

Upper Figs Garden Club.

XII

#334 Horticulture Award

FLORIDA FEDERATION OF GARDEN CLUBS, INC.

APPLICATION FOR AWARDS

DISTRICT # XII

Date of application Nov. 26, 1969 Award to be presented in 1970

Name, Number and Class () HORTICULTURE #33 - CLASS A

Award for: Club, Federation or Council UPPER KEYS GARDEN

CLUB, FRANCIS TRACY GARDEN CENTER, TAVERNIER
FLA. 33070

Circle: (list name of club affiliated with _____)

Junior Garden Club, High School Gardeners _____
with name of sponsoring unit.

School name and sponsoring club _____

Individual: Name and address _____

FLOWER SHOW: Evaluation sheets required for all shows.

Name of Chairman: _____

Address: _____

Date of Show: _____ Location _____

Project or Achievement Title: _____

Description: _____

SIGNATURE: Club or Circle President Mrs. Malcolm G. Knox

Address P.O. Box 481 Tavernier Fla. 33070

DEADLINE: BEFORE DECEMBER 1. Return duplicate application to District Awards
Chairman

Mrs. Robert E. Adams
110 N.W. 63 Ave. Miami Fla. 33126

Before January 15, (unless otherwise specified in individual award)
Send original application, with material to be
judged to

State Chairman of Awards

Name and address Mrs. Sidney Davis P.O. Drawer 8, Ft. Myers 33902

7/10/68

IMPORTANT: READ AWARD RULES IN BOOK OF INFORMATION

FLORIDA FEDERATION OF GARDEN CLUBS, INC.



Competition was close for this award.

Proof that the program stimulated an
interest in gardening and 100% membership
participation would have helped.

November 18, 1969

UPPER KEYS GARDEN CLUB
FRANCIS TRACY GARDEN CENTER

Amy Nicholas

The early settlers on the Keys had no easy access to doctors, drugs or prepared foods. But they managed quite nicely with their own preparation.

I have made a few posters to illustrate my talk; after the meeting they were up and around the room.

It is nice to start with something that is familiar to everyone and go on from there. I think I'll start with ANIS. An Anis plant may be a kind of a cactus but it is actually in the lily family, related to the Day lily and asparagus. It also provides a surprise for some who are not familiar with the plant, when it puts up a tall spike of smaller flowers. The Anis most common is this one is called Anis flower. Some people like to think of it as a drug store plant. It has juicy flowers and the leaves are often used as a treatment for the skin.

This program on Horticulture was presented at the regular meeting of the Upper Keys Garden Club on November 18, 1969 at the Francis Tracy Garden Center. The lecture was given by Amy Nicholas, accompanied by posters and live specimens.

A demonstration of pruning of poinsettias and bougainvillea was given by Susan Lund.

Three members participated in the program.

The CASTOR OIL, a tropical African and Asiatic herb, was first brought to the Keys in 1918 to be used as a fine lubricating oil, but has now spread to almost a weed. It has been used for centuries as a lubricant. It is also used in soap. The oil is extracted by pressing the seeds.

CAJUPUT is a tropical American evergreen tree with hard reddish wood and an apple shaped berry whose juice yields anise. The cajuput is a fine slow growing tree, native to Mexico but popular on the Keys. The latex from the tree and unripe fruit is the chief of chewing gum and was used in the early days as a chewing gum to persuade children to take medicinal medicine.

We are all familiar with PAPAYA, the fruit of the papaya tree, a tropical tree, having a crowding tuft of large deeply lobed leaves, a water-like fruit with yellow flesh and black seeds. It is used as a laxative, as a digestive, in cosmetic products and makes a very good salad and excellent chutney.

The GUAJA LINDO tree came from the Bahamas originally and is a native tree of south Florida. It can be recognized by its smooth flaking bark. It is also called West Indian Birch. The Guaja Lindo yields a medicinal oil from its sap. The natives say a poultice made from young chopped leaves of this tree, applied on the skin rash caused by contact with the poisonwood tree sap, will cure it in 24 hours. I wish I had known that my first year herb--because I had a ball left over from picking the pretty shiny green leaves, poisonwood, for a Christmas card of fruit! The guaja lindo poultice also be good to apply on an

November 18, 1969

MEDICINAL PLANTS

Amy Nicholas

The early settlers on the Keys had no easy access to doctors, drugs or prepared foods. But they managed quite nicely with their own preparations.

