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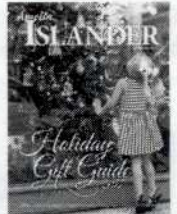
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The Bartram Garden Club will meet at 10 a.m. Thursday, Oct. 12, at the GFWC Woman's Club of Fernandina Beach, 201 Jean Lafitte Blvd. The program will feature Ryan Graycheck and Maya Velasco, both of whom manage the Greyfield Garden on Cumberland Island. The meeting is open to the public and will also include a plant sale. For more information, visit bit.ly/2whglo7.

The Nassau County

The Bartram Garden Club will meet at 10:30 a.m. Dec. 14 at the GFWC Woman's Club, located at 201 Jean Lafitte Blvd. Jan Sillik, a former president of the Florida Federation of Garden Clubs and NGC accredited master judge, will demonstrate Williamsburg designs with a Floridian flair. Contact Kathleen Lunman 904-310-9389 for more information or visit bartramgardenclub.org.

CULTIVATING COMMUNITY

Founded in September, the Bartram Garden Club serves Nassau County by sharing its love of gardening through classes, community projects, and environmental awareness.

By Karen Miller • Photos by Marc Williams



In early 2016, Beverly Williams and Carolyn Stevens decided that Amelia Island and greater Nassau County needed a state garden club to serve its residents. Williams, a Fernandina Beach resident, was already a member of a federated garden club in Jacksonville, as well as a flower show judge.

"Like myself, many residents were active in a federated club before moving here from another state," says Williams. "Most of us were learning how to navigate Florida's unique climate and soil. Others wanted to continue their floral design studies." She and Stevens, District IV Director of the Florida Federation of Garden Clubs, Inc. (FFGC), hoped to promote service projects and



Club officers from left; Beverly Williams, president; Kathleen Lunman, Vice President; Reha London, Treasurer; Carolyn Stevens, FFGC District Director. Not pictured: Kathy Reilly, Secretary. First club meeting, September 2016.

community building around Nassau County through floral design, gardening, and environmental studies.

The Bartram Garden Club was formed in September 2016, beginning with 26 charter members. It is so named to honor the legacy of Colonial naturalist William Bartram, who set foot in Florida at Amelia Island in 1774. "We felt it was appropriate to acknowledge the role he played in Northeast Florida's history," says Williams. "Bartram discovered many plants and animals here unknown to science at that time." In total, 21 Bartram Trail markers have been dedicated at various sites in Florida by state garden clubs. One marker stands at the riverfront in downtown Fernandina Beach.

"Service to the community is an important hallmark of the club," says Stevens. "Members place a floral design on a rotating basis in the foyer of the Fernandina library, serve on the Design Council of Fernandina Main Street, and lead garden therapy programs at a local assisted living facility. One member is actively identifying heritage trees within the City of Fernandina Beach. The club hopes to soon sponsor National Garden Clubs, Inc. (NGC) 'Design Study Units 1-6,' a series of basic design workshops taught by FFGC instructors, which will be offered to club members and open to the general public."



Members Alice Caldwell and Claudia Burningham led a garden therapy program recently at Osprey Village, Amelia Island.

The Bartram Garden Club meetings are open to all and cover a wide variety of topics; their membership represents many types of gardening interests and skill levels. Programs address the various needs of members as well as the latest trends in gardening and landscape design, while consideration is always given to supporting environmental responsibility.

Studying floral design art is one of the three basic pillars of a well-balanced garden club, keeping the focus on plant material—how to grow it, use it, and display it. The club's design studies aim to help members creatively use fresh and/or dried plant material in an artistic and functional manner. The club also encourages members and the general public to enroll in garden study courses sponsored by FFGC and NGC.

Through National Garden Clubs, the club provides a broad spectrum of gardening-related studies for NGC credit. Gardening Studies, Landscape Design, and Environmental Studies are three separate series of courses offered to affiliate members.

The Bartram Garden Club currently meets at the Fernandina branch of the Nassau County Public Library the second Thursday of the month, September through May, beginning at 10 a.m. Programs alternate between design, horticulture, and environmental topics. During every meeting club members contribute pocket change which, when it totals \$68, will be sent to the Forest Service and used to plant 350 pine seedlings.

Guests and prospective members are always welcome. For more information about the organization and upcoming meetings, visit the club's website at www.bartramgardenclub.org.

The 2017 list was prepared by the FLEPPC Plant List Committee

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Florida Exotic Pest Plant Council's 2017 List of Invasive Plant Species

The mission of the Florida Exotic Pest Plant Council is to support the management of invasive exotic plants in Florida's natural areas by providing a forum for the exchange of scientific, educational and technical information.

www.fleppc.org

Note: The FLEPPC List of Invasive Plant Species is not a regulatory list. Only those plants listed as Federal Noxious Weeds, Florida Noxious Weeds, Florida Prohibited Aquatics Plants, or in local ordinances are regulated by law.

