

5 RED CEDAR
Juniperus virginiana



Red Cedar is an aromatic evergreen native that produces rounded fruit that is gray / blue in color that resembles a berry but is actually a cone made of fused cone scales. The fruit is eaten most extensively by cedar waxwing birds.

6 WAX MYRTLE
Morella Cerifera



Wax Myrtle is an evergreen with inconspicuous flowers in spring and grayish fruit in summer. Female plants produce berries on second year growth. The waxy berries, Bayberry, were used for making candles in Colonial times.

7 SWEET BAY MAGNOLIA
Magnolia virginiana



Loblolly Bay, Sweet Bay Magnolia, or Swamp Magnolia, is a semi-evergreen native. The fragrant flowers are white, cup shaped and appearing spring and into the summer. Blossoms open in morning and close at night for 2 or 3 days and produce red seeds. Sweet Bay's fall fruit is eaten by gray squirrels, mice and songbirds.

8 LOBLOLLY PINE
Gelsecum sempervirens



Loblolly is the most commercially important forest species in the southern U.S., making up over one-half of all standing pine. In the South, the common name loblolly is given because the pine species is found mostly in lowlands and swampy areas. The often-paired cones are three to six inches long, red/brown color, and have very sharp spines. They remain on the tree for several years maturing in the fall.

9 RED MAPLE
Acer rubrum



Red maple features something red in each of the seasons—buds in winter, flowers in spring, leafstalks in summer, and brilliant foliage in autumn. It is the most common variety of tree in America. The fruit, along with the buds, are a primary food source for gray squirrels in late winter and early spring.

10 POISON IVY
Toxicodendron radicans



Poison ivy is a native vine recognized by its leaf pattern that is clusters of three leaves. The leaf color varies with the seasons and the plant's berries are a grayish-white color. Poison Ivy is best known because most people are allergic to its sap.

11 SENSITIVE FERN
Onoclea sensibilis



Sensitive fern occurs in wet woods near water, in part to full shade forming large colonies. The name comes from the observation by early American settlers that it was very sensitive to frost, suffering immediate damage from that first encounter in winter.

"Delight in the beauty that surrounds you" is engraved so appropriately on the bench plaque. The bench marks the mid point on the trail. It was donated by the Garden Club at St. James.



12 AMERICAN HOLLY
Ilex Opaca



American Holly is a small tree with dark green, tough leaves with "prickles" on the edges. Small white flowers arrive in spring followed by red berries in the winter. Holly sprigs are widely known as the everlasting symbol of Christmas cheer.

13 SWEET GUM
Liquidambar styraciflua



The native Sweet Gum tree has star-shaped leaves that turn shades of yellow, orange, red and purple in autumn. It is a large tree with a straight trunk found near stream banks. Its bur-like fruit contains seeds that are eaten by animals and birds, although they don't begin producing them for about 20 years.

14 WATER OAK
Quercus nigra



Water Oak is a fast growing tree that starts producing acorns before its 10th year supporting wildlife who enjoy the fall crops of acorns. The fruits are biennial, maturing in their second year. Its timber has been sold in the south since the 17th century as "red oak".

15 WILD GINGER
Asarum shuttleworthii



Wild ginger is an evergreen shade loving groundcover with heart-shaped, shiny leaves that are often marbled. Its brown-purple 'little brown jug' flowers hide beneath the foliage that is less than 6 inches tall.

16 TRUMPET CREEPER
Campsis radicans



Native to the SE, trumpet vine is covered in summer with orange-red flowers in clusters. They are often visited by hummingbirds and butterflies. As flowers fade, they produce large bean-like seedpods.

17 PASSION VINE
Passiflora incarnata



Passion Vine or Maypop, is a SE native. Its lavender flowers last all summer with an edible oval fruit in the fall. The fruits are used in medicines, beverages and jams. Passionflower leaves are the only food source for gulf fritillary caterpillars

Passionflower's floral arrangement is so unique that early Christian missionaries used it in describing Christ's crucifixion. The flower's five petals and five petal-like sepals represented the 10 faithful apostles. The circle of hair-like rays above the petals suggested the crown of thorns.

