

LIFE FOUND

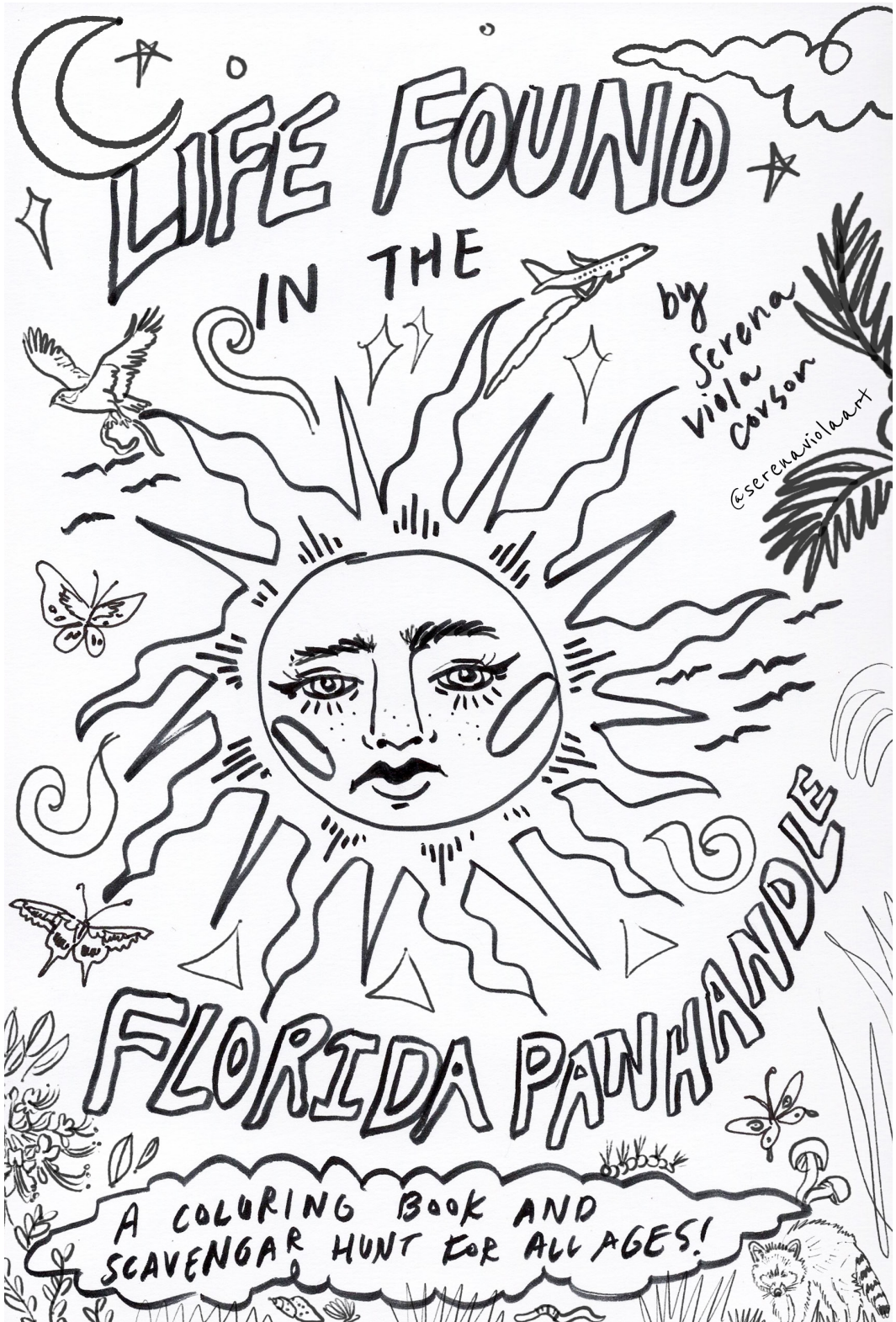
IN THE

by
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