Purpose of the List

To provide a list of plants determined by the Florida Exotic Pest Plant Council to be invasive in natural areas of Florida and to routinely update the list based on information of newly identified occurrences and changes in distribution over time. Also, to focus attention on –

- the adverse effects exotic pest plants have on Florida's biodiversity and native plant communities,
- the habitat losses in natural areas from exotic pest plant infestations,
- the impacts on endangered species via habitat loss and alteration,
- the need for pest-plant management,
- the socio-economic impacts of these plants (e.g., increased wildfires or flooding in certain areas),
- changes in the severity of different pest plant infestations over time,
- providing information to help managers set priorities for research and control programs.



www.fleppc.org

CATEGORY I

Invasive exotics that are altering native plant communities by displacing native species, changing community structures or ecological functions, or hybridizing with natives. This definition does not rely on the economic severity or geographic range of the problem, but on the documented ecological damage caused.

| Scientific Name** | Common Name | Gov. | | Scientific Name** | Common Name | Gov. | |
|---------------------------------------------------------------------------|------------------------------|----------------|---------|-----------------------------------------------|--------------------------------------|------|---------|
| | | List | Zone | | | List | Zone |
| <i>Abrus precatorius</i> | rosary pea | F | C, S | <i>Melinis repens</i> | Natal grass | | N, C, S |
| <i>Acacia auriculiformis</i> | earleaf acacia | | C, S | (<i>Rhynchelytrum repens</i>) | | | |
| <i>Albizia julibrissin</i> | mimosa, silk tree | | N, C | <i>Microstegium vimineum*</i> | Japanese stiltgrass, | | N |
| <i>Albizia lebbek</i> | woman's tongue | | C, S | <i>Mimosa pigra</i> | catclaw mimosa | F, U | C, S |
| <i>Ardisia crenata</i> | coral ardisia | F | N, C, S | <i>Nandina domestica</i> | nandina, heavenly bamboo | | N, C |
| <i>Ardisia elliptica</i> | shoebutton ardisia | F | C, S | <i>Nephrolepis brownii</i> | Asian sword fern | | C, S |
| <i>Asparagus aethiopicus</i> | asparagus-fern | | N, C, S | (<i>N. multiflora</i>) | | | |
| (<i>A. sprengeri</i> , <i>A. densiflorus</i>) | | | | <i>Nephrolepis cordifolia</i> | sword fern | | N, C, S |
| <i>Bauhinia variegata</i> | orchid tree | | C, S | <i>Neyraudia reynaudiana</i> | Burma reed | F | S |
| <i>Bischofia javanica</i> | bishopwood | | C, S | <i>Nymphoides cristata</i> | crested floating heart | F | C, S |
| <i>Calophyllum antillanum</i> | Santa Maria, mast wood | | S | <i>Paederia cruddasiana</i> | sewer vine | F | S |
| (<i>C. calaba</i>) | | | | <i>Paederia foetida</i> | skunk vine | F | N, C, S |
| <i>Casuarina equisetifolia</i> | Australian-pine | F | N, C, S | <i>Panicum repens</i> | torpedo grass | | N, C, S |
| <i>Casuarina glauca</i> | suckering Australian-pine | F | C, S | <i>Pennisetum purpureum</i> | Napier grass, elephant grass | | N, C, S |
| <i>Cinnamomum camphora</i> | camphor tree | | N, C, S | <i>Phymatosorus scolopendria</i> | serpent fern, wart fern | | S |
| <i>Colocasia esculenta</i> | wild taro | | N, C, S | (<i>Microsorium grossum</i>) | | | |
| <i>Colubrina asiatica</i> | lather leaf | F | S | <i>Pistia stratiotes</i> | water-lettuce | F | N, C, S |
| <i>Cupaniopsis anacardioides</i> | carrotwood | F | C, S | <i>Psidium cattleianum</i> | strawberry guava | | C, S |
| <i>Deparia peterseii</i> | Japanese false spleenwort | | N, C | (<i>P. littorale</i>) | | | |
| <i>Dioscorea alata</i> | winged yam | F | N, C, S | <i>Psidium guajava</i> | guava | | C, S |
| <i>Dioscorea bulbifera</i> | air-potato | F | N, C, S | <i>Pueraria montana</i> var. <i>lobata</i> | kudzu | F | N, C, S |
| <i>Eichhornia crassipes</i> | water-hyacinth | F | N, C, S | <i>Rhodomyrtus tomentosa</i> | downy rose-myrtle | | C, S |
| <i>Eugenia uniflora</i> | Surinam cherry | | C, S | <i>Ruellia simplex</i> ² | Mexican-petunia | | N, C, S |
| <i>Ficus microcarpa</i> | laurel fig | | C, S | <i>Salvinia minima</i> | water spangles | | N, C, S |
| (<i>F. nitida</i> and <i>F. retusa</i> var. <i>nitida</i>) ¹ | | | | <i>Sapium sebiferum</i> | popcorn tree, | | N, C, S |
| <i>Hydrilla verticillata</i> | hydrilla | F, U | N, C, S | (<i>Triadica sebifera</i>) | Chinese tallow tree | | |
| <i>Hygrophila polysperma</i> | green hygro | F, U | N, C, S | <i>Scaevola taccada</i> | half-flower, beach naupaka | | N, C, S |
| <i>Hymenachne amplexicaulis</i> | West Indian marsh grass | | N, C, S | (<i>S. sericea</i> , <i>S. frutescens</i>) | | | |
| <i>Imperata cylindrica</i> | cogon grass | F, U | N, C, S | <i>Schefflera actinophylla</i> | schefflera, Queensland | | C, S |
| <i>Ipomoea aquatica</i> | water-spinach | F, U | C | (<i>Brassaia actinophylla</i>) | umbrella tree | | |
| <i>Jasminum dichotomum</i> | Gold Coast jasmine | | C, S | <i>Schinus terebinthifolius</i> | Brazilian-pepper | F | N, C, S |
| <i>Jasminum fluminense</i> | Brazilian jasmine | | C, S | <i>Scleria lacustris</i> | Wright's nutrush | | C, S |
| <i>Lantana camara</i> | lantana, shrub verbena | | N, C, S | <i>Senna pendula</i> var. <i>glabrata</i> | Christmas cassia, Christmas senna | | C, S |
| (<i>L. strigocamara</i>) | | | | <i>Solanum tampicense</i> | wetland nightshade | F, U | C, S |
| <i>Ligustrum lucidum</i> | glossy privet | | N, C | <i>Solanum viarum</i> | tropical soda apple | F, U | N, C, S |
| <i>Ligustrum sinense</i> | Chinese privet | F ³ | N, C, S | <i>Sporobolus jacquemontii</i> | West Indian dropseed | | C, S |
| <i>Lonicera japonica</i> | Japanese honeysuckle | | N, C, S | (<i>S. indicus</i> var. <i>pyramidalis</i>) | | | |
| <i>Ludwigia hexapetala</i> | Uruguay waterprimrose | | N, C | <i>Syngonium podophyllum</i> | arrowhead vine | | N, C, S |
| <i>Ludwigia peruviana</i> | Peruvian primrosewillow | | N, C, S | <i>Syzygium cumini</i> | Java-plum | | C, S |
| <i>Lumnitzera racemosa</i> | black mangrove | | S | <i>Tectaria incisa</i> | incised halberd fern | | S |
| <i>Luziola subintegra</i> | tropical American watergrass | | S | <i>Thelypteris opulenta*</i> | jeweled maiden fern | | S |
| <i>Lygodium japonicum</i> | Japanese climbing fern | F | N, C, S | <i>Thespesia populnea</i> | seaside mahoe | | C, S |
| <i>Lygodium microphyllum</i> | Old World climbing fern | F, U | N, C, S | <i>Tradescantia fluminensis</i> | small-leaf spiderwort | | N, C |
| <i>Macfadyena unguis-cati</i> | catclawvine | | N, C, S | <i>Urena lobata</i> | Caesar's weed | | N, C, S |
| (<i>Dolichandra unguis-cati</i>) | | | | <i>Urochloa mutica</i> | para grass | | N, C, S |
| <i>Manilkara zapota</i> | sapodilla | | S | (<i>Brachiaria mutica</i>) | | | |
| <i>Melaleuca quinquenervia</i> | melaleuca, paper bark | F, U | C, S | <i>Vitex rotundifolia</i> | beach vitex | | N |

