

Copy of speech Presented by Mrs. Francis Tracy at Upper Keys
Garden Club Meeting, February 18, 1958 - On Useful and
Medicinal Plants of the Florida Keys.

I have been asked to repeat the presentation of a paper I presented to this Club two years ago, on useful and medicinal plants that are or can be raised on the Florida Keys, and trust that we may have questions and discussions on them. My information is gathered by personal experience, and from old residents; also from books by Dr. Gifford and Dr. Fairchild. Dr. Gifford resided and botanized on the Keys for many years.

The original settlers had no access to a doctor or to medicine except by long boat trips sailing to Key West.

One of the most useful to the natives and brought to them from the Bahamas in 1865, was the Barbados Aloe (Aloe Vera). Every home had plants, for burns, cuts, insect bites. To take internally, a leaf was cut up and placed in a crock, covered with water, and bruised. After 24 hours, the resulting fluid was taken as a drink for what we call ulcers, or as a laxative. They called it Belly Ache. The Aloes of commerce, used in many prescriptions, is a powder made from the dried jelly of this plant. There are large plantings in Dade and Lee Counties, sold commercially.

The next most used plant was the Pawpaw. It seemed to be native to the Keys, and though small in the wild state, as it is today, was used by puncturing the green fruit. Then a white juice exuded, it was put in bottles and diluted with water for a digestive. The leaves were wrapped around meats for tenderizing, and the black seeds chewed as a tonic. Today the cultivated fruit is enjoyed by most people, and cosmetics and meat tenderizers are made commercially and sold all over the country. We call it Papaya.

The Gumbo Limbo Tree (Bursera), called Gum-Eleli in the Island was used as a tonic, the leaves boiled in water as a tea. Also, the young leaves make a poultice when crushed, which takes the sting from wasp and bee stings, and even mosquito bites. The Ranger in Everglades Park told us that the green under bark makes a love potion. That I do not vouch for.

Datura, Angel Trumpet, or what we call Jimson Weed, is the plant furnishing the drug Atropine, a heart stimulant. The old darkeys tell me they chewed the seed if their hearts fluttered. It is an active poison in quantity, now used commercially.

Castor Oil Bean grows wild on the Keys, and from the seeds comes the oil of commerce, used as a cathartic. In World War I Castor Oil was used as a lubricant for airplanes.

Sapodilla (Sapotil) furnishes the chicle used in chewing gum, and was exuded from the semi-green fruit and the branches as a sticky white latex, that seemed to be a digestive.

Candle Bush (Ringworm Cassia) is an excellent treatment for skin infections, leaves, seeds and bark steeped in water.

Golden Shower Tree leaves, chewed, make a fine laxative.

At the other extreme is the leaves of our Rag Weed, which was eaten raw in cases of dysentery. Our common Spanish Needle makes a cough syrup, combined with honey. There are many wild bee trees on the Keys, most of them gone now via the Bulldozer.

Among the smaller trees and bushes, many have uses. The seeds of the Soapberry make a substitute for soap. Our Guava and Barbados Cherry are both sources of Vitamin C. The Wax Myrtle leaves are boiled, the wax floats up on the cooling water, and from that were made candles. Bay Berry growing