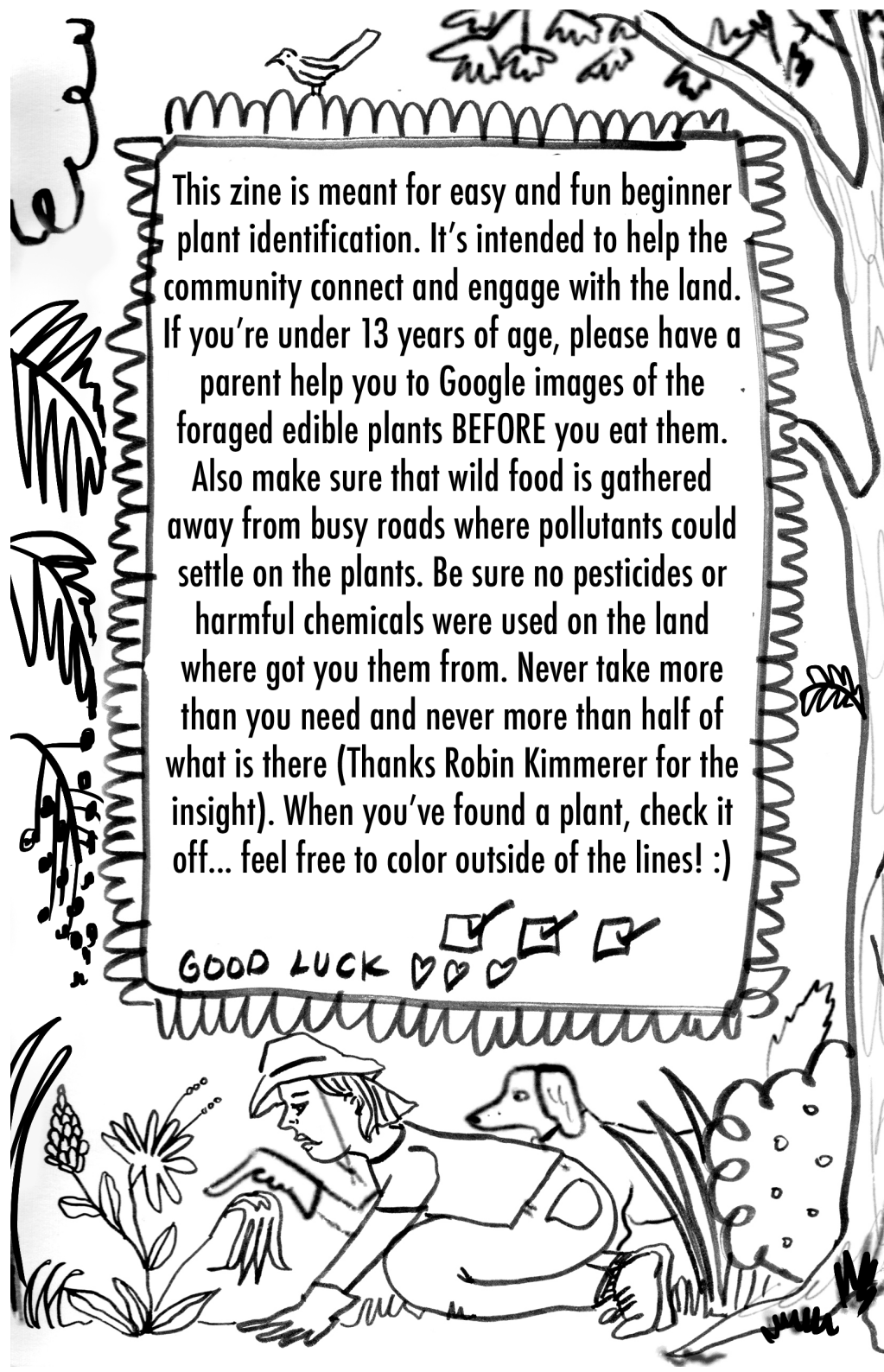
FLORIDA PANHANDLE

A COLORING BOOK AND
SCAVENGER HUNT FOR ALL AGES!