¹Does not include *Ficus microcarpa* subsp. *fuyuensis*, which is sold as "Green Island Ficus"

²Many names are applied to this species in Florida because of a complicated taxonomic and nomenclatural history. Plants cultivated in Florida, all repr

³Chinese privet is a FLDACS Noxious Weed except for the cultivar 'Variegatum'

*Added to the FLEPPC List of Invasive Plant Species in 2017

**Plant names are those published in "Guide to Vascular Plants of Florida Third Edition." Richard P. Wunderlin and Bruce F. Hansen. University of Fl change. Not all synonyms are listed.

CATEGORY II

Invasive exotics that have increased in abundance or frequency but have not yet altered Florida plant communities to the extent shown by Category I species. These species may become ranked Category I if ecological damage is demonstrated.

| Scientific Name** | Common Name | Gov. List | Zone | Scientific Name** | Common Name | Gov. List | Zone |
|------------------------------------------------------------------------|-------------------------------------------|-----------|---------|----------------------------------------------------------------------|----------------------------------------------|-----------|---------|
| <i>Adenanthera pavonina</i> | red sandalwood | | S | <i>Landoltia punctata</i> | spotted duckweed | | N, C, S |
| <i>Agave sisalana</i> | sisal hemp | | C, S | <i>Leucaena leucocephala</i> | lead tree | F | N, C, S |
| <i>Aleurites fordii</i> (<i>Vernicia fordii</i>) | tung-oil tree | | N, C | <i>Limnophila sessiliflora</i> | Asian marshweed | F, U | N, C, S |
| <i>Alstonia macrophylla</i> | devil tree | | S | <i>Livistona chinensis</i> | Chinese fan palm | | C, S |
| <i>Altermanthera philoxeroides</i> | alligator-weed | F | N, C, S | <i>Macroptilium lathyroides</i> | phasey bean | | N, C, S |
| <i>Antigonon leptopus</i> | coral vine | | N, C, S | <i>Melia azedarach</i> | Chinaberry | | N, C, S |
| <i>Ardisia japonica</i> | Japanese ardisia | | N | <i>Melinis minutiflora</i> | molasses grass | | C, S |
| <i>Aristolochia littoralis</i> (<i>A. elegans</i>) | elegant Dutchman's pipe, calico flower | | N, C, S | <i>Merremia tuberosa</i> | wood-rose | | C, S |
| <i>Asystasia gangetica</i> | Ganges primrose | | C, S | <i>Mikania micrantha</i> | mile-a-minute vine | F, U | S |
| <i>Begonia cucullata</i> | wax begonia | | N, C, S | <i>Momordica charantia</i> | balsam apple | | N, C, S |
| <i>Broussonetia papyrifera</i> | paper mulberry | | N, C, S | <i>Murraya paniculata</i> | orange-jessamine | | S |
| <i>Bruguiera gymnorhiza</i> | large-leaved mangrove | | S | <i>Myriophyllum spicatum</i> | Eurasian water-milfoil | F | N, C, S |
| <i>Callistemon viminalis</i> (<i>Melaleuca viminalis</i>) | bottlebrush | | C, S | <i>Panicum maximum</i> (<i>Urochloa maxima</i>) | Guinea grass | | N, C, S |
| <i>Callisia fragrans</i> | inch plant, spironema | | C, S | <i>Passiflora biflora</i> | two-flowered passion vine | | S |
| <i>Casuarina cunninghamiana</i> | Australian-pine | F | C, S | <i>Pennisetum setaceum</i> | green fountain grass | | S |
| <i>Cecropia palmata</i> | trumpet tree | | S | <i>Pennisetum polystachion</i> * (<i>Cenchrus polystachos</i>) | mission grass, West Indian Pennisetum | | C, S |
| <i>Cestrum diurnum</i> | day jessamine | | C, S | <i>Phoenix reclinata</i> | Senegal date palm | | C, S |
| <i>Chamaedorea seifrizii</i> | bamboo palm | | S | <i>Phyllostachys aurea</i> | golden bamboo | | N, C |
| <i>Clematis terniflora</i> | Japanese clematis | | N, C | <i>Pittosporum pentandrum</i> | Taiwanese cheesewood | | S |
| <i>Cocos nucifera</i> | coconut palm | | S | <i>Platynerium bifurcatum</i> * | common staghorn fern | | S |
| <i>Crassocephalum crepidioides</i> | redflower ragleaf, Okinawa spinach | | C, S | <i>Praxelis clematidea</i> | praxelis | | C |
| <i>Cryptostegia madagascariensis</i> | rubber vine | | C, S | <i>Pteris vittata</i> | Chinese brake fern | | N, C, S |
| <i>Cyperus involucreatus</i> (<i>C. alternifolius</i>) | umbrella plant | | C, S | <i>Ptychosperma elegans</i> | solitaire palm | | S |
