



CAPE FEAR BOTANICAL GARDEN

SELF-GUIDED TOUR SPRING HIGHLIGHTS IN THE GARDEN

This tour will take you through the Garden in search of unique, interesting, and important plants. You'll discover living fossils, incredible flowers, unusual adaptations, native species, and fascinating stories featuring 14 unique botanical specimens.



HOW TO FOLLOW THIS TOUR:

There is a map on the back page. If you follow the numbers in order you can make a loop of the Garden, but you can also choose to mix it up. Scan the QR code to the left for an electronic version of this guide.

TOUR STATIONS

1. Cypress Trees - Ancients of the Cape Fear River Basin
2. Tung Tree - Toxic, but Useful
3. Loblolly Pines - Towering Natives
4. Red Buds - Native Beauty
5. Camellias - The Tea Tree
6. Fox Glove - Life Saving Toxins
7. Black Bamboo - Fast Growing Invader
8. Dawn Redwood Trees - Prehistoric Survivor
9. Harry Lauder's Walking Stick - The Plant that Outlived its Namesake
10. Heartleaf - Flowers No One Sees
11. Longleaf Pine - Keystone of the Sandhills
12. Resurrection Fern - The Plant that Comes Back To Life
13. Prickly Pear Cacti - A Well Defended Treat
14. Venus Flytraps - Carnivorous Plants

1. BALD CYPRESS TREES

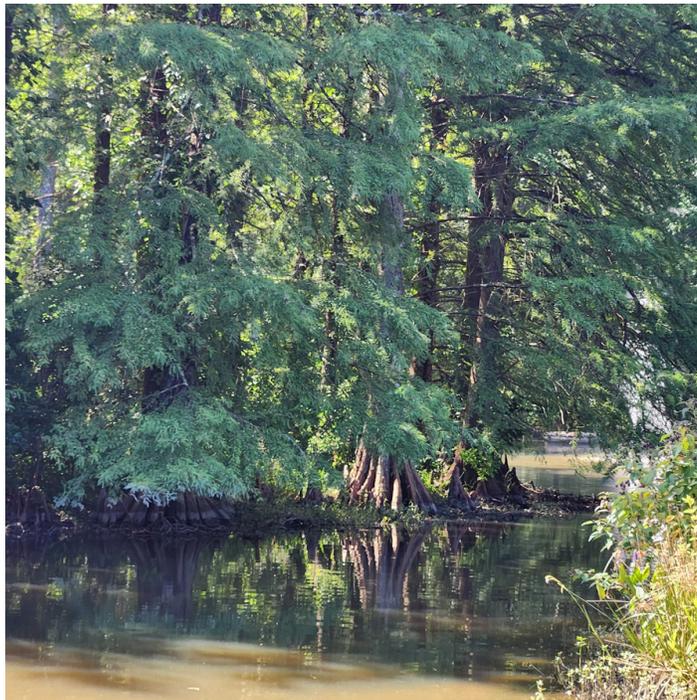
Species: *Taxodium distichum*

Plant Type: Deciduous conifer

Native Region: Eastern US

Season of Interest: Year-Round

Location: Island In Cypress Pond



Found in swamps, stream banks, and wetlands bald cypress trees knobby knees are thought to help with gas exchange for the roots. Despite their needle leaves, bald cypresses turn a beautiful coppery brown in the fall and lose their leaves in the winter. Thus the name "Bald" Cypress.

Bald Cypress trees are slow growing with many trees living to over 600 years old. The oldest known living bald cypress in the world is BLK227, which is located in the Black River swampland of North Carolina and is estimated to be 2,629 years old. This makes it the fifth oldest tree in the world and the oldest living tree in eastern North America. The Black River is a tributary of the eastern Cape Fear, the same river running through our Garden.

