Flora and Fauna Guide for Fripp Island

1. Poison Ivy (*Toxicodendron radicans)*

All parts of this plant are highly toxic to most people giving them very itchy skin rashes that are hard to cure.

2. Cabbage Palmetto *(Sabal palmetto)*

The Sabal Palmetto is South Carolina's state tree. It earned its title by being a great source of wood for fort walls in colonial times.

3. Wild Grape Vine *(Vitis rotundifolia)*

These vines are closely related to the muskadine grapes and have been utilized as water sources for thirsty hikers, hunters and settlers. When the vine is cut, it loses its ability to hold water. The water can be collected and safely drunk.

4. Red Bay *(Persea borbonia)*

This small evergreen tree grows in the deep south around wet areas. It is easily recognized by the spicy smell of its crushed leaves. Very similar to the dried bay leaves purchased in markets.

5. Slash Pine *(Pinul elliotii)*

This pine can be identified by noticing that the bark has flattened scaly plates and the needles or leaves come in bundles of 2 and 3.

6. Youpon Holly *(Ilex vomitoria)*

A common tree in wet areas. Native-Americans used the berries and leaves to induce vomiting or as a laxative. That is how it received its name Ilex vomitoria.

7. Southern Bayberry or Wax Myrtle *(Myrica cerifera)*

These berries from this aromatic shrub were used in colonial times to make fragrant candles.

8. Saw Palmetto (*Serenoa)*

This palmetto is easily identified by its short stature and its saw like teeth on the base of the leaves.

By Dianne Faucette

9. Live Oak (*Quercus verginiana*)

This oak gets its name because it is an evergreen. It does not lose all of its leaves in the winter like most other hardwoods do. Hence its name, "Live" Oak. These oaks often have Spanish moss in them and were once a major source of wood for ship building because of its natural curves.

10. Live Oak with Spanish Moss *(Tillandsia useoides*)

Spanish moss is not actually a moss. It has a moss-like appearance, but is actually an epiphyte or air-plant. It is not parasitic but is commensal because it does not harm the tree, but at the same time it benefits by using the nutrients that are leached out of the tree.

11. Southern Glasswort or Pickleweed (*Salicornia perennis)*

This succulent plant has the ability to withstand extremely high salinities. It is able to do this by making itself saltier than its surroundings. This plant is edible. The salty tips can be eaten as a trail snack or collected and used to garnish a salad.

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12. Tree sparkleberry (*Vaccinium arboretum)*

This shrub tree is closely related to blueberry trees. The fruit on the sparkleberry tree is not palatable to people but are eaten by many animals.

13. Smooth Cord Grass *(Spartina alterniflora)*

Without a doubt the most important plant associated with the salt marshes of the Southeast. This grass is a major primary producer which makes it responsible for the majority of life in the salt marsh. The existence of nearly every animal and plant can be traced back to the fact that this plant

14. Black Needle Rush (*Juncas roemerianus)*

This highly dominant high intertidal plant can easily be identified by its needle like leaves. Take caution walking by so you don't get pricked!

15. Marsh Elder *(Iva frutescens)*

This shrubby plant with serrated leaves can be found along the edges of salt marshes. Often mixes in with many other species of similar shrubs and can be hard to identify.

16. Sea Ox Eye Daisy *(Borrichia arborescens)*

This shrubby plant can easily be identified by the daisy like flowers that bloom in the summer months. This is a high intertidal plant that has to compete with the black needle

17. Southern Red Cedar *(Junioerus silicicola)*

This cedar, not to be confused with its close relative the eastern red cedar, is only found in sandy soils like here on this barrier island. The fragrant wood from these trees have often been used for carvings, fence posts, cedar chests, etc.

18. Prickly-Pear Cactus *(Opuntia virginiana)*

You don't want to accidentally step on this spiny plant. Although this plant is edible, the tiny spines located all over the plant keep predators away.