| <i>Cyperus prolifer</i> | dwarf papyrus | | C, S | <i>Richardia grandiflora</i> | large flower Mexican clover | | N, C, S |
| <i>Dactyloctenium aegyptium</i> | Durban crowfoot grass | | N, C, S | <i>Ricinus communis</i> | castor bean | | N, C, S |
| <i>Dalbergia sissoo</i> | Indian rosewood, sissoo | | C, S | <i>Rotala rotundifolia</i> | roundleaf toothcup, dwarf Rotala, redweed | | S |
| <i>Elaeagnus pungens</i> | silverthorn, thorny olive | | N, C | <i>Ruellia blechum</i> (<i>Blechum brownei</i>) | green shrimp plant, Browne's blechum | | N, C, S |
| <i>Elaeagnus umbellata</i> | silverberry, autumn olive | | N | <i>Sansevieria hyacinthoides</i> | bowstring hemp | | C, S |
| <i>Epipremnum pinnatum</i> cv. <i>Aureum</i> | pothos | | C, S | <i>Sesbania punicea</i> | rattlebox | | N, C, S |
| <i>Eulophia graminea</i> | Chinese crown orchid | | C, S | <i>Sida planicaulis</i> * | mata-pasto | | C, S |
| <i>Ficus altissima</i> | false banyan, council tree | | S | <i>Solanum diphyllum</i> | two-leaf nightshade | | N, C, S |
| <i>Flacourtia indica</i> | governor's plum | | S | <i>Solanum torvum</i> | turkeyberry | F, U | N, C, S |
| <i>Hemarthria altissima</i> | limpo grass | | C, S | <i>Spermacoce verticillata</i> | shrubby false buttonweed | | C, S |
| <i>Heteropterys brachiata</i> | red wing, Beechey's withe | | S | <i>Sphagneticola trilobata</i> (<i>Wedelia trilobata</i>) | wedelia, creeping oxeye | | N, C, S |
| <i>Hyparrhenia rufa</i> | jaragua | | N, C, S | <i>Stachytarpheta cayennensis</i> (<i>S. urticifolia</i>) | nettle-leaf porterweed | | S |
| <i>Ipomoea carnea</i> ssp. <i>fistulosa</i> (<i>I. fistulosa</i>) | shrub morning-glory | F | C, S | <i>Syagrus romanzoffiana</i> (<i>Arecastrum romanzoffianum</i>) | queen palm | | C, S |
| <i>Kalanchoe x houghtonii</i> * | mother-of-millions | | N, C, S | <i>Syzygium jambos</i> | Malabar plum, rose-apple | | N, C, S |
| <i>Kalanchoe pinnata</i> (<i>Bryophyllum pinnatum</i>) | life plant | | C, S | <i>Talipariti tiliaceum</i> (<i>Hibiscus tiliaceus</i>) | mahoe, sea hibiscus | | C, S |
| <i>Koelreuteria elegans</i> | flamegold tree | | C, S | <i>Terminalia catappa</i> | tropical-almond | | C, S |
| | | | | <i>Terminalia muelleri</i> | Australian-almond | | C, S |

continued

ting the same invasive species, have in the past been referred to as *Ruellia brittoniana*, *R. tweediana*, *R. caerulea*, and *R. simplex*.

CATEGORY II (continued)

| Scientific Name** | Common Name | Gov. List | Zone |
|-------------------------------------------------------------------------------------|-------------------------|-----------|---------|
| <i>Tradescantia spathacea</i> (<i>Rhoeo spathacea</i> , <i>Rhoeo discolor</i>) | oyster plant | | C, S |
| <i>Tribulus cistoides</i> | puncture vine, burr-nut | | N, C, S |
| <i>Vitex trifolia</i> | simple-leaf chaste tree | | C, S |
| <i>Washingtonia robusta</i> | Washington fan palm | | C, S |
| <i>Wisteria sinensis</i> | Chinese wisteria | | N, C |
| <i>Xanthosoma sagittifolium</i> | malanga, elephant ear | | N, C, S |

Recent changes to plant names

| Old Name | New Name |
|----------------------------------|--------------------------------|
| <i>Aleurites fordii</i> | <i>Vernicia fordii</i> |
| <i>Aristolochia littoralis</i> | <i>Aristolochia elegans</i> |
| <i>Brachiaria mutica</i> | <i>Urochloa mutica</i> |
| <i>Hibiscus tiliaceus</i> | <i>Talipariti tiliaceus</i> |
| <i>Macfadyena unguis-cati</i> | <i>Dolichandra unguis-cati</i> |
| <i>Melaleuca viminalis</i> | <i>Callistemon viminalis</i> |
| <i>Panicum maximum</i> | <i>Urochloa maxima</i> |
| <i>Phymatosorus scolopendria</i> | <i>Microsorium grossum</i> |
| <i>Sapium sebiferum</i> | <i>Triadica sebifera</i> |
| <i>Wedelia trilobata</i> | <i>Sphagneticola trilobata</i> |

Current nomenclature can be found at
florida.plantatlas.usf.edu

**Plant names are those published in "Guide to Vascular Plants of Florida Third Edition." Richard P. Wunderlin and Bruce F. Hansen. University of Florida Press. 2011. Plant names in parentheses are synonyms or misapplied names that have commonly occurred in the literature and/or indicate a recent name change. Not all synonyms are listed.

