

Comparative Seed Manual: AQUIFOLIACEAE

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This seed manual consists of photos and relevant information on plant species housed in the Integrative Subsistence Laboratory at the Anthropology Department, University of California, Santa Barbara. The impetus for the creation of this manual was to enable UCSB graduate students to have access to comparative materials when making in-field identifications. Most of the plant species included in the manual come from New World locales with an emphasis on Eastern North America, California, Mexico, Central America, and the South American Andes.

Published references consulted¹:

1998. Moerman, Daniel E. *Native American ethnobotany*. Vol. 879. Portland, OR: Timber press.

2009. Moerman, Daniel E. *Native American medicinal plants: an ethnobotanical dictionary*. OR: Timber Press.

2010. Moerman, Daniel E. *Native American food plants: an ethnobotanical dictionary*. OR: Timber Press.

Species included herein:

Ilex vomitoria

Ilex amelanchier

Ilex decidua

Ilex opaca

Ilex verticillata

¹ **Disclaimer:** Information on relevant edible and medicinal uses comes from a variety of sources, both published and internet-based; this manual does **NOT** recommend using any plants as food or medicine without first consulting a medical professional.

Ilex vomitoria



Family: Aquifoliaceae

Common Names: Yaupon, Yaupon holly, Holly, Cassnia

Habitat and Growth Habit: This plant is found in the Americas and is native to the north eastern portion of North America.

Human Uses: The plant produces berries when a female and male are placed next to each other. These berries have ornamental uses on the branches they develop on. In addition to being an ornament of decoration, the leaves and twigs of this species are known to contain caffeine and have been used to make tea. North America natives used this tea, also called “Black Drink,” in rituals.

Sources Consulted:

https://www.wildflower.org/plants/result.php?id_plant=ilvo, accessed February 8, 2019.

<https://www.pnas.org/content/109/35/13944.full>, accessed February 8, 2019.

Ilex amelanchier



Family: Aquifoliaceae

Common Names: Sarvis holly, Serviceberry holly, Swamp holly

Habitat and Growth Habit: This plant is native to the South Eastern portion of the United States. For example, it is found in coastal plans from North Carolina to Louisiana.

Human Uses: The human uses of this particular species are still uncertain. However, the holly family includes a variety of species that have been used as food, medicine, and part of ritual activities.

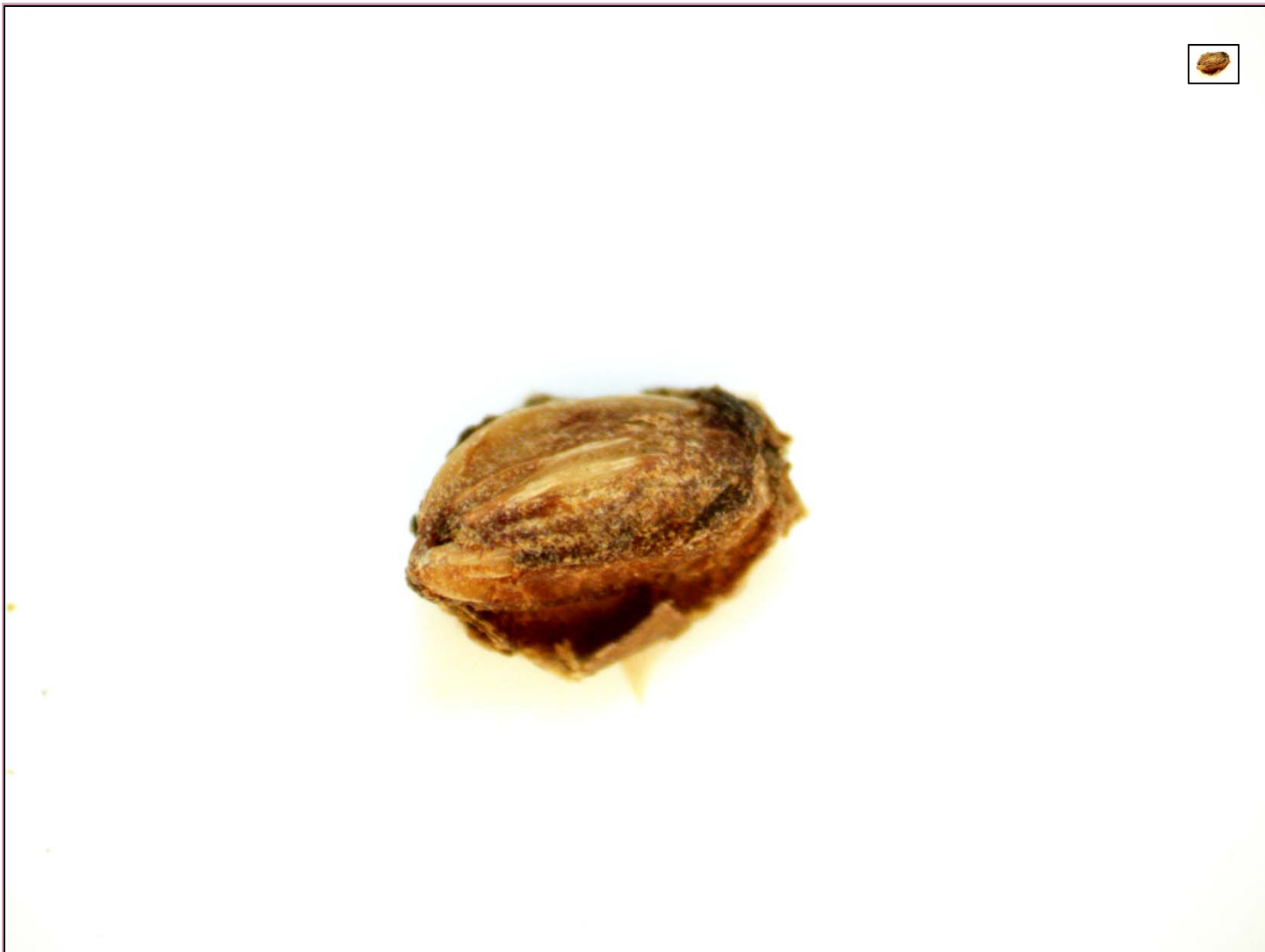
Sources Consulted:

<https://plants.usda.gov/core/profile?symbol=ILAM2>, accessed April 26, 2019.

https://www.wildflower.org/plants/result.php?id_plant=ILAM2, accessed April 26, 2019.

<https://davesgarden.com/guides/pf/go/58340/>, accessed April 26, 2019.

Ilex decidua



Family: Aquifoliaceae

Common Names: Possumhaw, Possumhaw holly, Deciduous holly, Meadow holly, Prairie Holly, Welk holly, Deciduous yaupon, Bearberry, Winterberry

Habitat and Growth Habit: This species of holly can be found from Virginia to Illinois and Missouri. As well, it can be found in Florida and Texas. *Ilex decidua* grows in coastal plains, river bottoms, and wet woods.

Human Uses: This species has several ornamental uses. As well, the berries are noted to attract wildlife.

Sources Consulted:

https://www.wildflower.org/plants/result.php?id_plant=ilde, accessed April 26, 2019.

Ilex opaca



Family: Aquifoliaceae

Common Names: American holly, White holly, Prickly holly, Evergreen holly, Christmas holly, Yule holly

Habitat and Growth Habit: This plant is native to the United States. Regions where it is found range from Virginia to Florida, Texas, Missouri, and the coastal regions of the East Coast from Massachusetts to Maryland.

Human Uses: This plant has many current ornamental uses, and the white wood can be made into furniture. There are some traditional medicinal usages that involve various parts of the plant. For instance, the leaves have been used to make a tea that can help symptoms from measles, colds, and the flu. The bark can also be made into a tea to treat malaria and epilepsy. Notably, the berries or fruit from this plant have a laxative and emetic affect. If ingested, vomiting is likely to occur due to toxicity. Take caution with all species that have chemicals toxic to humans, even if there are some traditional medicinal usages, the variety of the plant as well as the time it was harvested all affect toxicity levels.

