“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  
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

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Information Compiled by Lily Lewis and Kim Hutton  
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4202 E. Fowler Ave., NES107  
Tampa, FL 33620  
http://www.cas.usf.edu/garden
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 ethno-botanical information of plants. In this group of Potty Plants, we are looking at uses by the Miccosukee who spoke “Mikasuki” and the Creeks.

<table>
<thead>
<tr>
<th>Common Name</th>
<th>Botanical Latin Name</th>
<th>Creek Name Mikasuki Name</th>
<th>Digestive Remedies &amp; Other Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beauty Berry</td>
<td>Callicarpa americana</td>
<td>catv-folotv</td>
<td>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.</td>
</tr>
<tr>
<td>Coral Bean</td>
<td>Erythrina herbacea</td>
<td>Icho inchastoki</td>
<td>Flowers are commonly cooked and eaten with eggs for breakfast. The bark has been used as an astringent to relieve diarrhea.</td>
</tr>
<tr>
<td>Elderberry</td>
<td>Sambucus canadensis</td>
<td>Itco intcastuge</td>
<td>Tea made from inner bark is used as a laxative and diuretic.</td>
</tr>
<tr>
<td>Fire bush</td>
<td>Hamelia patens</td>
<td>Coskelepv</td>
<td></td>
</tr>
<tr>
<td>Milkweed</td>
<td>Asclepias incarnate</td>
<td>env’ce-enok’ke-helesewv (Mikasuki)</td>
<td></td>
</tr>
<tr>
<td>Necklace Pod</td>
<td>Sophora tomentosa</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Prickly Pear Cactus</td>
<td>Opuntia humifusa</td>
<td>tvlhvcko hacolkata:ni</td>
<td></td>
</tr>
<tr>
<td>St. John’s Wort</td>
<td>Hypericum hypericoides</td>
<td>Cissiwi:lano:ma</td>
<td>Used as diuretic. An important plant used for food and medical purposes for thousands of years. The Aztecs even named cities after it.</td>
</tr>
<tr>
<td>Simpson’s Stopper</td>
<td>Myrcianthes fragrans</td>
<td>tokina:narakko ahitiya:nco:bi</td>
<td>Extracts of flowers used to treat diarrhea. Used as a diuretic. It is reported to help</td>
</tr>
<tr>
<td>Wax Myrtle</td>
<td>Myrica cerifera</td>
<td>Solo:capi</td>
<td>Used to stop diarrhea</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cowa:noca:pi</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Used as exhilarating beverage and a diuretic. Wax boiled as a cure for dysentery. Used to improve the foaming of beer.</td>
</tr>
</tbody>
</table>