FLEPPC List Definitions: **Exotic** – a species introduced to Florida, purposefully or accidentally, from a natural range outside of Florida. **Native** – a species whose natural range includes Florida. **Naturalized exotic** – an exotic that sustains itself outside cultivation (it is still exotic; it has not "become" native). **Invasive exotic** – an exotic that not only has naturalized, but is expanding on its own in Florida native plant communities.

Abbreviations: Government List (Gov. List): Possession, propagation, sale, and/or transport of these plants is regulated by: F=Florida Department of Agriculture and Consumer Services; U=United States Department of Agriculture

Zone: N = north, C = central, S = south, referring to each species' general distribution in regions of Florida (not its potential range in the state). Please refer to the adjacent map.



Citation example

FLEPPC. 2017. List of Invasive Plant Species. Florida Exotic Pest Plant Council. Internet: www.fleppc.org

Daniel F. Austin and Daniel B. Ward

Daniel F. Austin (2015) and Daniel B. Ward (2016) recently passed away. Both Dans were instrumental in maintaining, managing, and providing insight into Florida's many invasive plants. They first volunteered for this effort before it was even formalized as the FLEPPC, participating from that beginning through retirement. Their sage comments and wit are missed.

For more information on invasive exotic plants, including links to related web pages, visit
www.fleppc.org



Cercis Canadensis – Eastern Redbud



Ipomoea – Morning Glory



Cyclamen



Caladium 'Fairytale Princess'



Acer rubrum var. rubrum – Eastern Red Maple



Hoya kerrii – An Obcordate leaf

The Bartram Garden Club
Welcomes You
to

THE CHARMS OF TEA

November 9, 2017

The Beginning ... The Custom of Afternoon Tea in England

Anna, the seventh Duchess of Bedford,
is credited with introducing the custom of
afternoon tea around 1840 in Victorian England.

As the time between lunch and dinner
was quite long,
usually a very light "picnic" lunch
with dinner served at
approximately nine o'clock,
the Duchess requested a light repast
of tea and small cakes
at five o'clock ... and
invited close friends to join her.

The practice of
entertaining friends
at afternoon tea,
served
at four or five o'clock,
became fashionable.

| | | tsp/8oz | temp | Steep | Caffeine | |
|-----------|--|---------|------|-------|----------|--------------|
| White Tea | | HOT | 1.5 | 175° | 4-5 min | 1% OF COFFEE |
| | | ICED | 3 | | | |

| | | Tsp/8oz | Temp | Steep | Caffeine | |
|--------------------|--|---------|------|-------|----------|--------------|
| Flavored White Tea | | HOT | 1.5 | 175° | 2 min | 1% OF COFFEE |
| | | ICED | 3 | | | |

| | | Tsp/8oz | Temp | Steep | Caffeine | |
|-----------|--|---------|------|-------|-------------|-----------------|
| Green Tea | | HOT | 1 | 175° | 45sec-1 min | 5-10% OF COFFEE |
| | | ICED | 2 | | | |

| | | Tsp/8oz | Temp | Steep | Caffeine | |
|--------------------|--|---------|------|-------|-------------|-----------------|
| Flavored Green Tea | | HOT | 1 | 175° | 45sec-1 min | 5-10% OF COFFEE |
| | | ICED | 2 | | | |

| | | Tsp/8oz | Temp | Steep | Caffeine | |
|------------|--|---------|------|-------|----------|---------------|
| Oolong Tea | | HOT | 1 | 195° | 3 min | 20% OF COFFEE |
| | | ICED | 2 | | | |

| | | Tsp/8oz | Temp | Steep | Caffeine | |
|-----------|--|---------|------|-----------|----------|---------------|
| Black Tea | | HOT | 1 | 195°-205° | 2-3 min | 20% OF COFFEE |
| | | ICED | 2 | | | |

| | | tsp/8oz | temp | Steep | Caffeine | |
|--------------------|--|---------|------|-----------|----------|---------------|
| Flavored Black Tea | | HOT | 1 | 195°-205° | 2-3 min | 20% OF COFFEE |
| | | ICED | 2 | | | |

| | | Tsp/8oz | Temp | Steep | Caffeine |
|----------|--|---------|------|----------|----------------|
| Maté Tea | | HOT | 1.5 | 5-6 min | 100% OF COFFEE |
| | | ICED | 3 | 8-15 min | |

| | | Tsp/8oz | Temp | Steep | Caffeine |
|-------------|--|---------|------|----------|---------------|
| Rooibos Tea | | HOT | 1.5 | 5-6 min | Caffeine Free |
| | | ICED | 3 | 8-15 min | |

| | | Tsp/8oz | Temp | Steep | Caffeine |
|------------|--|---------|------|----------|---------------|
| Herbal Tea | | HOT | 1.5 | 5-6 min | Caffeine Free |
| | | ICED | 3 | 8-15 min | |

The Environmental Impact of The Tea Industry How Earth Friendly is Your Tea?