I have made a few posters to illustrate my talk; after the meeting you may come up and examine them.

It is nice to start with something that is familiar to everyone and go on from there. I think I'll start with ALOE. An Aloe plant may remind you of a cactus but it is actually in the lily family, related to the day lily and asparagus. It also provides a surprise for some who are not familiar with the plant, when it puts up a tall spike of tubular yellow flowers. The Aloe most common in this area is Barbados Aloe; Some people like to think of it as a drug store plant. It has juicy tissues and the juice from the tissues of the leaves are often used as a treatment for burns and sores. A burn, cut or sore can be poulticed with the bitter green jelly. The leaves can be cut up, put in jars, cover with water and after twenty four hours, the fluid taken internally is good for intestinal ulcers or a stomach ache. I actually know someone in our trailer park who drinks a juice glass of this each day and thinks it very beneficial to their health! A powder made from the dried jelly is now used extensively in medicinal preparations. Carters Little Liver Pills to mention one. It is used commercially in beauty preparations.

The CASTOR BEAN, a tropical African and Asiatic herb, was first planted on the Keys in 1918 to be used as a fine lubricating oil, but has now spread to almost a weed. It has been used for centuries as a cathartic. It is also used in soap. The oil is extracted by pressing the seeds.

SAPODILLA is a tropical American evergreen tree with hard reddish wood and an apple shaped berry whose juice yield chicle. The sapodilla is a fine slow growing tree, native to Mexico but popular on the Keys. The latex from the tree and unripe fruit is the chicle of chewing gum and was used in the early days as a chewing gum to persuade children to take unpleasant medicine.

We are all familiar with PAPAYA, the fruit of the papaya tree. A tropical tree, having a crowned tuft of large deeply lobed leaves, a melon-like fruit with yellow flesh and black seeds. It is used in meat tenderizers, as a digestive, in cosmetic products and makes a very good salad and excellent sherbet.

The GUMBO LIMBO tree came from the Bahamas originally and is a native tree of south Florida. It can be recognized by its smooth flaking reddish bark. It is also called West Indian Birch. The Gumbo Limbo yields a medicinal resin from its sap. The natives say a poultice made from young chopped crushed leaves of this tree, applied on the skin rash caused by contact with the poisonwood tree sap, will cure it in 24 hours. I wish I had known that my first year here--because I had a bad left arm from picking the pretty shiny green leaves, poisonwood, for a Christmas bowl of fruit! The gumbo limbo poultice also is good to apply on an

infection and bee or wasp stings.

The BUTTONWOOD tree is a rough bark tree common on the Keys. The bark is used medicinally and in the tanning of leather. It is valued as timber and a source of charcoal. Smoked mullet prepared over buttonwood charcoal, is one of the delicacies of the Keys.

The COCOANUT PALM is a familiar sight to all Keys visitors. It has an egg shaped, husk covered, nut-like fruit. This fruit yields a meat that is shredded and sweetened and used in cooking. The oil extracted from the meat is used in soap, shampoos, candles and as an adulterant of butter. The husk yields a stiff elastic fiber used in matting.

From the CANDLE BUSH (RINGWORM CASSIS) the leaves, seeds and bark were used on skin infections. The bark was used for tanning leather, especially by the early Indians.

RAGWEED of which we have little on the Keys, was chewed to stop dysentery. SPANISH NEEDLE, of which we have much was used as a cough cure. GUAVA, full of Vitamin C, was used in making jellies, jams and desserts.

SOAPBERRY, a small tropical tree, was grown for the berries. These were crushed and the pulp produced a lather used in washing.

To sum all of this up, I would say that I, for one, am glad I was not one of the early settlers who had to know all about these plants in order to survive. I really have enjoyed finding out all about them as I love nature in any form. It is very reassuring to all of us to know that now we can find the results of these findings in bottles -- of pills, lotions, and capsules. On the subject of soapberry, with all the washing preparations that we have today, I can only say, "You've Come A Long Way, Baby."