2. TUNG TREE

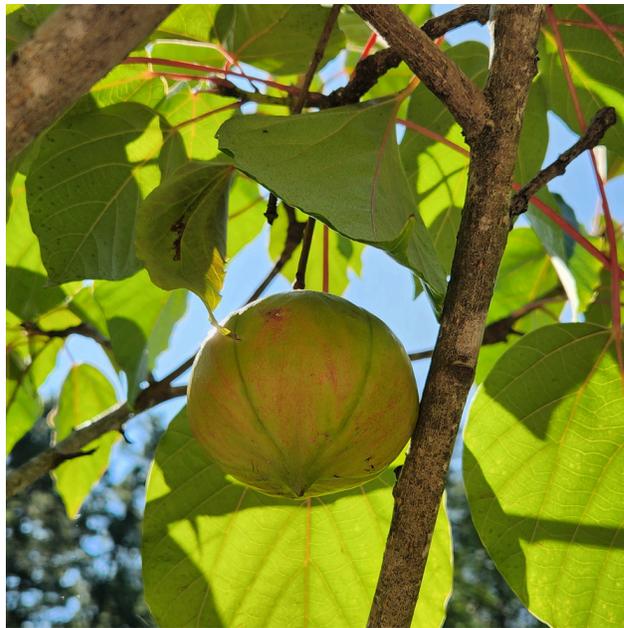
Species: *Vernicia fordii*

Plant Type: Deciduous Tree

Native Region: Southern China,
Vietnam, and Myanmar

Season of Interest: Fruits in the Fall

Location: Between Arches and the
Cypress Pond



The Tung Tree is valued for the oil derived from the tree's seeds. In ancient China it was used for oil lamps and mixed into the paint on ships to preserve the exterior. Today the oil is used in furniture varnish, paint, caulk, and wood finish. The same properties that make the tree so valuable also make it extremely toxic. Every part of the plant is toxic including the leaves, fruit, and bark, but the seeds are particularly dangerous. According to the University of Florida Center for Aquatic and Invasive Plants eating just one seed is enough to be fatal.

3. LOBLOLLY PINE

Species: *Pinus taeda*

Plant Type: Conifer

Native Region: Southeastern US

Season of Interest: Year-Round

Location: Children's Garden



Loblolly pines are everywhere in the Children's Garden and across the Southeastern US. They grow quickly, as fast as 2 feet per year, and can reach 50-100 ft. tall. As you climb the Treetop Canopy Walk and admire the giants' height, you are also entering an arboreal ecosystem home to squirrels, chipmunks, songbirds, woodpeckers, butterflies, bats, and more! Many creatures depend on the loblolly pines for food and shelter. The loblolly is also the southeastern US's leading commercial timber tree

In the 16th century sailors ate a gruel called loblolly ("lob" for bubbling and "lolly" for thick). The loblolly pine is likely named after the swamp like porridge, because the trees grow particularly well in low lying wetland areas.

4. EASTERN REDBUD

Species: *Cercis canadensis*

Plant Type: Deciduous Tree

Native Region: Eastern North America

Season of Interest: March-April

Location: Children's Garden, Heritage Garden



The Eastern Redbud is a short to medium tall tree with showy pink spring flowers and easily identifiable heart shaped leaves. The flowers can actually be eaten fresh or fried. In parts of Southern Appalachia, it is actually known as the spicewood tree and traditionally used in seasoning wild game like venison and opossum.

Planting native trees like the redbud supports wildlife. Redbuds support early pollinators including honeybees and native mason bees. The species is also a host plant for caterpillars of several different butterfly and moth species.

5. CAMELLIAS

Species: *Camellia sinensis*

Plant Type: Tree

Native Region: Eastern and Southern Asia

Season of Interest: Nov-April

Location: Camellia Garden



CAMELLIA SINENSIS AKA "THE TEA PLANT"



A MORE SHOWY ORNAMENTAL
CAMELLIA BLOOM

There are over 200 species of camellias and over 20,000 named varieties. Cape Fear Botanical Garden has over 200 varieties which bloom from September to April with white, yellow, purple, pink, and red blooms. The camellias bring beautiful color to the Garden during the winter months. If you look carefully you may spot certain camellia trees with two colors of flowers on the same tree as branches have been grafted on to other varieties.

Despite not having the most showy flowers, Camellia sinensis, also known as the tea plant, is the probably the most significant camellia species. Leaves from Camellia sinensis trees are used to make black, green, white, and pu-erh teas.

6. FOXGLOVE

Species: *Digitalis purpurea*

Plant Type: Herbaceous Flowering Plants

Native Region: Europe, Western Asia, northwestern Africa

Season of Interest: May-June

Location: Butterfly Stroll



According to old English myths the name “foxglove” came from crafty foxes wearing the flowers on their paws to stealthily sneak up on their prey. Foxglove can be very toxic to humans and pets when eaten. This led to some of the plant’s other common names including “witches’ glove” and “dead man’s bells.” However, researchers were able to use the plants’ toxic effects to create a life saving drug called digitalis. It’s used to treat congestive heart failure and heart arrhythmias.

