

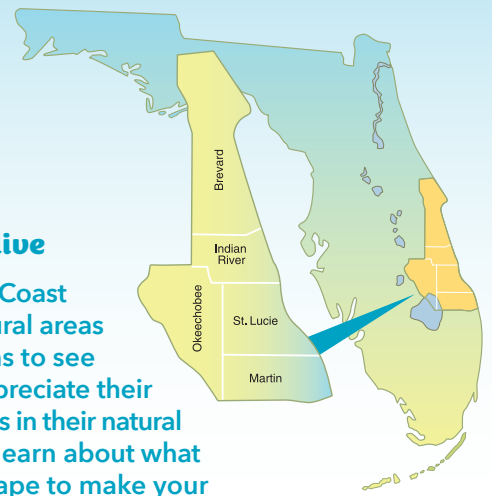


Good Citizen Guide to Natural Florida

Southeast Central Coast Region

Learn about where you live

Florida's Southeast Central Coast 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



Beach Dune

Frontal dunes are closest to the water and have plants like sea oats and railroad vine that help hold sand in place. The coastal strand occurs farther back, where taller plants like saw palmetto, sea grape, and prickly pear cactus grow. Dune plants are salt tolerant.

Where to visit Beach Dune

- Barrier Island Sanctuary (Brevard County)
- Blowing Rocks Preserve (Martin County)
- Ocean Bay Preserve (St. Lucie County)
- Sebastian Inlet State Park (Brevard and Indian River Counties)



Mangrove Forest

Mangroves grow in areas inundated by tides. Mangrove forest species include red, white, and black mangrove and buttonwood. Red mangrove has distinctive prop roots and grows closest to the water. Mangrove forests protect the coast from waves, storms and flooding.

Where to visit Mangrove Forest

- Fort Pierce Inlet State Park (St. Lucie County)
- Lagoon Greenway (Indian River County)
- St. Lucie Inlet Preserve State Park (Martin County)
- Thousand Islands Conservation Area (Brevard County)



Scrub

Scrub is found on old dunes with deep fine sand soils that are very dry. This is a fire-dependent community that contains many rare plant species. It is also home to animals like the Florida scrub jay and gopher tortoise.

Where to visit Scrub

- Dicerandra Scrub Sanctuary (Brevard County)
- Kissimmee Prairie Preserve State Park (Okeechobee County)
- North Sebastian Conservation Area (Indian River County)
- Seabrook Preserve State Park (Martin County)
- Walton Scrub Preserve (St. Lucie County)



Hammock

Hammocks are stands of trees that form an island within a contrasting ecosystem. Maritime hammocks are coastal and differ in dominant species from hammocks further inland. Typical coastal trees include seagrape, live oak and gumbo limbo. Pines, cabbage palms and live oak dominate inland hammocks.

Where to visit Hammock

- Archie Carr National Wildlife Refuge (Brevard County)
- Captain Forster Hammock Preserve (Indian River County)
- Kissimmee Prairie Preserve State Park (Okeechobee County)
- Maggy's Hammock Park (Martin County)
- Teague Hammock (St. Lucie County)



Pine Flatwoods

Depending on how wet they are, pine flatwoods may be considered scrubby (dry), mesic (moist), or hydric (wet with standing water part of the year). They are dominated by pines and saw palmettos with a diversity of other species depending on moisture.

Where to visit Pine Flatwoods

- Jonathan Dickinson State Park (Martin County)
- Kissimmee Prairie Preserve State Park (Okeechobee County)
- St. Sebastian River Preserve State Park (Brevard and Indian River Counties)
- Savannas Preserve State Park (St. Lucie County)



Marsh and Wet Prairie

Marshes are wet most of the time, while wet prairies occur on slightly higher elevations that remain wet but not flooded. Many moisture-loving flowering plants grow in wet prairies.

Where to visit Marsh and Wet Prairie

- Fort Drum Marsh Conservation Area (Indian River County)
- Kissimmee Prairie Preserve State Park (Okeechobee County)
- Merritt Island National Wildlife Refuge (Brevard County)
- PalMar/Hungryland Natural Area (Martin County)
- Savannas Preserve State Park (St. Lucie County)



Swamp

Swamps are forested floodplains or depressions where trees grow in water most of the year. They have a closed canopy of cypress, pond apple, strangler fig and willow and abundant ferns and epiphytes. Most of Southeast Florida's historic swamps have been lost due to drainage for development.

Where to visit Swamp

- Blue Cypress Lake (Indian River County)
- DuPuis Wildlife and Environmental Area (Martin County)
- Ten Mile Creek Preserve (St. Lucie County)

Easy to grow native plants for home landscapes in the Southeast Central Coast Region



Bring the beauty of native plants home

Florida's Southeast Central Coast 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.

Shady hammock garden



Canopy trees: (1) *Quercus virginiana* (live oak); (2) *Bursera simaruba* (gumbo limbo). Not pictured: *Simarouba glauca* (paradise tree)

Understory: (3) *Ardisia escallonioides* (marlberry); (4) *Psychotria nervosa* (shiny-leaved wild coffee). Not pictured: *Eugenia foetida* (Spanish stopper)

Low growing plants: (5) *Zamia integrifolia* (coontie); (6) *Rivina humilis* (rouge plant). Not pictured: *Peperomia obtusifolia* (Florida peperomia)

Sunny pollinator garden

Shrubs: (1) *Quadrella jamaicensis* (Jamaica caper); (2) *Myrcianthes fragrans* (Simpson's stopper); (3) *Hamelia patens* (firebush). Not pictured: *Citharexylum spinosum* (fiddlewood)

Low growing plants: (4) *Helianthus debilis* subsp. *debilis* (East coast dune sunflower); (5) *Monarda punctata* (dotted horsemint); (6) *Salvia coccinea* (tropical sage). Not pictured: *Glandularia maritima* (beach verbena)



Pine flatwoods garden

Canopy trees: (1) *Pinus elliotii* (South Florida slash pine)

Understory: (2) *Morella cerifera* (wax myrtle); (3) *Serenoa repens* (saw palmetto); (4) *Callicarpa americana* (American beautyberry). Not pictured: *Ilex glabra* (gallberry)

Low growing plants: (5) *Carpheophorus corymbosus* (coastal-plain chaffhead); (6) *Coreopsis lanceolata* (tickseed). Not pictured: *Zamia integrifolia* (coontie); *Aristida stricta* (wiregrass)



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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