



# PLANT PASSPORT

Created by Ella Dunham  
as part of Duke Gardens'  
Equity Through Stories Program

This book belongs to:



# Welcome,

We are so excited to have you in Duke Gardens. Use this passport to learn from plant stories told by local Black and Indigenous community members, explore the garden, and record your own thoughts. You might not see these plants today, but we hope you build a relationship with the plants you find around you!

While completing these activities, remember to leave things as you found them and do not pick or eat the plants. Learn from an expert in foraging and medicinal plants before you try to use plants like this at home.

If you have any questions please ask one of Duke Gardens' staff or volunteers and we would be happy to help you. We're rooting for you!



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Duke Gardens

# Buttongrass

Scientific Name: *Spermacoce glabra*



Illustrated by Laura Simón and Mariela Nuñez Florentin

- Perennial
- Used medicinally by Black farmers and horticulturalists
- Commonly found, often seen as a "weed"

“Buttongrass is good for colds, you make a tea wit it. My mother used to give us this during school, she use it for that. Of course all mothers along in there did it.”

- Sally McCloud from Scotland County, NC  
Published in Working the Roots - Over 400 years of traditional African American Healing



# Maypop

Scientific Name: *Passiflora Incarnata*



Illustrated by C. Daniel Reed

- Vine
- Perennial
- "Maypop" is the common name since the fruit appears in May and pops in your mouth

We have always had maypops. A passion flower, a passion fruit. The vine grows a beautiful flower and the fruit is very calming.... When we have it, it's the most popular thing that we have."

- Brother Obie, Abanitu Farms

Explore the gardens and read the plant labels.  
Write down common names you think are  
interesting.

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Are there any plants you or anyone in your  
group know by a different name?

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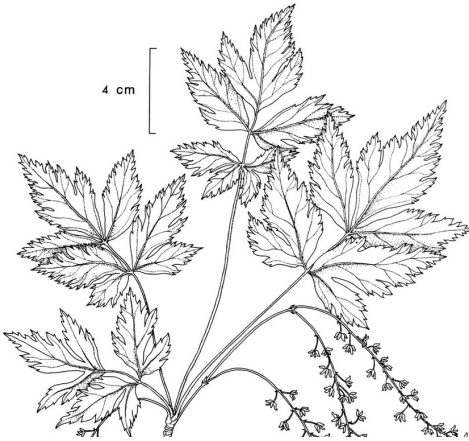
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# Yellow Root