This zine is meant for easy and fun beginner plant identification. It's intended to help the community connect and engage with the land. If you're under 13 years of age, please have a parent help you to Google images of the foraged edible plants BEFORE you eat them. Also make sure that wild food is gathered away from busy roads where pollutants could settle on the plants. Be sure no pesticides or harmful chemicals were used on the land where you got them from. Never take more than you need and never more than half of what is there (Thanks Robin Kimmerer for the insight). When you've found a plant, check it off... feel free to color outside of the lines! :)

GOOD LUCK ♡ ♡ ♡ ☑ ☑ ☑



there are many varieties of camellias. some have many stamans like this one



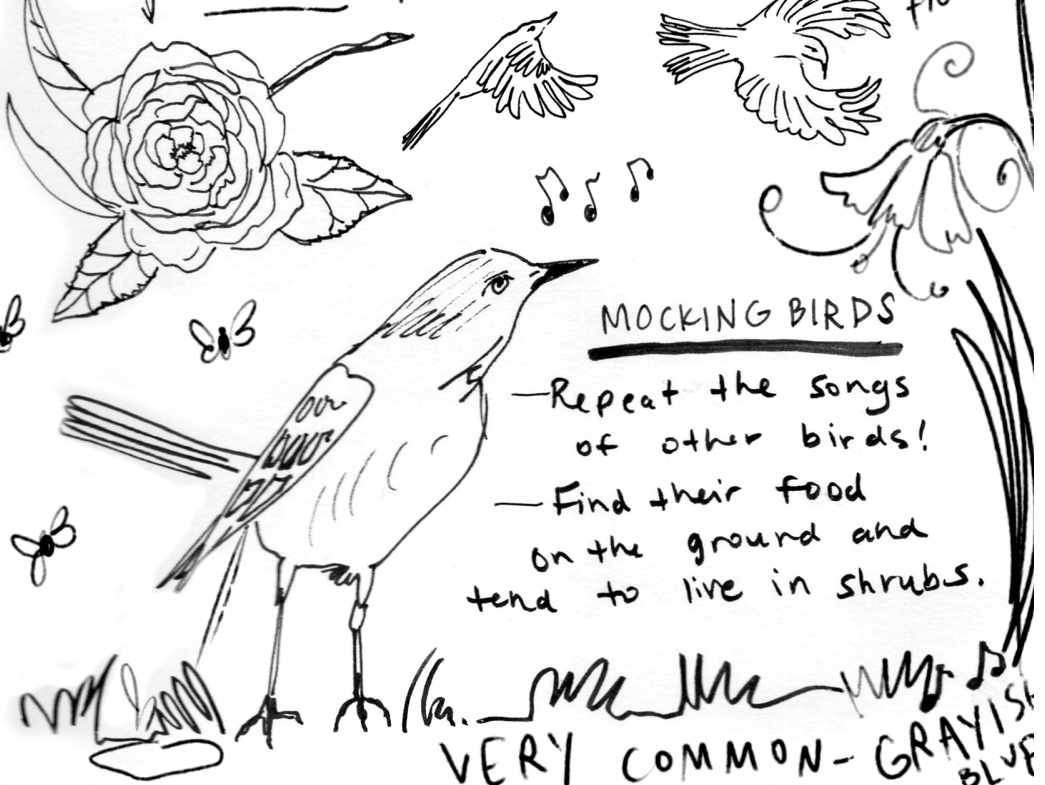
OR NO STAMANS like this one



CAMELLIAS ☐ BUSH / SHRUB

- flowers in winter
- dark green leaves year round
- petals vary from white to dark pink
- dense bouquet of yellow stamans
- you might see bees buzzing around the flowers

staman: pollen-producing reproductive organ on a flower



MOCKING BIRDS

- Repeat the songs of other birds!
- Find their food on the ground and tend to live in shrubs.

