

# Culture in Your Yard

During your walk outdoors, take a look at what plants you can see in your community. Things you may overlook are part of our natural heritage and traditional remedies.



## Aloe

This spiky plant has dark green fleshy leaves. It produces a rod-like flower in yellow or red. Often found in the shade by hedges and roadsides. A natural cure for sunburn and road rash.

Source: Dr. Kuni Frith



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## Banana

These trees are found in people's yards and fields. The purple flower gives rise to a 'hand' of bananas. You have to be patient as they take several months to ripen. A great source of vitamins and minerals, Bananas help settle an upset stomach and nausea. The skin soothes rashes.

Source: Dr. Kuni Frith



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## Broadleaf Plantain

This 'weed' pops up in grass and attracts butterflies. The leaves help heal bruising and a tea helps inflammation and period cramps.

Source: Dr. Kuni Frith



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## Cedar

Our resilient endemic tree. A scale insect killed many cedars in the late 1940s but resistant strains have been successfully propagated and cultivated. The trees are now protected. Highly prized for its beautiful shape and the cedar wood that was used extensively in boats, houses, and furniture. The berries were made into cedar ale, but be warned that it can damage your kidneys.

Source: Dr. Kuni Frith



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## Dandelion

These 'weeds' grow in the grass and bushes. Dandelion tea is soothing and the leaves make a nice salad. Children play 'what time is it?' while blowing on the feathery white dandelion "clock".

Source: Dr. Kuni Frith



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## Fennel

A feathery green plant found in the shade. Dried stems are great for making kites. The leaves are fragrant and a great addition to soups, but don't overdo it as it can cause diarrhea. Rabbits and chickens love to eat fennel.

Source: Dr. Kuni Frith



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## Guava

These trees have delicious fruits of several flavors: pineapple, strawberry, or tart apple. High in minerals and vitamins. In moderation they help with stomach ache.

Source: Dr. Kuni Frith



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## Loquat

A Bermudian tradition and a fun way to forage in the Spring. These trees produce yellow and orange fruit. Wonderful raw or in cakes, jams, and liqueur. Packed full of vitamins, the fruit may help fight colds.

Source: Dr. Kuni Frith



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## Match Me If You Can

Multicolored reddish leaves in hedges. The leaves can be used to make poultices to place on your chest to fight bad colds.

Source: Dr. Kuni Frith



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## Mulberries

These grow on trees which may become tall and broad. The purple berries are delicious but be warned: they will stain your clothes. Many a child has been in trouble for ruining a shirt or dress with mulberry juice. Packed with vitamins and iron, they help with inflammation.

Source: Dr. Kuni Frith



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## Nasturtium

Bright yellow and orange flowers peek out of these green creeping vines that grow in the shade. The flowers make a delicious spicy salad and the leaves are used in tea and cooking. Packed with vitamin C and iron, they are a boost to your immune system.

Source: Dr. Kuni Frith



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## Natal Plum

This spiky hedge produces purple juicy fruit. Eaten raw or in jams, they are full of vitamins and aid your immune system.

Source: Dr. Kuni Frith



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## Paw Paw

Wild trees with knobby trunks and a cluster of green fruit which turn orange when ripe. They are used as wound cleansers when green. The green fruit is tart and often used in stews. The orange fruit is soft and sweet. These are good sources of vitamins.

Source: Dr. Kuni Frith



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## Prickly Pear

A spiny cactus plant that produces purple spiny fruit. Be careful of the spines in the fruit. It is a very nutritious food with benefits for heart, digestion, infections and general health. The juice was used as ink and dye.

Source: Dr. Kuni Frith



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## Rosemary

A fragrant bush. The spine-like leaves are used in cooking. The oil from the leaves improves your mood and circulation.

Source: Dr. Kuni Frith



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## Lantana

This shrub produces pretty multicolored flowers. Originally used as tooth brushes in olden days. The leaves ease stings and bruises.

Source: Dr. Kuni Frith



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## Surinam Cherry

Dark red berries on bright green hedges grow everywhere. The fruit is wonderful raw or in jams and pies. The leaves can be used for a soothing tea.

Source: Dr. Kuni Frith



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## Spice

These beautiful perfumed trees have dark glossy leaves. The leaves are used in teas and as natural air freshener and ant repellents.

Source: Dr. Kuni Frith



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