-leaved trees, which grow on higher elevations. The canopy of hammocks provides shade and sustains moisture in the understory, allowing for epiphytes to thrive. Maritime hammocks are found specifically along the coast.

#### Where to visit Hardwood/Maritime Hammock

- Bear Cut Nature Preserve, Crandon Park (Miami-Dade County)
- Delray Oaks Natural Area; Gumbo Limbo Nature Center; John D. MacArthur State Park, Satinleaf Trail (Palm Beach County)
- Everglades National Park, Mahogany Hammock Trail (Miami-Dade County)
- Long Key Natural Area and Nature Center (Broward County)



#### Mangrove Forest

Mangrove forests are crucial to the overall health of South Florida’s coastal zone. They provide critical habitat for marine life, as well as shelter for nesting birds. Mangrove forests are one of the state’s most valuable coastal resources.

#### Where to visit Mangrove Forest

- Ann Kolb Nature Center (Broward County)
- Everglades National Park, West Lake Mangrove Trail (Miami-Dade County)
- Florida Keys Wildlife and Environmental Area (Monroe County)
- Matheson Hammock Park (Miami-Dade County)
- West Lake Park (Broward County)



### Inland Swamp/Marsh/Wet Prairie

Swamps are forested wetlands, while marshes and prairies are treeless, dominated by grasses, sedges, and other plants that can tolerate saturated soils. These freshwater wetlands are crucial to wildlife survival during Florida's dry season.

### Where to visit Inland Swamp/Marsh/Wet Prairie

- Everglades National Park, Anhinga Trail (Miami-Dade County)
- Fern Forest Nature Center (Broward County)
- Grassy Waters Preserve (Palm Beach County)
- Loxahatchee National Wildlife Refuge (Palm Beach County)
- Loxahatchee Slough Natural Area (Palm Beach County)
- Sweetbay Natural Area (Palm Beach County)
- Tall Cypress Natural Area (Broward County)



### Beach Dune/Coastal Prairie/Marsh

Beach dunes contain salt-spray tolerant plants. Coastal prairies and marshes contain plants able to tolerate saltwater inundation. These wetland habitats face harsh environmental conditions. They are critical to protecting shorelines from rising sea level and storm events.

- Blowing Rocks Preserve (Palm Beach County)
- Dr. Von D. Mizell-Eula Johnson State Park (Broward County)
- Everglades National Park, Coastal Prairie Trail (Miami-Dade County)
- Hugh Taylor Birch State Park (Broward County)
- John D. MacArthur State Park (Palm Beach County)
- Long Key State Park, Golden Orb Trail (Monroe County)

### Where to visit Beach Dune/Coastal Prairie/Marsh

- Bear Cut Nature Preserve, Crandon Park (Miami-Dade County)

## Easy to grow native plants for home landscapes in the South Florida Region



### Bring the beauty of native plants home

The South Florida Region has many beautiful native plant communities. In addition to visiting them, you can bring a bit of natural Florida to your landscape by planting natives. Fortunately there are many options to choose from and many plants are adaptable to a wide range of conditions. Plant selection and planting advice is available from Florida Native Plant Society chapters as well as local extension agents and nurseries. Here are just a few suggestions for plants to consider for home gardens and landscapes.

### Butterfly garden

**Low growing plants:** (1) *Asclepias incarnata* (swamp milkweed); (2) *Glandularia maritima* (beach verbena); (3) *Zamia integrifolia* (coontie); (4) *Croton linearis* (pineland croton); (5) *Salvia coccinea* (tropical sage); (6) *Heliotropium angiospermum* (scorpion-tail)



The purpose of the Florida Native Plant Society is to preserve, conserve and restore the native plants and native plant communities of Florida.

### Florida Native Plant Society

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### Coastal garden



**Canopy:** (1) *Bursera simaruba* (gumbo limbo); (2) *Chrysophyllum oliviforme* (satinleaf)

**Understory:** (3) *Casasia clusiifolia* (seven-year apple); (4) *Jacquinia keyensis* (joewood)

**Low growing plants:** (5) *Helianthus debilis* subsp. *debilis* (East coast dune sunflower); (6) *Jacquemontia pentanthos* (skyblue clustervine)

### Bird garden

**Canopy:** (1) *Bourreria* species (strongbark); (2) *Thrinax radiata* (Florida thatch palm)

**Understory:** (3) *Citharexylum spinosum* (fiddlewood); (4) *Myrsine cubana* (myrsine); (5) *Psychotria ligustrifolia* (Bahama wild-coffee)