VERY COMMON - GRAYISH BLUE

(E) edible flower petals for salads



BIDENS ALBA AKA (SPANISH NEEDLES)

- member of the daisy family!
- Native North Florida plant whose seeds have 2 prongs at the end that help it attach to animals and spread around!
- Common in disturbed areas like roadside ditches or along fence rows in full sun.
- popular source of pollen for honey bees.
- disrespected! An important weed

AZALEAS

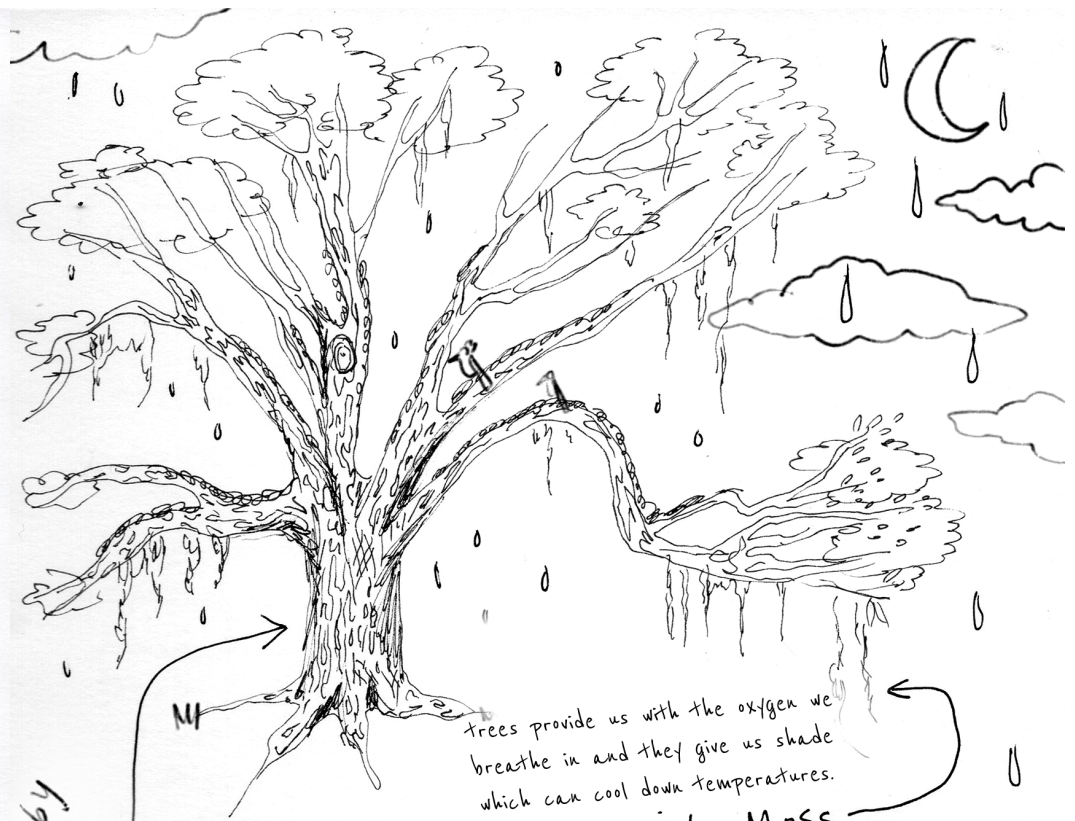
- bloom in the Spring and their flowers last several weeks!
- Bushes full of flowers!
- can be pink, white, yellow, red or orange!
- Hummingbirds and some butterflies get food from Native azaleas while they pollinate the blooms. This is a very important source of food for these pollinators!