Over 4 million tons of tea is produced annually around the world. Grown in over 7 million acres of land (compared to 7.7 million tons of coffee grown worldwide, which utilizes 25 million acres, more than 3 times the amount of land than tea plantations/farms.) To meet the increasing demand for tea, more and more land is being deforested and converted to tea plantations. Deforestation is the most serious environmental impact.

Negatives:

- Loss of plants, wildlife and habitats (decrease in biodiversity)
- Deforestation alters natural flow of water and increases soil erosion.
- Use of toxic pesticides and artificial fertilizers -
 - lasting effect upon soil quality (fertility)
 - chemical runoff into waterways (water-borne diseases and pollution)
 - impacts local wildlife and workers applying pesticides (respiratory diseases)
- Requires a lot of energy for drying leaves. Wood is taken from local forests (deforestation).
- Increased need for polluting standby diesel generators (30% of India's tea production costs is for energy.)
- Chemical leaching from tea bags made of nylon and PET (not biodegradable)
- Bags require paper attached to a string that is attached to a tag with a staple, boxed and shrink-wrapped for freshness = increased carbon footprint
- Long distance from (Asia, Africa and India) farm to cup (increased carbon footprint)
- Labor intensive crop (low wages and poor treatment of workers; \$1 - \$1.15 per day; child labor)

Note: Tea's carbon footprint is measured by the number of grams of carbon dioxide per cup. Is determined by how the tea is grown, processed, shipped, packaged, brewed and discarded.

- Tea (loose leaf) = 20g CO₂ per cup
- Beer = 374g per cup
- Coca Cola = 129g per can
- Cow's milk = 225g per cup

Positives:

- Sustainable crop because only the top 1 – 2 inches of mature tea plants are picked. The entire plant is not removed and replanted.
- Plants are hand-picked. Virtually no pollution is created through tea harvest.
- Takes up less land to grow than coffee
- Lower water waste than coffee (less than half)
- Overall eco-footprint is less than coffee

What we can do as consumers?

- Buy organically grown tea packaged in biodegradable boxes and pouches.
- Use loose leaf tea (lower footprint because of reusable tin packaging, less processing needed = gentler on the planet than tea bags and it's better tasting!) Tea bag tea has ten times the carbon footprint of loose leaf tea!
 - Re-steep tea for a second cup. (Quick first steep makes for a better second steep).
- Buy certified Fair-Trade tea. (A fair and stable price is paid for raw goods, which helps to ensure farmers and workers receive a living wage).
- Buy brands selling tea certified rainforest-free. Look for *Rainforest Alliance* certification (assures sustainable land use practices and protects health and well-being of farmers.)
- Drink it black – dairy milk is a high-carbon product (methane emissions of cows) as is sugar.
- Use local raw honey instead of synthetic sugars.
- Boil only the amount of water you need. (Boiling water accounts for as much as 70% of the carbon footprint.

The Milkweed Conundrum

To Cut or Not To Cut?...What's Best for Monarchs

1. Monarch habitat is being destroyed in Mexico/Central America (the traditional winter home of migrating monarchs) primarily by deforestation. In the US, development and herbicide usage on crops, which destroys all weeds, including milkweeds (Asclepias), are thought to be the primary causes of habitat loss.
2. Gardeners have stepped up to fill the void by planting milkweeds in their gardens. There are over 20 types of milkweed that are native to the US, and 11 that are native to Nassau County (see list below).
3. The easiest milkweed to mass produce is not native to the US. Tropical milkweed (Asclepias curassavica), is native to Central America and has naturalized through introduction in the US. It is the most readily available at nurseries. It is a lovely, dependable plant that flowers non-stop, and makes a great garden plant...the butterflies it attracts are an added bonus.
4. In northern US climates, tropical milkweed dies back with the cold weather. In parts of Florida, Texas, and California, the plant stands through winter. Sometimes it makes it through a mild winter here in Nassau County, and therein lies the conundrum for us.
5. Since it's thought that the monarchs we see here in our Nassau County gardens are non-migrating, year-round residents of Florida we don't have to worry about whether year-round availability of tropical milkweed might encourage monarchs to stay put and not complete their journey to Mexico for over-wintering.
6. However, there's a nasty little protozoan parasite called "Oe" (Ophryocystis elektroscirrha) that somehow (unknown) infects almost all monarchs, but studies have shown the heaviest infestations are among the non-migrating monarchs along the US east coast.
7. It's thought that perhaps an infected adult, carrying Oe, stops to lay eggs on milkweed and drops protozoa on the leaves. Native milkweeds die back in winter, even here in Nassau County, coming up clean and Oe-free again in Spring. If tropical milkweed stands through winter, the load of Oe on the plant continues to build. When these leaves are ingested by monarch caterpillars, they have a greater chance of becoming infected. Monarchs with heavy protozoa loads have various deformities and shortened lifespans.
8. Suggested solutions for the problem: 1) Plant only native milkweeds, 2) Cut all tropical milkweed to 6" in Fall, 3) Cut 1/3 back to 6" every 4 months, forcing new (clean) growth. Option 3 allows for SOME milkweed to be available for hungry babies at all times, while renewing clean growth throughout the year.

Milkweeds Native to Nassau County: All are Genus: Asclepias

Species: cinera, connivens, humistrata, lanceolata, longifolia, michauxii, pedicellata, perennis, tomentosa, tuberosa, viridula

Google Asclepias cinera (etc) and you'll see photos and more info on each. Some of these are easily grown from seed.