Foxglove is just one example of plants used in traditional herbal medicines and even poisons becoming an active ingredient in modern medicine. It is estimated that around 40% of the drugs used in Western medicine today derive from plants including aspirin, acetaminophen, morphine, and many cancer drugs.

7. BLACK BAMBOO

Species: *Phyllōstachys nīgra*

Plant Type: Grass

Native Region: Hunan Province of China

Season of Interest: Year Round

Location: Bamboo Tunnel



Bamboo is the fastest growing plant on Earth, capable of growing 2 to 3 feet a day in the right conditions. Bamboo is highly invasive, so our bamboo tunnel was planted with a tarp to contain the roots underneath the soil. Despite these measures staff regularly have to cut the stalks back. Black bamboo is often cultivated for its striking dark color. Remarkably bamboo is a species of grass and a flowering plant, but black bamboo typically blooms just once every 120 years in a mass flowering event that is often followed by die backs across its range.

8. DAWN REDWOOD

Species: *Metasequoia glyptostroboides*

Plant Type: Conifer

Native Region: Select areas of China

Season of Interest: Year Round

Location: Near the Bamboo Tunnel
(Planted in a Group of Three)



When the Metasequoia genus was first named in 1941, it was thought to be an extinct species known only from fossils around 150 million years old. Just a few years later small living populations were discovered in China where the species is still found today. However, the species is endangered in the wild as a result of deforestation.

The Dawn Redwood is considered a "living fossil." The unique leaves, tiny cones, and beautiful structure of the tree have lead to cultivation in Gardens across the US and Europe ensuring at least some future for the species.

9. HARRY LAUDER'S WALKING STICK

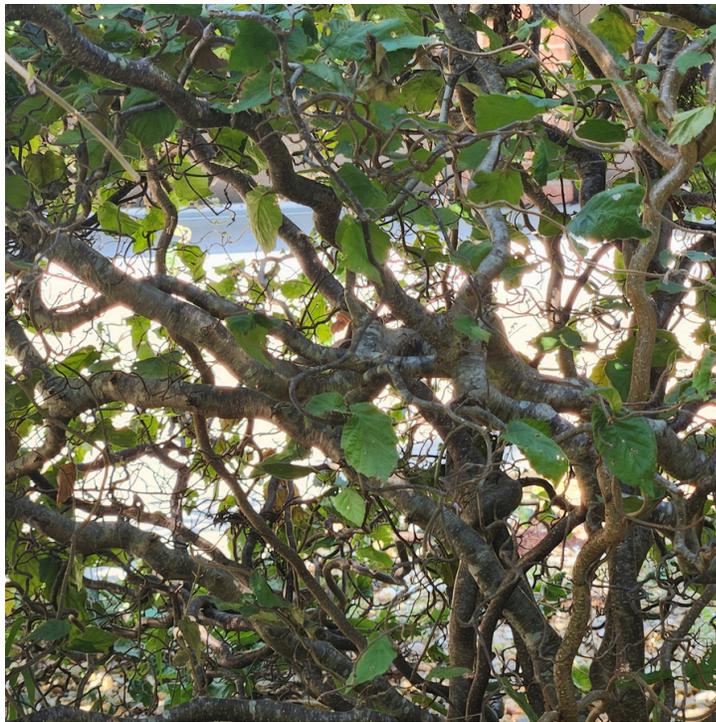
Species: *Corylus avellana* 'Contorta'

Plant Type: Shrub

Native Region: Europe, Western Asia, and Northern Africa

Season of Interest: Year Round

Location: Near Start of the Oak Loop Trail and in Grandhall Garden



This eye-catching twisted and knarled tree is actually a cultivar of the commonly overlooked filbert shrub in the Birch Tree Family. The history of the tree's naming goes back to the late nineteenth century when Sir Harry Lauder, a popular singer and comedian, performed in music halls and vaudeville theaters across England. He always wore his traditional Scottish dress and carried a distinctive, twisted, wooden walking stick. Sir Lauder's Scottish ballads became known across Great Britain and Sir Winston Churchill famously referred to him as "Scotland's greatest ever ambassador."

