



Good Citizen Guide to Natural Florida

Central East Coast Region



Learn about where you live

Florida's Central East 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

Dunes are close to the ocean and have hardy plants like sea oats and railroad vine that help hold sand in place. Farther back are plants like golden creeper, saw palmetto and sea grape.

Where to visit Beach Dune

- Gamble Rogers State Park (Flagler County)
- Merritt Island National Wildlife Refuge (Brevard County)
- Ponce Preserve Park (Volusia County)
- River to Sea Preserve (Flagler County)
- Smyrna Dunes Park (Volusia County)



Marine Wetlands/Estuary

These areas are inundated by brackish water. Estuaries in this area are dominated by mangrove forests which include red, white, and black mangrove and buttonwood as well as other herbaceous plants. Mangroves protect the shoreline from waves, storms and flooding.

Where to visit Marine Wetlands/Estuary

- Betty Steflik Memorial Preserve (Flagler County)
- Marine Discovery Center (Volusia County)
- Thousand Islands Conservation Area (Brevard County)
- Tomoka State Park (Volusia County)
- Ulumay Sanctuary (Brevard County)



Coastal and Inland Scrub

Scrub is found on dunes along the coast as well as old dunes inland, and is characterized by deep fine sandy soils that are very dry. Scrub is a fire-dependent community that contains many rare plant species.

Where to visit Coastal and Inland Scrub

- Cape Canaveral National Seashore (Brevard County)
- Helen and Allan Cruickshank Sanctuary (Brevard County)
- Lyonia Preserve (Volusia County)



Pine Flatwoods

This dominant plant community may be considered scrubby (dry), mesic (moist), or wet (standing water part of the year). Pine flatwoods depend on fire to keep the understory open and diverse.

Where to visit Pine Flatwoods

- Florida Agricultural Museum (Flagler County)
- Longleaf Pine Preserve (Volusia County)
- Princess Place (Flagler County)
- Scottsmoor Flatwoods Sanctuary (Brevard County)
- Tiger Bay State Forest (Volusia County)



Hardwood Forested Upland

Forest dominated mainly by hardwood trees. Exhibits old growth deciduous and evergreen hardwood trees found on some of the oldest land in Florida.

Where to visit Hardwood Forested Upland

- Bulow Plantation Ruins Historic State Park (Flagler County)
- Doris Leeper Spruce Creek Preserve, Martin's Dairy Road entrance (Volusia County)
- Enchanted Forest Sanctuary (Brevard County)



Freshwater Marsh

Freshwater marshes have a long hydroperiod, meaning that they are covered by water for much of the year. They are dominated by grasses, sedges, broadleaf emergents, floating aquatic plants, or shrubs.

Where to visit Freshwater Marsh

- Buck Lake Conservation Area (Brevard County)
- Lake Woodruff National Wildlife Refuge (Volusia County)
- Viera Wetlands (Brevard County)
- Wiregrass Prairie Preserve (Volusia County)



Hammock

Hammocks are mesic, neither wet or dry. They contain contain sabal palms and a mix of hardwood trees such as oaks, as well as understory plants like palmetto. Hammock soils can be loam or sand.

Where to visit Hammock

- Bulow Creek State Park (Volusia County)
- De Leon Springs State Park (Volusia County)
- Mala Compra Plantation, Greenway Trail (Flagler County)
- Salt Lake Wildlife Management Area (Brevard County)

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



Bring the beauty of native plants home

Florida's Central East 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.

Upland garden

Canopy Trees: (1) *Sabal palmetto* (cabbage palm). Not pictured: *Pinus elliottii* (slash pine)

Understory: (2) *Ilex vomitoria* (yaupon); (3) *Bejaria racemosa* (tarflower); (4) *Psychotria nervosa* (wild coffee)

Flowering plants: (5) *Solidago odora* var. *chapmanii* (Chapman's goldenrod); (6) *Pityopsis graminifolia* (narrowleaf silkgrass). Not pictured: *Calamintha ashei* (Ashe's calamint)



Salt tolerant garden



Canopy Tree: (1) *Bursera simaruba* (gumbo limbo)

Wind Break: (2) *Coccoloba uvifera* (seagrape). Not pictured: *Dodonaea viscosa* (varnish leaf)

Low growing plants: (3) *Ernodea littoralis* (beach creeper); (4) *Heliotropium gnaphalodes* (sea lavender); (5) *Helianthus debilis* subsp. *debilis* (East coast dune sunflower); (6) *Borrchia frutescens* (sea-oxeye daisy)

Wetland garden

Canopy Trees: Not pictured: *Taxodium distichum* (bald cypress)

Understory: (1) *Sambucus nigra* subsp. *canadensis* (elderberry); (2) *Morella cerifera* (wax myrtle); (3) *Lyonia lucida* (fetterbush). Not pictured: *Cephalanthus occidentalis* (buttonbush)

Low growing plants: (4) *Pontederia cordata* (pickerelweed); (5) *Saururus cernuus* (lizard's tail); (6) *Hibiscus coccineus* (scarlet hibiscus)



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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