Some kinds have spots inside



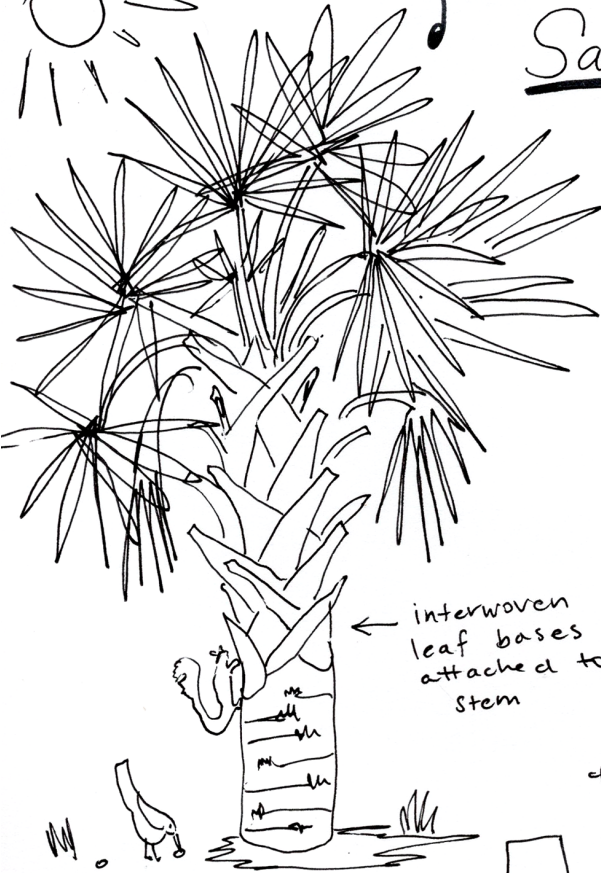
* named Spanish moss by Spanish colonizers.



Live Oak and Spanish Moss

- Live Oak leaves look like this
- They are silent and wise giants
- Spanish Moss was called Tree hair by Native Americans.
- Spanish Moss eats rain and air borne debris/dust.
- It's usually white, gray or slightly green in color.

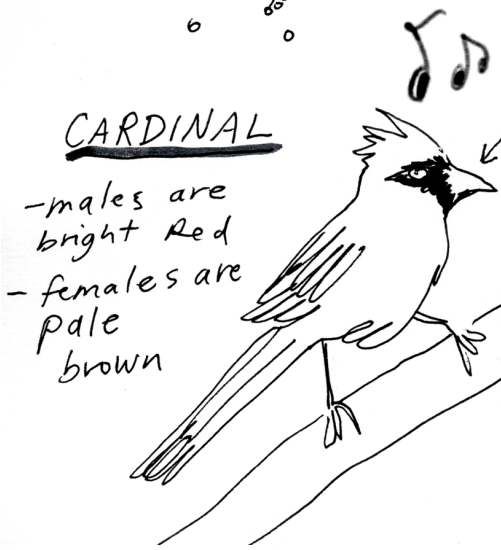




Sabal Palmetto
(cabbage palm)

- state tree of Florida and South Carolina
- provides food for deer, birds, raccoons, squirrels and wild turkeys
- Native Americans would use leaves to cover their homes, braid into baskets and used as fans that were carried during dances.