Further reading, if you're interested:

<https://davesgarden.com/guides/articles/view/4850>

<http://nababutterfly.com/wordpress/wp-content/uploads/2015/04/Tropical-Milkweed.pdf>

<http://dnr.wi.gov/wnrmag/2017/08/Monarchs.PDF>

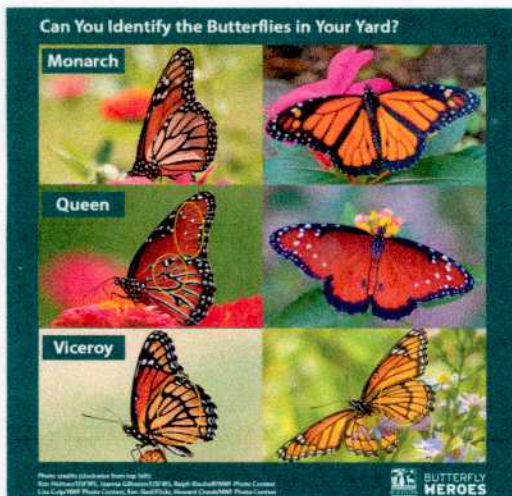


Table 1. Planting Guide for Florida Vegetables.

| Crop | Planting Dates in Florida (outdoors) ¹ | | | Yield per 10 ft (pounds) | Plants per 10 ft ² | Days to Harvest ³ | Spacing (Inches) | | Seed depth (inches) | Transplant Ability ⁵ | Plant Family ⁶ |
|---------------------|---------------------------------------------------|---------------------|----------|--------------------------|-------------------------------|------------------------------|------------------|-------------------|---------------------|---------------------------------|---------------------------|
| | North | Central | South | | | | Plants | Rows ⁴ | | | |
| Arugula | Sept-Mar | Sept-Mar | Oct-Mar | 2.5 | 30-40 | 35-60 | 3-4 | 10 | ¼ | I | (Cabbage) Brassicaceae |
| Beans, bush | Mar-Apr Aug-Sept | Feb-Apr Aug-Sept | Sept-Apr | 4.5 | 30-60 | 45-60 | 2-4 | 18 | 1-1½ | III | (Bean) Fabaceae |
| Beans, pole | Mar-Apr Aug-Sept | Feb-Apr Aug-Sept | Sept-Apr | 8 | 24-40 | 50-70 | 3-5 | 36 | 1-1½ | III | (Bean) Fabaceae |
| Beans, lima | Mar-Apr Aug | Feb-Mar Aug-Sept | Sept-Apr | 5 | 20-40 | 60-80 | 3-6 | 18 | 1-1½ | III | (Bean) Fabaceae |
| Beets | Aug-Feb | Sept-Feb | Oct-Jan | 7.5 | 30-60 | 50-70 | 2-4 | 12 | ½-1 | I | (Beet) Chenopodiaceae |
| Broccoli | Aug-Feb | Sept-Feb | Oct-Jan | 5 | 8-12 | 75-90 (50-70) | 10-15 | 24 | ¼-½ | I | (Cabbage) Brassicaceae |
| Brussels Sprouts | Aug-Feb | Sept-Feb | Oct-Jan | 10 | 5-7 | 90-120 (70-90) | 18-24 | 24 | ¼-½ | I | (Cabbage) Brassicaceae |
| Cabbage | Aug-Feb | Sept-Feb | Sept-Jan | 12 | 8-13 | 85-110 (70-90) | 9-16 | 24 | ¼-½ | I | (Cabbage) Brassicaceae |
| Cantaloupes | Feb-Apr | Jan-Mar | Dec-Mar | 15 | 4-6 | 85-110 (70-90) | 20-36 | 60 | ½-1 | III | (Squash) Cucurbitaceae |
| Carrots | Aug-Mar | Aug-Mar | Sept-Mar | 10 | 40-120 | 70-120 | 1-3 | 10 | ¼ | II | (Carrot) Apiaceae |
| Cauliflower | Aug-Feb | Sept-Feb | Sept-Jan | 8 | 7-10 | 75-90 (50-70) | 12-18 | 24 | ¼-½ | I | (Cabbage) Brassicaceae |
| Celery | Aug-Feb | Sept-Mar | Oct-Mar | 15 | 10-20 | 75-90 | 6-12 | 18 | On surface | II | (Carrot) Apiaceae |
| Chinese cabbage | Aug-Feb | Sept-Apr | Sept-Apr | 10 | 7-9 | 70-90 (60-70) | 14-18 | 14 | ¼-½ | I | (Cabbage) Brassicaceae |
| Collards | Aug-Feb | Sept-Feb | Sept-Jan | 15 | 5-10 | 70-90 50-70 | 12-24 | 24 | ¼-½ | I | (Cabbage) Brassicaceae |
| Corn, sweet | Feb-Apr | Jan-Apr | Oct-Mar | 12 | 15-20 | 64-90 | 6-8 | 28 | 1-1½ | III | (Grass) Poaceae |
| Cucumbers | Feb-Apr July-Aug | Jan-Mar Sept | Sep-Feb | 10 | 10-20 | 40-65 | 6-12 | 48 | ½-¾ | III | (Squash) Cucurbitaceae |
| Eggplant | Feb-Mar Aug | Jan-Feb Aug-Sept | Aug-Feb | 20 | 3-7 | 90-115 (70-90) | 18-40 | 36 | ½-¾ | I | (Tomato) Solanaceae |
| Endive/ Escarole | Jan-Feb Aug-Oct | Aug-Feb | Sept-Mar | 7.5 | 8-9 | 60-80 | 14-16 | 18 | ¼ | I | (Aster) Asteraceae |
| Kale | Aug-Feb | Sept-Feb | Sept-Jan | 7.5 | 9-10 | 50-70 | 8-12 | 18- | ¼-½ | I | (Cabbage) Brassicaceae |
| Kohlrabi | Sept-Mar | Oct-Mar | Oct-Feb | 10 | 24-40 | 70-80 (50-55) | 3-5 | 24 | ½ | I | (Cabbage) Brassicaceae |
| Lettuce | Jan-Feb Sept-Oct | Sept-Feb | Sept-Feb | 7.5 | 10-15 | 60-80 | 8-12 | 18 | ¼ | I | (Aster) Asteraceae |

