

Forest of Uco

Guide to Select Plants





Snail Vine
Phaseolus caracalla

Also known as:
Caracol
Corkscrew flower

Classification:
Perennial, vines and climbers

Size:
12 – 20 ft

Flowering time and color:
Flowering time depends on the climate. Flowers are purple, possibly with cream yellow markings.

Found In:
Tropical Americas

Food Source for:
Bees

Additional Information:

- Used as a mild fragrance, dye, and for medicinal purposes.
- Unopened flower looks like a snail.



Rabbit's Paw
Wedelia trilobata

Also known as:
Wedelia
Women's herb

Classification:
Daisy/aster

Size:
10 inches

Flowering time and color:
Constant and prolific blooming.
Flowers are yellow-orange.

Found in:
West Indies, Hawaii, South Florida,
Central America, West Africa

Food source for:
poisonous

Additional information:

- Used in a tea for cold and flu symptoms.
- Used in treatment of backache, hepatitis, muscle cramps, rheumatism, arthritis.
- Good for soil retention and erosion control.



Taro Plant
Colocasia esculenta

Also known as:
Coco yam
Poi
Elephant ears

Classification:
Perennial herb

Size:
3 - 7 ft tall; leaves 2 ft long

Flowering time and color:
Flowers in winter or early spring.
Flower spike is clothed in a 15 inch yellow sheath.

Found In:
Tropical Asia and Pacific

Food Source for:
People – starchy vegetable

Additional Information:

- Dew collected in the leaf is used as eyewash.
- Used as ornamental foliage.



Sacred Datura
Datura innoxia

Also known as:
Miller angel's trumpet
Desert thorn apple

Classification:
Annual shrub

Size:
2 - 3 ft

Flowering time and color:
Flowers in the summer. Has a 7 – 8 inch tubular flower that is cream, pink and lavender.

Found In:
Central America

- Additional Information:**
- Used as a hallucinogenic drug.
 - In the southwestern United States, some Native Americans used it in coming of age and other ceremonies.
 - It can be fatal.



Anthurium

Also known as:
Flamingo flower

Classification:
Tropical/ tender perennial

Size:
2 - 3 ft by 1 – 2 ft

Flowering time and color:
Flowers all year. Flowers have showy red spathe.

Found In:
Central and South America

- Additional Information:**
- Used to remedy ear ailments.
 - All parts are poisonous if ingested.
 - Handling the plant may cause skin irritation.



Jatropha
Jatropha multifida

Also known as:
Coral plant
Physic nut
Guatamala rhubarb

Classification:
Shrub, small tree

Size:
6 - 10 ft

Flowering time and color:
Flowers all year, especially in hot months. Flowers are coral-red in flat topped clusters.

Found In:
Central and South America

Food Source for:
Birds, bees and butterflies

- Additional Information:**
- All parts are poisonous if ingested.
 - Cloudy sap may cause skin irritation.



Bamboo

Also known as:

Cane brake

Classification:

Grass

Size:

Species range from 3 ft to 100 ft tall

Found In:

Every continent except Europe and Antarctica

Food Source for:

People, pandas, Asian hoof stock and rodents.

Additional Information:

- Used for building material, paper, and fodder.
- Some species can grow 1/3 times faster than the fastest growing tree; up to 3 feet in one day.



Mahogany

Swietenia macrophylla

Also known as:

Caoba
Acajou

Classification:

Tree

Size:

150 ft high; 6 ft in diameter

Flowering time and color:

Flowers in the spring. Flowers are green. Wood color is reddish and deepens with age to a deep red or brown.

Found In:

Southern Mexico to Colombia, Venezuela and parts of the upper Amazon.

Additional Information:

Used in furniture, cabinets, interior trim, musical instruments, boat building, pattern making, and carvings.



Rubber Tree

Hevea brasiliensis

Also known as:

Jebe
Arbe de Para

Classification:

Tree

Size:

120 ft tall; 9 feet in diameter

Flowering time and color:

Flowers summer to autumn. Flowers are creamy, yellow, or green color.

Found In:

Amazon region. Introduced to southeast Asia.

Additional Information:

- Sap used to make rubber.
- The sap is a renewable resource.
- Seeds are poisonous but can be eaten if boiled.
- Seeds are used as fertilizer.



Cilantro
Coriandrum sativum

Also known as:
Coriander

Classification:
Annual herb

Size:
3 ft patches

Found In:
Mediterranean basin, India, western Asia. Introduced to South America by farmers.

Food Source for:
People

- Additional Information:**
- Used to treat nervous system, digestive system, musculoskeletal system and respiratory system ailments.
 - Used as flavoring in foods and to hide the taste of other ingredients.
 - Used by ancient Greeks and Romans as well as Egyptians.



Carob Tree
Ceratonia siliqua

Also known as:
St. John's Bread

Classification:
Perennial tree

Size:
50 - 55 ft; can reach 33 inches in diameter

Found In:
Eastern Mediterranean Sea region and North Africa

Food Source for:
People

- Additional Information:**
- Used to build cabinets and fuel.
 - Used as livestock feed.
 - Seeds used in cosmetics, detergents, paint, ink, adhesives, photography paper, insecticides,
 - Processed into cocoa-like flour and added to milk or water to drink.



Passion Vine
Passiflora caerulea

Also known as:
Blue passion flower

Classification:
Tropicals/ tender perennials (vines and climbers)

Flowering time and color:
Flowers in the spring through the warm months. Flowers have pale pink petals banded with blue or purple.

Found In:
Brazil to Argentina

Food Source for:
Bees, butterflies and birds

- Additional Information:**
- Can help treat anxiety and insomnia.
 - Taken topically it can help relieve burns, insect bites, razor burn, scrapes and sun burns.
 - Fruit is edible