interwoven leaf bases attached to stem

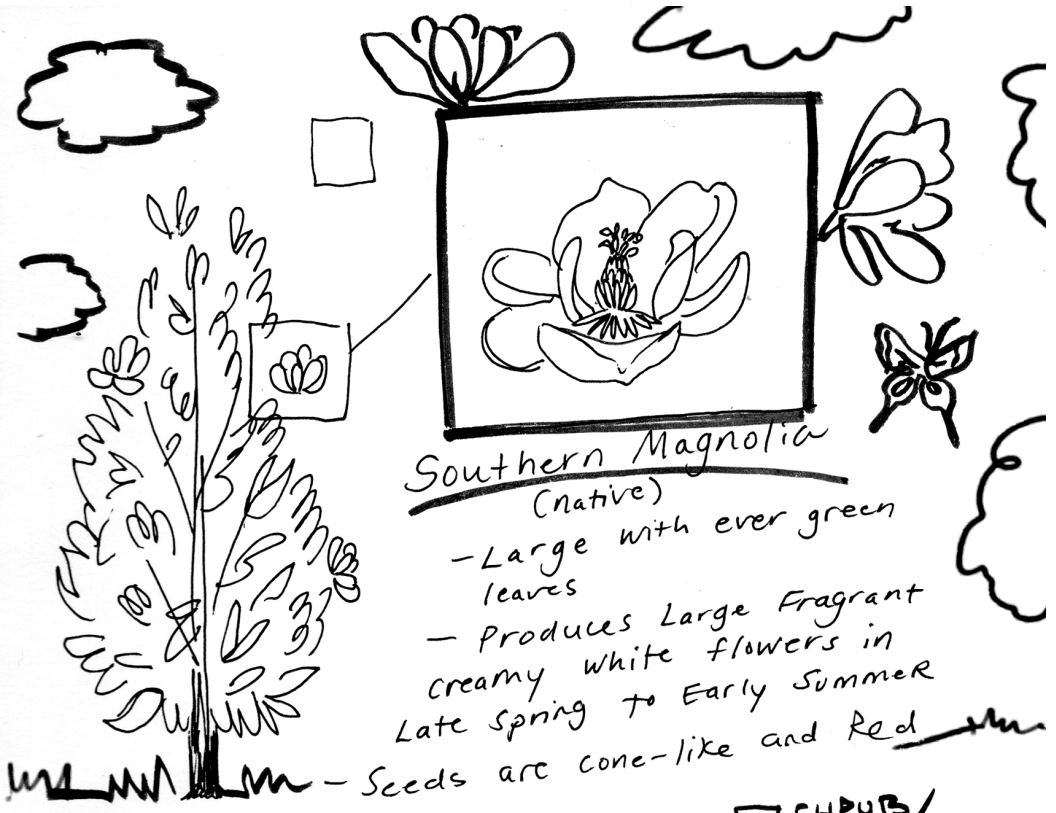


CARDINAL

- males are bright red
- females are pale brown

short thick bill

CAN YOU HEAR THE BIRDS SING?



Southern Magnolia
(native)

- Large with ever green leaves
- Produces large fragrant creamy white flowers in late spring to early summer
- Seeds are cone-like and red

YAU PON HOLLY (native) SHRUB/TREE

- flowers bloom in Spring (Small white flowers)
- attracts bees
- In fall, fruit (berries) provides food for birds and small mammals!
- ONLY NATURALLY CAFFEINATED PLANT SPECIES THAT GROWS IN THE U.S.A.



You can make tea from leaves!

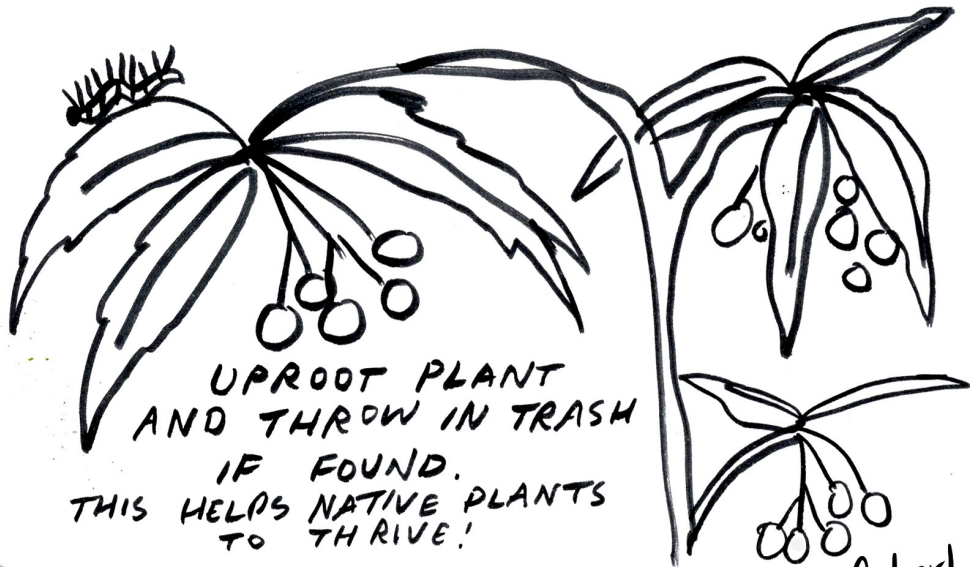
INVASIVE SPECIES are not native.