10. HEARTLEAF

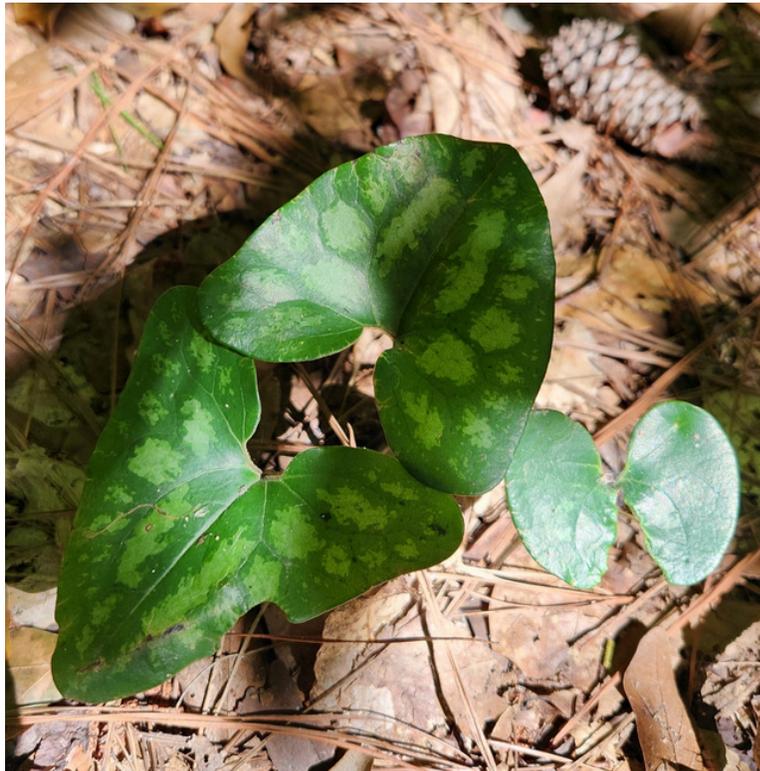
Species: *Asarum virginicum*

Plant Type: Herbaceous Flowering Plant

Native Region: Southeastern US

Season of Interest: Year Round

Location: Oak Loop Trail



Heartleaf, also known as wild ginger and little brown jug, is a native wildflower in the southeastern United States. Even in the heart of winter the heart shaped leaves are bright green and ignored by deer and other foragers. Heartleaf has strong chemicals in the leaves which when torn give off the smell of black licorice and serve to deter animals that might want to eat the plant. The tiny flowers appear on the ground typically hidden under the leaves. They resemble small jugs and give the plant its other common name "little brown jug." The plant was used by the Cherokee as a traditional digestive aid, but is no longer recommended for consumption.

11. LONGLEAF PINE

Species: *Pinus palustris*

Plant Type: Conifer

Native Region: Southeastern US

Season of Interest: Year Round

Location: Banana Tree Pond



LONGLEAF PINE TREE



NEEDLES WITH 1 FT RULER FOR SCALE

Longleaf pine forests once covered the Southeastern United States. Today what was once 90 million acres of longleaf pine forest has shrunk to around 3 million acres due to deforestation, fire suppression, and development. Fayetteville is the largest city in the Sandhills region where the longleaf pines support rare species like the pine barrens tree frog and the redcockaded woodpecker. In managed longleaf pine forests prescribed fires are required to mimic historic wildfires. Fire opens the trees' cones exposing the seeds and preparing them for germination as well as clearing out other understory brush.

12. RESURRECTION FERN

Species: *Pleopeltis polypodioides*

Plant Type: Fern

Native Region: Americas and Africa

Season of Interest: Year Round

Location: Banana Tree Pond on the base of a tree and in the treetops on several trails



RESURRECTION FERN IN A DRY PERIOD



RESSURECTION FERN AFTER A RAIN

The remarkable resurrection fern appears to shrivel up and die during a drought before returning to life after a rain. The plant is believed to lose up to 97% of its water during dry periods. Compare this to the average plant which can lose only around 10% of its water content. The resurrection fern is an epiphytic fern growing on top of other plants. It is often found up in the treetops on the Garden's Oak Loop Trail or the Cross Creek Overlook, but this specimen by the Banana Tree Pond is easily visible at the bottom of the tree's trunk. Fortunately, the resurrection fern does not steal nutrients or resources from the host tree like some other epiphytes. Interestingly in 1997 a resurrection fern was taken into space on the Space Shuttle Discovery to observe its resurrection under zero gravity.