Scientific Name: *Xanthorhiza simplicissima*



Illustrated by C. Kuhn Teale

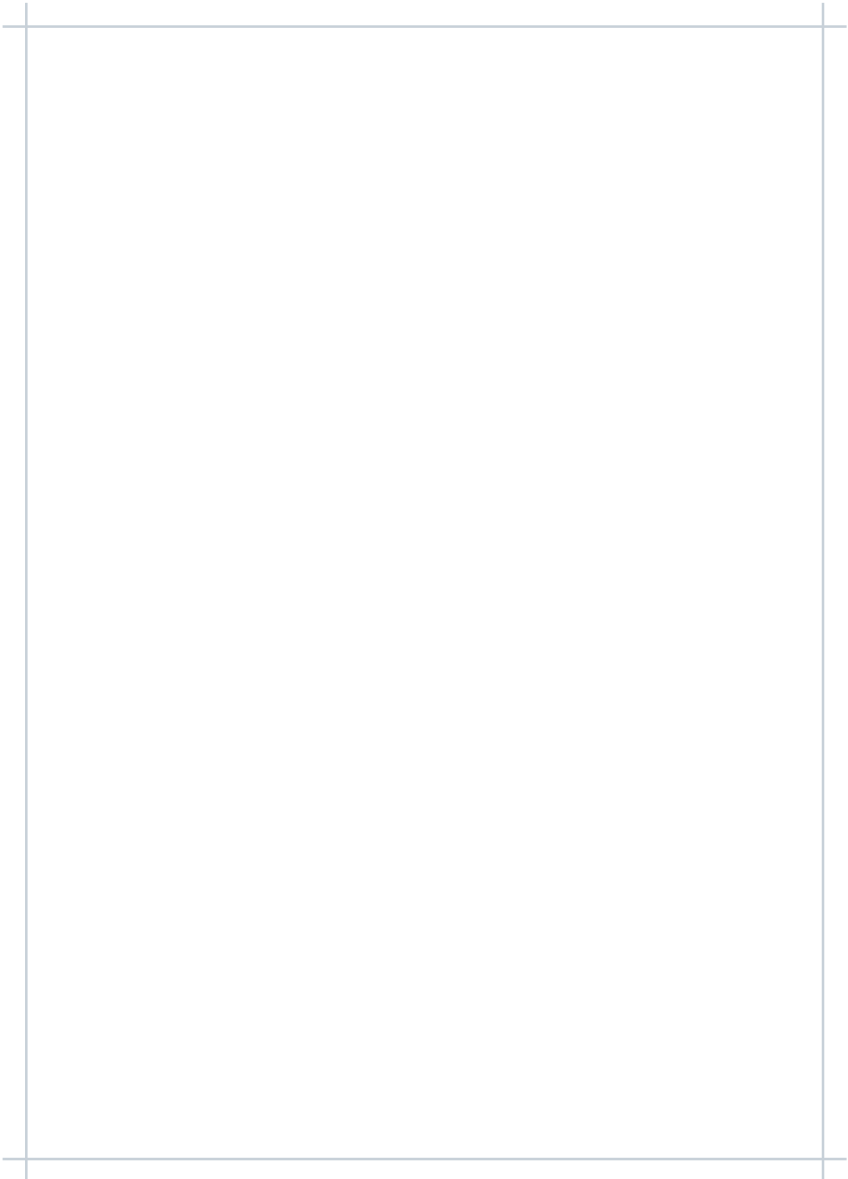
- Deciduous shrub
- A common "weed" in North Carolina
- Medicinal tea is made from the root

“Yellow root... like yellow the color... gotta get me some... it’s good for jus’ ‘bout anything... it cleans your blood, hmmmhumph... you know your blood gets filthy and the yellow root sets the body good”

- Sally McCloud from Scotland County, NC  
Published in *Working the Roots - Over 400 years of traditional African American Healing*

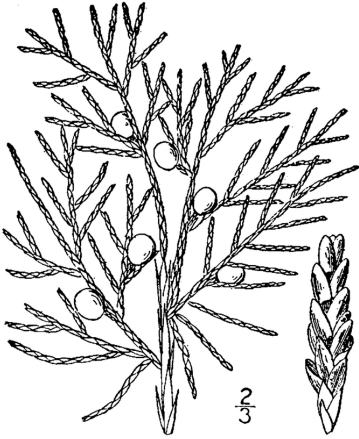


The flowers of this plant are in the shape of a star. Find a flower nearby and draw it. Include as many details as you can, by drawing them or labeling things.



# Eastern Red Cedar

Scientific Name: *Juniperus virginiana*



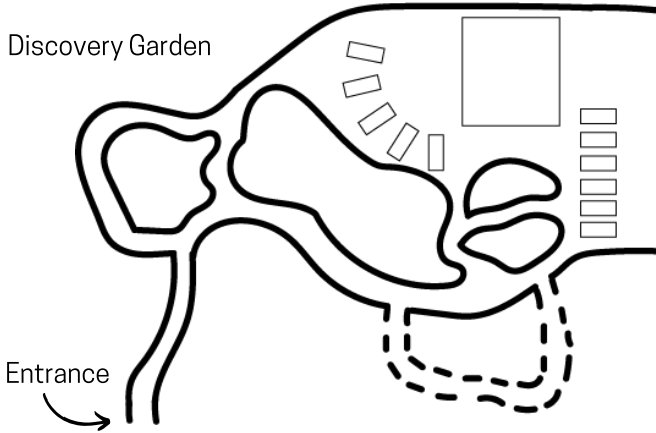
Illustrated by Britton, N.L., and A. Brown.