18 VIRGINIA CREEPER
Parthenocissus quinquefolia L.



Inconspicuous green flowers in small clusters during spring and followed by small clusters of fruit in early summer. Fruit is a bluish-black berry. In the fall, leaves turn a bright red to maroon color. Often confused with poison ivy but distinction is Virginia Creeper has 5 leaflets, Poison Ivy has 3.

*Welcome to the
Native Plant Trail,*

marked in 2015 through the cooperative efforts of the POA, St. James Plantation, the Garden Club at St. James and the Extension Master Gardeners. This guide will help familiarize visitors with some of the most common native trees, shrubs and flowers thriving here in our small ecosystem of St. James.

These plants meet the needs, including food and cover, of native wildlife without causing long-term damage to local plant communities. Over time, native plants and insects have evolved together, acting and reacting to each other. Natives provide seeds, nuts and fruits for birds, squirrels and other animals as well as nectar for hummingbirds and butterflies.

Aesthetically and spiritually, native plants enhance our sense of place. They are one of the most visible elements in the local landscape and are part of what makes our coastal region unique.

Visit the trail throughout the year to enjoy the seasonal changes in the native plants. Please stay on the trail to avoid degrading the habitat. This trail measures almost half a mile each way.

1 WILD GRAPE
Vitis rotundifolia

Muscadine is our most common North Carolina grape, with roundish leaves and very sweet, thick-skinned berries that ripen in late summer.



2 YAUPON HOLLY
Ilex vomitoria

Yaupon is a native evergreen shrub with small red berries on female plants. Native Americans in the Southeast USA used this plant to make a purifying tea drink that induced vomiting (vomitoria).



3 AMERICAN BEAUTYBERRY
Callicarpa americana L.

Beautyberry is an open shrub with bright violet berries encircling the stem. These fruits and seeds are important foods for many species of birds.



4 CAROLINA JESSAMINE
Gelsemium sempervirens

Carolina Jessamine is one of the most beautiful vines of the south. The yellow flowers signal that winter is ending. It is the state flower of SC.



PLANT LIST OF NATIVES
IN THE SUNNY BEDS:

- Butterfly Milkweed (*Asclepias tuberosa*)
- Swamp Milkweed (*Asclepias incarnata*)
- Ironweed (*Vernonia noveboracensis*)
- Gayfeather (*Liatris spicata*)
- Coastal Joe Pye weed (*Eupatorium purpureum*)
- Mouse Ear Coreopsis (*Coreopsis auriculata*)
- Bee Balm (*Monarda didyma*)
- Wild Bergamot (*Monarda fistulosa*)
- Purple Coneflower (*Echinacea purpurea*)
- Black-eyed Susan (*Rubecula fulgida*)
- Blue Mistflower (*Conoclinium coelestinum*)
- Coral Honeysuckle (*Lonicera sempervirens*)
- Aster 'October Skies'
(*Symphyotrichum oblongifolium*)
- Aster 'Raydon's Favorite'
(*Symphyotrichum oblongifolium*)

PLANT LIST OF NATIVES IN THE
WOODLANDS BEDS:

- Coastal Azalea (*Rhododendron atlanticum*)
- Dixie Wood Fern (*Dryopteris australis*)
- White Wood Aster (*Eurybia divaricata*)
- Indian Pink (*Spigelia marilandica*)
- Solomon Seal (*Polygonatum biflorum*)
- Green and Gold (*Chrysogonum virginianum*)
- Woodland Phlox (*Phlox divaricata*)
- Weeping Yaupon Holly
(*Ilex vomitoria 'Pendula'*)
- Virginia Sweetspire (*Itea virginica*)
- Lady Fern (*Athyrium filix-femina*)
- Maiden Hair Fern (*Adiantum pedatum*)
- Christmas Fern (*Polystichum acrostichoides*)
- Log Fern (*Dryopteris celsa*)

Self Guided Tour of
Waterway Park

NATIVE
PLANT TRAIL

