



Nature Trail Boardwalk

1. This area was developed in 1964 as the Newbell Research Collection by a local garden society. We have been unable to find more detailed information because this was before Snyder Park was created. We have started a research project at the Historical Society.
2. Fishtail palm, the feathery palm heralding you into the trail hails from the humid forests of the South Pacific and has now made it's home at the entrance to our wetland swamp.
3. Pothos, you may recognize the vine climbing the trees as a houseplant, look how beautiful it grows unleashed in the wild!
4. Spiral Ginger, (Costus), can be identified by its hypnotizing, spiral stems. Features edible flowers and medicinal roots.
5. Cocoplum, has two ecotypes, one less salt tolerant called inland, and a coastal variety. This plant is often used in landscaping with little knowledge of it's delicious, edible fruits!
6. Senegal Date Palm, originally from Africa, has become naturalized in Florida. The fruit is edible and the palm heart may be consumed as a vegetable.
7. Shell ginger, named for it's budding flowers that resemble sea shells. Statistically, Okinawan natives who consume a traditional diet including shell ginger have a long life expectancy.
8. Wandering Jew. Purple, ornamental ground cover native to Mexico.
9. Mystery Ginger or palm: We are still trying to identify this one. Any ideas?
10. The foundation of all of the life in our park and on our planet is contained in the soil. In the urban environment we are often tempted to blow away or sweep up fallen leaves, but this is an important piece in the circle of life. Fallen organic matter feeds life in the soil and the magnificent underground web of fungi and bacteria. This web grows healthy plants that feed us and all of the creatures in the more-than-human world. When we allow nature to regenerate itself, our systems self-sustain and flourish.

11. Walking Iris: New plantlets form at the end of the flower spikes; after flowering, the spikes fall over and a new plant grows, so the plant "walks".

12. Pigeon plum is unable to survive hard frost, but it is resistant to high winds, salt and drought.

13. Tucked away on the left are Ladyfinger Palms that look like a delicate hands with 10 slender fingers. It prefers low light, making it an excellent indoor plant option for home's with little sunlight.

14. Bishop wood tree was originally brought to North America as a decorative plant but now considered an invasive species. The seeds, which are edible, contain 30-54% oil, which is used as a lubricant.

15. Brazilian pepper, also known as Florida Holly, was introduced as an ornamental, landscaping plant in the 1800's but earned it's reputation as an invasive because of it's vigorous growth and ability to out compete native species. One positive of this plant is that it's fruits are the source of pink peppercorns, a highly coveted culinary item. Harvest dried peppercorns from the plant and place into old pepper grinder to spice up your meal with a bioregional delicacy.

16. Surinam cherry, light trunk, the seeds are distributed by fruit-eating birds. Consuming just one edible fruit provides the human body with all the vitamin C it needs for one day! The taste ranges from sweet to sour, the darker red to black range is quite sweet, while the green to orange range is strikingly tart.

17. Limbo beneath the Green Buttonwood tree leaning over the boardwalk path. A Florida native with interesting leaves that are shiny on top, smooth on the bottom, and have two salt glands.

18. Pongam, Oil made from the seeds, known as Pongamia oil, is an important asset of this tree and has been used as lamp oil, in soap making, and as a lubricant for thousands of years

19. The boardwalk crosses a wet area caused by a "cover subsidence sinkhole". Rotting leaves acidified the ground water and dissolved the underlying limestone forming a depression. As the acid was neutralized by the alkaline limestone, the calcium settled, forming a hard pan bottom that holds water better than the surrounding area. This offers a unique opportunity to view plants that prefer a wet habitat.

20. Mother in Laws Tongue or Snake plant. Its leaves have a strong plant fiber once used to make bowstrings. It is coveted as a house plant for its ability to purify the air. Take a breath then retrace your steps along the boardwalk back to where you began. We invite you to

practice walking meditation, breathing, feeling your feet on the ground, and noticing things from a new perspective from your walk into the boardwalk trail.