- Coniferous evergreen tree
- Grows to 30-40 ft
- Used commercially for fence posts and rails

"The Cedar is the most powerful herb of all. One of the elders says it's like the grandfather of medicine. The Cedar is a medicine of protection. The cedar trees are very old. They have that power within them because of their roots."

– Mihe: heya:nęnę:hese: (Vickie Jeffries), citizen of the Occaneechi Band of the Saponi Nation

Find the Eastern Red Cedar tree located in the Discovery Garden. Place an "X" on the map where you find it.



What can you observe about this Eastern Red Cedar that might help you recognize it in another place?

Size & Shape:

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Bark:

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Leaves:

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Fruit or Seeds:

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# Black Walnut

Scientific Name: *Juglans Nigra*

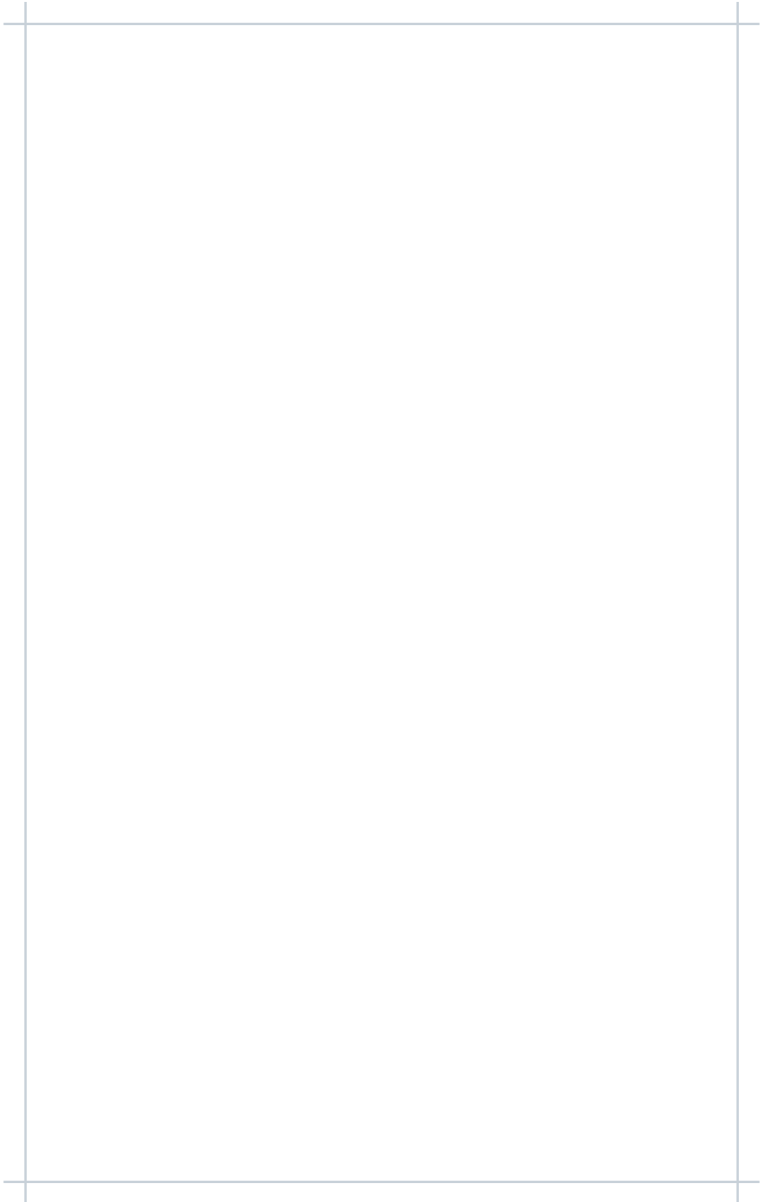


- Deciduous tree
- Releases a chemical called "juglone" that kills nearby plants and protects the tree

“Traditionally, the Waccamaw Siouan would crack and use the nut placed directly on skin to draw out ringworm... The Lumbee have a history of using bark as a fish poison. The Cherokee used the bark in a tea to treat smallpox. Today, the Lumbee tribe uses black walnuts in ice cream as a yummy treat!”