'Old wives' tonics did have merit

PLANTATION KEY — Mrs. Herman J. (Amy) Nichols is a native of Massachusetts but in recent years since her husband's retirement the Nichol's have made their summer home in Pillsbury Lake Webster, N.H. The past eight winters have been

spent at Vacation Village Mobile Home Park here.

Mrs. Nichols denies being an expert on herbs or, as she calls them, "medicinal plants" and she's never raised them, but she is familiar with their history and based a recent talk to the

Upper Keys Garden Club on such plants.

Mrs. Nichols discussed how early settlers prepared their own aids and cures from medicinal plants common to the Keys. One of the best known and widely used of these is aloe. Mrs. Nichols says many people believe aloe to be a member of the cactus family when really it is related to the lily.

Juice from aloe "leaves" or prongs has long been used as a salve for burns, making a poultice from the green jelly-like substance. These leaves can be placed in a jar of water, left for 24 hours, then taken as a cure for stomach ache, according to the speaker.

Mrs. Nichols says commercial drug manufacturers today use the dried jelly of the aloe for some medicinal items and beauty preparations.

Castor beans were first planted on the Keys in 1918, being used as a cathartic and as one of the ingredients in making soap. Crushed leaves from the gumbo limbo were at one time considered excellent poultice material to be applied to skin infections or to heal bee and wasp stings.

Other plants mentioned by Mrs. Nichols were ragweed and the Spanish needle. Both, she says, made popular preparations for coughs and dysentery.



Looking for Another Medical Plant

... Mrs. Amy Nichols knows the subject well

Keynoter Photo by TOM SMITH

KEYNOTER

TAVERNIER

Thurs., Nov. 13, 1969

By GERRY SMITH

Mrs. Herman Nichols will discuss "medicinal plants of the Keys" at next Tuesday's meeting of the Upper Keys Garden Club.

Hostesses for the day will be Mrs. W. R. Edmonds, Mrs. Michael Gestone and Mrs. L. C. Brown. Mrs. Sam Lund will give the gardening "tip of the month."

Members are reminded to bring articles for the club's annual bazaar to be held at the Frances Tracy Garden Center Dec. 12 and 13.

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THE KEY WEST CITIZEN

Sunday, November 30, 1969

Medicinal aids

Early settlers on the Keys had no easy access to doctors or drugs but many managed to stay healthy with their own home-grown preparations, according to Mrs. Herman J. Nichols, who spoke at the November meeting of the Upper Keys Garden Club.

Among the medicinal plants, indigenous to the Keys mentioned by Mrs. Nichols was the aloe which is a member of the lily family although as she pointed out, many people mistake it for a type of cactus.

Juice from the prongs or "leaves" of the aloe has long been used to treat burns. A poultice is made with the bitter green jelly-like substance.

Some people cut the leaves, store them, covered with water in jars for 24 hours and drink the fluid as a cure for

By NANCY POWELL

ulcers or the common old stomach ache.

Commercial manufacturers of drugs and other aids from the oldtimers and use a powder made from the dried jelly of the aloe in number of drug store items including Carters Little Liver Pills and numerous beauty preparations, according to the speaker.

Mrs. Nichols mentioned the castor bean, first planted on the Keys in 1918, as another medicinal aid used by the early settlers. Oil from the seeds was used as both a cathartic and in making soap.

Crushed leaves from the gumbo limbo tree were as a poultice in a 24-hour cure for skin rash caused by contact with poisonous plants including the

Sunday, November 23, 1969

THE KEY WEST CITIZEN

Garden Club notes

Members of the Upper Keys Garden Club learned of the "healing powers" of some of the plants indigenous to the Florida Keys which are growing in some of their yards at the Tuesday afternoon meeting.

Mrs. Amy Nichols gave the talk on "medicinal plants" including the well-known aloe, castor bean, papaya and gumbo limbo.

Amy Thompson reported on the recent District 13 fall conference