They have been uprooted from their original homes and are now causing imbalance in their new places.



YAUPON HOLLY SHOULD NOT BE CONFUSED WITH.. INVASIVE CORAL ARDISIA

- Shrub that grows in multi-stemmed clumps.
- 8 inch long leaves, one seeded berries. **RED**



UPROOT PLANT AND THROW IN TRASH IF FOUND. THIS HELPS NATIVE PLANTS TO THRIVE!

♥ STINGING NETTLE wild, edible, medicinal herb

- PICK USING GLOVES! WILL IRRITATE SKIN.
- DRY LEAVES OR BOIL / SAUTÉ TO EAT.
- WILL START POPPING UP IN EARLY SPRING.

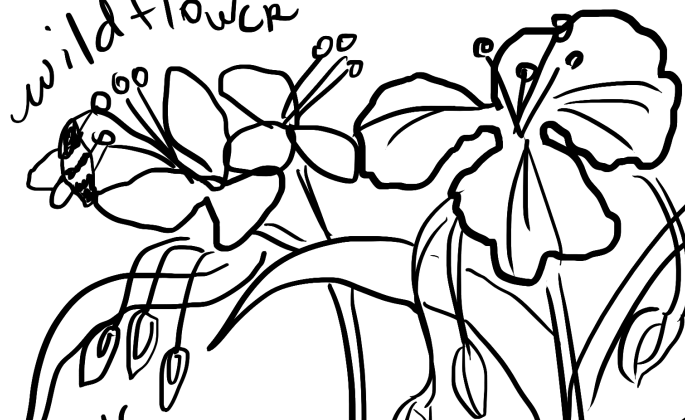


TINY HAIRS ON STEM. TOOTHED LEAVES.



SPIDERWORT

wild flower



- INVASIVE! CROWDS OUT ALL OTHER PLANTS.

Attracts BEES

- Purple flowers with 3 petals.

- EDIBLE! (flowers, leaves and stems)

Perennial: last longer than 2/3 years

Annuals - go through their whole life cycle in one year.

Spiderworts are →

FLORIDA WINTER CITRUS (all edible)

MEYERS LEMONS

- Small trees with orange-sized yellow fruit.
- BEWARE OF THORNS!



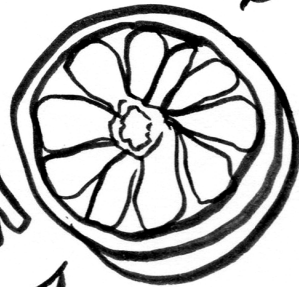
LOQUAT TREE

- can reach 25-30 ft. in height
- 10-12 inch long leaves
- FRUITS COME IN CLUSTERS OF 4 to 30!
- THEY ARE SMALL, OVAL SHAPED



SATSUMA (MANDARIN) TREE

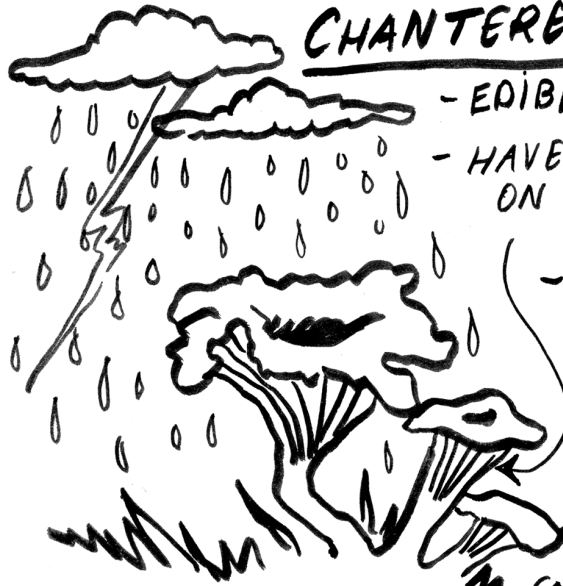
- fruit is orange-reddish
- easy to peel
- trees are 12-14 ft.
- size of your fist



HINT: USE APP iNaturalist to cheat and find these plants + more near you!