13. PRICKLY PEAR CACTI

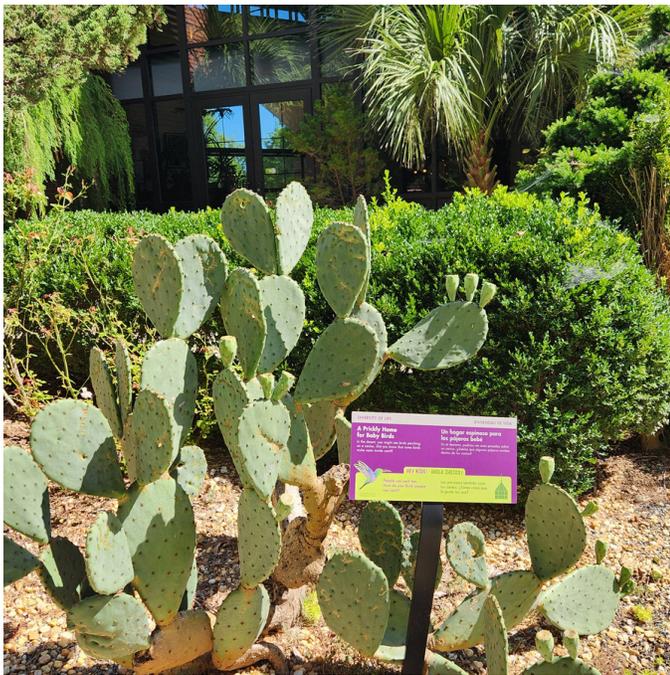
Genus: *Opuntia* spp.

Plant Type: Cactus

Native Region: The Americas

Season of Interest: Year Round

Location: Near the Stairs from the Entry Pavilion



PRICKLY PEAR CACTUS OUTSIDE THE
ENTRY PAVILION



CLOSE-UP OF THE GLOCHIDS

Prickly Pear Cacti are known for their delicious fruit and beautiful flowers. The fruit, pads, flower petals, and seeds are all eaten though the spines have to be removed from the pads first. In Mexico, prickly pear cacti are made into candy, soups, jellies, desserts, salads, bread, taco "meat," and drinks. Many animals eat the cacti as well and birds help distribute the seeds. There are even several species of bees that exclusively visit and pollinate prickly pear cacti.

It is safe to touch the cactus, if you are careful to avoid the dots with their tiny barbed spines known as "glochids." If touched the glochids can detach and become stuck in the skin easily.

14. VENUS FLYTRAP

Species: *Dionaea muscipula*

Plant Type: Carnivorous Plant

Native Region: Eastern North and South Carolina

Season of Interest: March - Sept

Location: Patio in the Raised Box



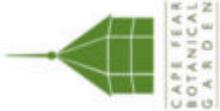
In a container bed on the patio behind the Gift Shop, nestled in the dirt and surrounded by taller pitcher plants, is one of the world's most unusual species. The iconic venus fly trap is native to a small region along the coast of North and South Carolina. The bogs, savannahs, and canebreaks where the plants grow have low nutrient soils that resulted in the adaptations for catching and eating insects like flies, ants, and beetles. The Venus Fly Trap is considered an "active trap" because when the hairs are triggered correctly the trap quickly snaps shut on the pray. **Please DONT touch as each trap can only close a few times!**

Here the fly traps are planted in with several varieties of pitcher plants which are also carnivorous, but rely on "passive traps" with sticky liquid and downward facing hairs that prevent insects from crawling out.

1. Wyatt Vistors Pavilion Complex
2. Florence Wellons Arbor
3. The Fayetteville Observer Fountain
4. Butterfly Stroll
5. Eleanor & Raymond Manning Children's Garden
6. Mary McLaurin Camellia Garden
7. Reflection Garden
8. River Trail
9. Paw Paw Overlook
10. Cape Fear River Overlook
11. Cape Fear River Floodplain Overlook
12. Oak Loop Trail
13. Laurel Loop Trail
14. Amphitheater
15. Conifer Garden
16. Banana Tree Pond
17. Shade Garden
18. Cross Creek Overlook
19. Bluff Garden
20. Butler Gazebo
21. Great Lawn
22. Rain Garden
23. Pergola & Outdoor Pavilion
24. Fayetteville PWC Water Wise Garden
25. Hazel McCauley Heritage Garden
26. Bettie Jernigan Daylily Garden



GREEN TAGS FOLLOW
 THE SELF GUIDED
 TOUR WHILE YELLOW
 CIRCLES REFER TO THE
 MAP KEY.



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 BOTANICAL
 GARDEN