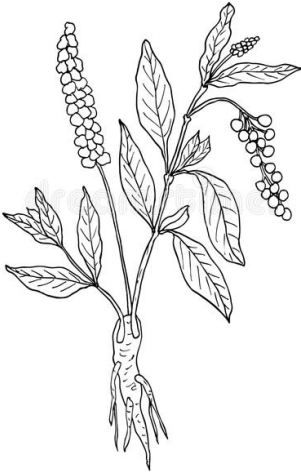
- NC Native Ethnobotany Project,  
[ncnativeethnobotany.org](http://ncnativeethnobotany.org)

A black walnut tree can also be found in the Discovery Garden. Look around to try and find it or choose another plant to draw or describe.



# Poke

Scientific Name: *Phytolacca americana*



Illustrated by Foxyliam

- Many people call this plant "Pokeweed"
- Perennial plant
- Found in edge habitats
- Parts are toxic

“When I was a child, my mother gave me a tablespoon of cod liver oil every day to keep us healthy, and my grandmother cooked poke sallat. She always made a point of saying you had to know when to pick it and how to cook it. Hence she picked it in the early spring, and when she cooked it, she would boil it about three times and throw the water out each time.”

- Ramona Moore Big Eagle, M.Ed citizen of  
Tuscarora Nation of Maxton, NC

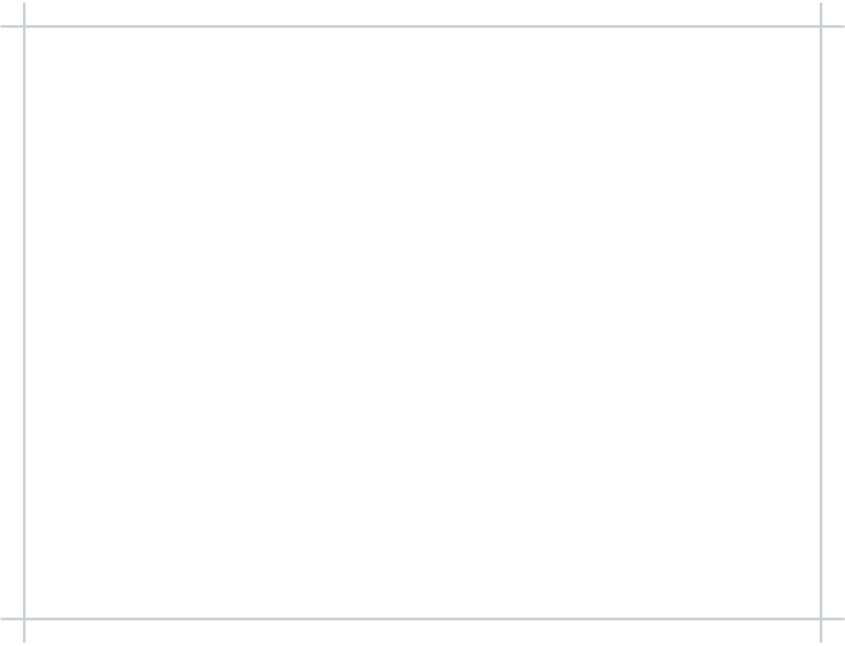


# FIND YOUR OWN PLANT

Common Name: .....

Scientific Name: .....

Drawing:



Observations:

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What do you wonder about this plant?

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How could you answer your questions?  
Is it something you could observe yourself?  
If you would need to do research, who or what  
would be a trusted source of information?