CHANTERELLE MUSHROOMS

- EDIBLE!
- HAVE FORKED RIDGES ON THEIR UNDERSIDE
- YELLOW TO ORANGE IN COLOR
- ON FOREST FLOOR, NOT ON WOOD
- WHITE FLESH INSIDE
- CAP EDGE IS COMMON WAVY



WOOD SORREL

- commonly mistaken for clovers (those R edible)
- heart-shaped leaves
- has tiny yellow flowers with 5 petals
- fold + close in evenings. Reopen in morning.



BEAUTY BERRY

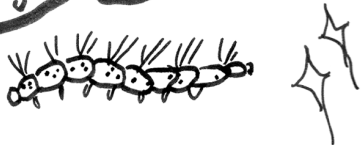
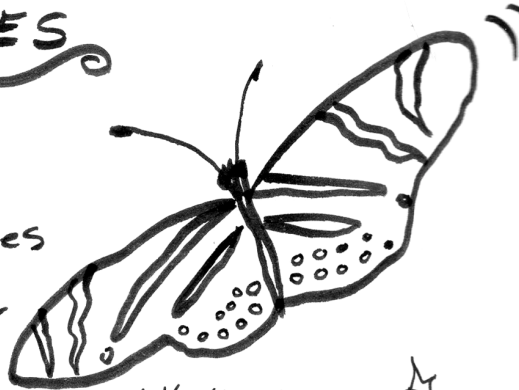
- oval shaped leaves
- flowers grow along the stem in spring
- then BRIGHT purple magenta berries grow in clusters along stem.
- Berries usually ready to eat by Fall



BUTTERFLIES

ZEBRA LONGWING ☐

- Our state's butterfly
- Black with yellow stripes
- Butterflies life stages are: eggs, caterpillar (larva) and pupa (cocoon)

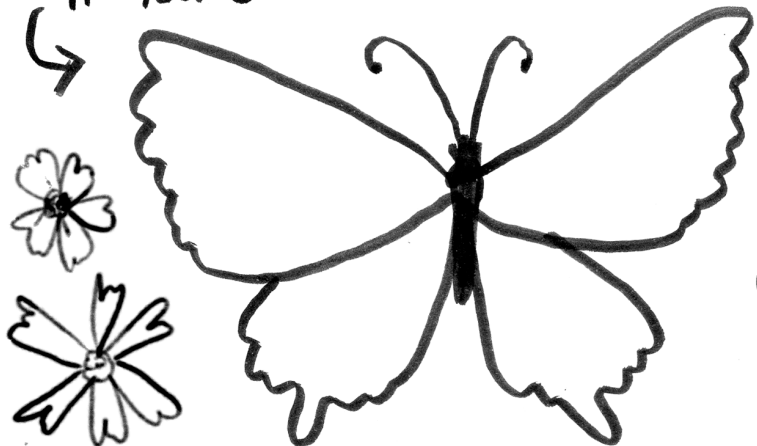


MONARCH ☐

- migrates 1,800 miles from Mexico to Canada to stay warm
- orange and black with white dots at the end of their wings
- LOVES MILK WEED



* WHAT WOULD YOUR BUTTERFLY LOOK LIKE IF YOU COULD MAKE ONE UP? TRY DRAWING IT BELOW.



FREE STYLE!! CONTINUE YOUR ARTISTIC + SCIENTIFIC JOURNEY BY DRAWING OTHER PLANTS, INSECTS OR ANIMALS YOU SEE HERE