| Crop | Planting Dates in Florida (outdoors) ¹ | | | Yield per 10 ft (pounds) | Plants per 10 ft ² | Days to Harvest ³ | Spacing (inches) | | Seed depth (inches) | Transplant Ability ⁵ | Plant Family ⁶ |
|---------------------------------------|---------------------------------------------------|---------------------|--------------------|--------------------------|-------------------------------|------------------------------------|-----------------------------|-------------------|---------------------|---------------------------------|--------------------------------|
| | North | Central | South | | | | Plants | Rows ⁴ | | | |
| Mustard | Aug–Feb | Sept–Feb | Sept–Jan | 10 | 12–24 | 40–50 | 5–10 | 12 | ¼–½ | II | (Cabbage) Brassicaceae |
| Okra | Mar–June | Feb–Aug | Jan–Mar Aug–Oct | 7 | 12–30 | 60–70 | 4–10 | 36 | ½–1 | III | (Hibiscus) Malvaceae |
| Onions, Bulbing | Mid-Sept – Mid-Nov | Oct | Oct | 10 | 30 | 100–130 | 4–6 | 14 | ¼–½ | III | (Lily) Liliaceae |
| Onions, Bunching (Green and Shallots) | Aug–Mar | Aug–Mar | Sept–Mar | 10 | 30 | 50–75 (green) 75–100 (shallots) | 2 (green) 6–8 (shallots) | 14 | ¼–½ | III | (Lily) Liliaceae |
| Peas, Snow or English | Jan–Mar | Nov–Feb | Nov–Feb | 4 | 20–60 | 60–80 | 2–6 | 12 | 1–1½ | III | (Bean) Fabaceae |
| Peas, southern | Mar–July | Feb–Aug | Sept–Apr | 8 | 20–60 | 75–90 | 2–6 | 12 | 1–1½ | III | (Bean) Fabaceae |
| Peppers | Feb–Mar July–Aug | Jan–Mar Aug–Sept | Aug–Feb | 5 | 8–13 | 90–100 (65–75) | 9–15 | 15 | ¼–½ | I | (Tomato) Solanaceae |
| Potatoes, Irish | Jan–Feb | Nov–Feb | Oct–Jan | 15 | 12–24 | 85–110 | 5–10 | 36–42 | 3–4 (seed pieces) | II | (Tomato) Solanaceae |
| Potatoes, sweet | Mar–Jun | Feb–Jun | Dec–Sept | 30 | 10–12 | 85–130 | 10–12 | 36 | — | I | (Morning Glory) Convolvulaceae |
| Pumpkin | Early July | Mid July | Early Aug | 30 | 2–4 | 80–100 (70–90) | 36–60 | 60 | 1½–2 | III | (Squash) Cucurbitaceae |
| Radish | Sept–Mar | Sept–Mar | Oct–Mar | 4 | 120 | 20–30 | 1 | 6 | ¼ | III | (Cabbage) Brassicaceae |
| Spinach | Sept–Mar | Sept–Mar | Oct–Feb | 4 | 20–60 | 45–60 | 2–6 | 12 | ½ | II | (Beet) Chenopodiaceae |
| Squash, Summer | Feb–Apr Aug–Sept | Jan–Apr Aug–Sept | Aug–Mar | 15 | 5–10 | 40–50 | 12–24 | 36 | 1–1½ | III | (Squash) Cucurbitaceae |
| Squash, Winter | Feb–Apr Aug–Sept | Jan–Apr Aug–Sept | Aug–Mar | 30 | 2–4 | 85–120 | 36–60 | 60 | 1½–2 | III | (Squash) Cucurbitaceae |
| Strawberry | Sept 15–Oct 15 | Sept 25–Oct 25 | Oct 1–Dec 1 | 9–12 | 8–10 | (30–60) | 12–16 | 12 | — | I | (Rose) Rosaceae |
| Swiss Chard | Sept–May | Sept–May | Sept–Mar | 8–12 | 10–20 | 45–60 | 6–12 | 18 | ¼–½ | I | (Beet) Chenopodiaceae |
| Tomatoes (supported) | Feb–Apr July–Aug | Jan–Feb Aug–Sept | Aug–Feb | 2 | 4–7 | 90–110 (70–90) | 18–32 | 48 | ¼–½ | I | (Tomato) Solanaceae |
| Turnips | Aug–Feb | Sept–Feb | Sept–Jan | 15 | 20–60 | 40–60 | 2–6 | 12 | ¼–½ | III | (Cabbage) Brassicaceae |
| Watermelon | Feb–Apr | Jan–Mar | Dec–Mar | 40 | 3–5 | 80–100 (60–90) | 24–48 | 60 | 1½–2 | III | (Squash) Cucurbitaceae |

¹ North = all of Florida north of State Road 40; central = the section of Florida between State Roads 40 and 70; south = all of Florida below State Road 70.

² Use transplants (if appropriate) or buy the amount of seed needed to grow this many plants per 10 feet of row. Most seed packets state the number of seeds the packet contains.

³ Days from seeding to harvest: values in parentheses are days from transplants to first harvest.

⁴ Minimum distance between rows (when planting in rows). Row spacing can be reduced or ignored as long as plants are spaced correctly.

⁵ Transplant ability (the ability of a seedling to be successfully transplanted): I = easily survives transplanting; II = survives transplanting with care; III = only plant seeds or containerized transplants with developed root systems.

⁶ Rotate plant families = avoid successively planting vegetables from the same family in the same area of the garden.