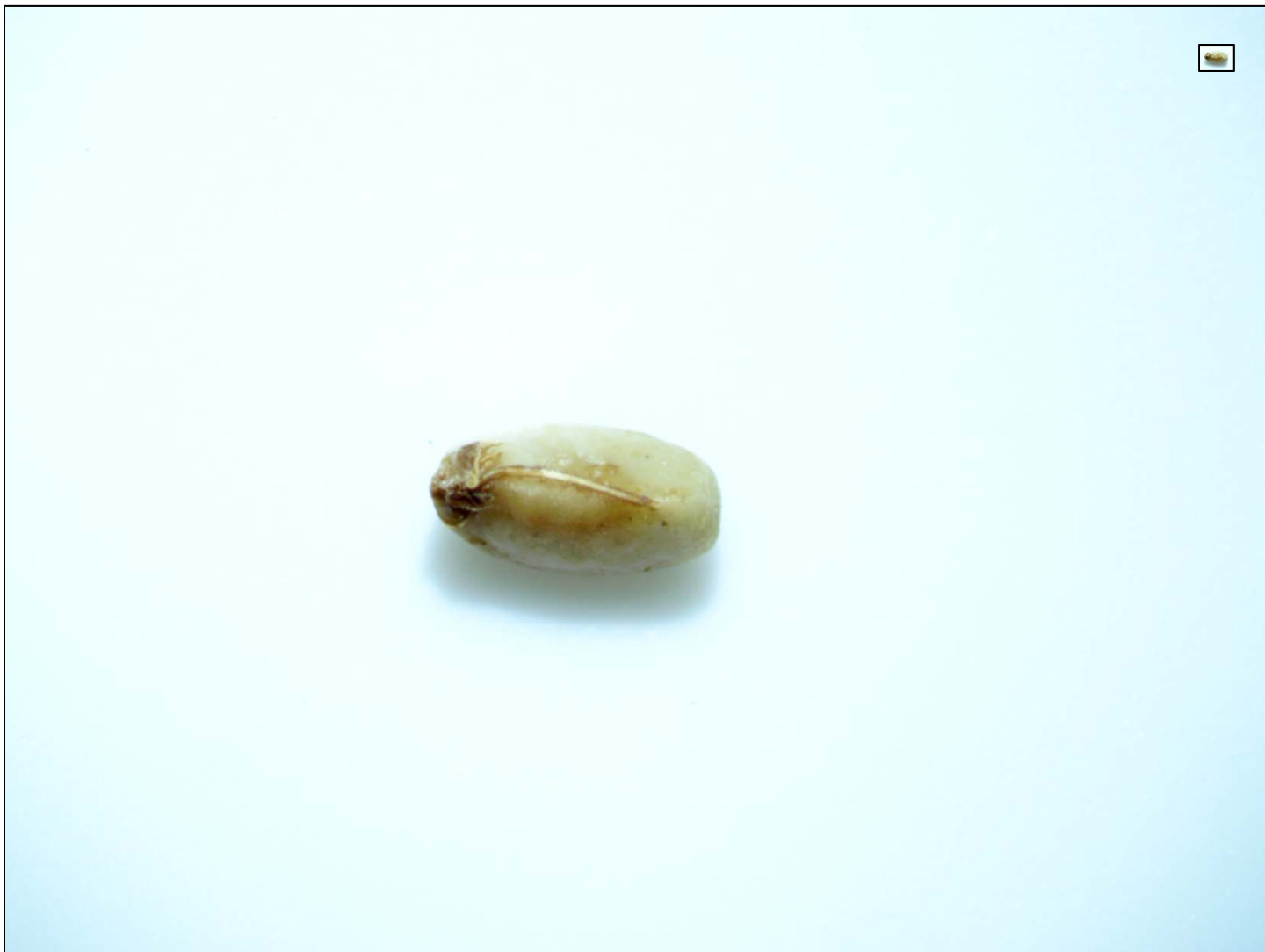
Sources Consulted:

<https://www.plants.usda.gov/core/profile?symbol=ILOP>, accessed April 26, 2019.

https://www.wildflower.org/plants/result.php?id_plant=ILOP, accessed April 26, 2019.

http://www.bio.brandeis.edu/fieldbio/medicinal_plants/pages/Holly.html, access April 26, 2019.

Ilex verticillata



Family: Aquifoliaceae

Common Names: Common winterberry, Winterberry, Michigan holly, Black alder

Habitat and Growth Habit: This plant is native to the Eastern and Central United States. It is also native to some regions of Canada. Particularly, this species is found in swamps, by streams, river banks, and near lakes and ponds.

Human Uses: Used mostly for its ornamental features, this plant is attractive to the eye and its fruits are also used ornamentally. This plant does have value to honey bees, which are beneficial to humans. Furthermore, landscape use include shrub borders and a component in native plantings. This is toxic if ingested. However, toxicity changes to season, aspects of the plant, and also the stage of growth.

Sources Consulted:

https://www.wildflower.org/plants/result.php?id_plant=ILVE, accessed April 26, 2019.

<http://www.hort.uconn.edu/plants/detail.php?pid=221>, accessed April 26, 2019.