



# BOTANICAL GARDENS

Connecting People and Plants



## Potty Plant Collection

(Next to the bathrooms)

**USF Botanical Gardens**  
<http://www.cas.usf.edu/garden>

## “POTTY PLANTS”

This collection of plants reveal the diversity and usefulness of the Florida natives. The Potty Plants are a fun, but educational, way to remind visitors that plants have always played an important part in human beings lives. We share common traits, not only with our neighbors but our historical neighbors, as well. **Ethnobotany** is the study of people and plants. Plants are essential to people and whether for medicinal, food, or the air we breathe; plastic plants cannot be effectively substituted.

It is interesting to note that some plants have been used for opposite digestive purposes. An example of this is *Callicarpa americana* which serves as a purgative and, in stronger doses, halts diarrhea. Ethnobotanist Dan Austin refers to this: “dual usage philosophy is not easily separated from the idea that, if you have a problem, a good laxative will clean it out and get rid of it.” This collection is just a small sampling. There are many more plants that have been used for digestive remedies and these plants have been used for other purposes. We hope this collection of plants brings a smile and a bit of information.

## The Mission of the USF Botanical Gardens:

*to foster appreciation, understanding and stewardship of our natural and cultural botanical heritage through living plant collections, displays, education and research.*

Garden Hours:  
Monday - Friday 9am to 5pm  
Saturday 9am to 4pm  
Sunday 12:00 to 4pm  
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Suncoast Chapter of the Native Plant Society  
[suncoast.fnpschapter.org](http://suncoast.fnpschapter.org)  
Meets every 3rd Wednesday at 7:00  
Hillsborough Co. Ext. Office  
5339 County Road 579, Seffner  
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### References

**Florida Ethnobotany**  
Daniel F. Austin, 2004  
CRC Press, Boca Raton, FL

**Guide to Vascular Plants of Florida**  
Richard P. Wunderlin and  
Bruce F. Hansen, 2003  
University Press of Florida, Gainesville, FL

Seminole Tribe of Florida  
[www.Seminoletribe.com](http://www.Seminoletribe.com)  
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**Native Plants**  
*used historically for*  
**Digestive Remedies**

The plants used in the landscaping around the Garden bathroom and planted in the Potty Plant bed next to the rest rooms, are Florida native plants. These plants were used by different tribes inhabiting Florida, as digestive remedies. The information offered is historical, *not medical*. The Garden does not advise, recommend or support the use of any plants for medical use. **If you have a medical problem, see a doctor not a botanist.**

Our goal is to offer ethnobotanical information of plants. In this group of Potty Plants, we are looking at uses by the Miccosukee who spoke “Mikasuki” and the Creeks.

<u>Common Name</u> <i>Botanical Latin Name</i>	<u>Creek Name</u> Mikasuki Name
<u>Beauty Berry</u> <i>Callicarpa americana</i>	catv-folotv kala:ci:ra:pi
<u>Coral Bean</u> <i>Erythrina herbacea</i>	Icho in chastoki Itco intcastuge
<u>Elderberry</u> <i>Sambucus canadensis</i>	Coskelepvy Ta:bo:ci
<u>Fire bush</u> <i>Hamelia patens</i>	
<u>Milkweed</u> <i>Asclepias incarnate</i>	env'ce-enok'ke- heleswv (Mikasuki)
<u>Necklace Pod</u> <i>Sophora tomentosa</i>	
<u>Prickly Pear Cactus</u> <i>Opuntia humifusa</i>	tvlhvcko hacolkata:ni
<u>St. John's Wort</u> <i>Hypericum hypericoides</i>	Cissiwilano:ma Cisilauko:mi
<u>Simpson's Stopper</u> <i>Myrcianthes fragrans</i>	tokina:narakko ahitiya:nco:bi
<u>Wax Myrtle</u> <i>Myrica cerifera</i>	Solo:capi Cowa:noca:pi

**Digestive Remedies & Other Uses**

Used as a treatment for “Snake Sickness” and “Urine Retention Sickness.” For Urine Retention sickness, a decoction effects as diuretic that cleans the kidney and bladder.

Flowers are commonly cooked and eaten with eggs for breakfast. The bark has been used as an astringent to relieve diarrhea.

Tea made from inner bark is used as a laxative and diuretic.

Fruits made into a syrup as a remedy for dysentery; diarrhea.

Used as an analgesic to stop diarrhea and as an expectorant; as a laxative. . The Seminoles also used it to treat snakebite. Other people used it as a decoction to increase strength to fight witches.

Diuretic; root bark and seeds were used as a remedy for diarrhea.

Used as diuretic. An important plant used for food and medical purposes for thousands of years. The Aztecs even named cities after it.

Extracts of flowers used to treat diarrhea. Used as a diuretic. It is reported to help

Used to stop diarrhea

Used as exhilarating beverage and a diuretic. Wax boiled as a cure for dysentery. Used to improve the foaming of beer.