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# GLOSSARY

**Common Name:** A name for a plant used by a group of people in a particular place. One plant can have multiple common names.

**Deciduous:** A tree or shrub that loses its leaves every year.

**Evergreen:** A tree or shrub that has leaves year round.

**Horticulturalist:** An expert in gardening

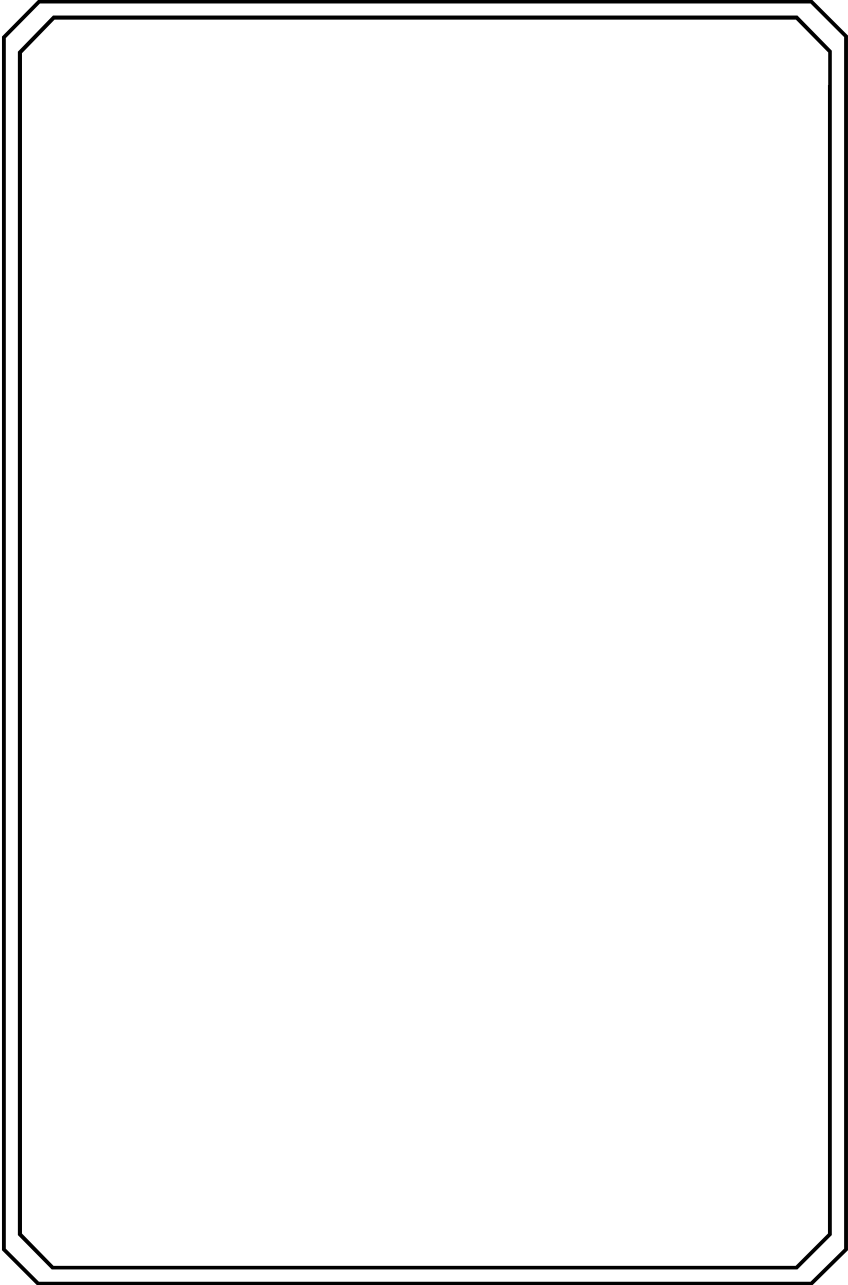
**Perennial:** A plant that lives more than two years

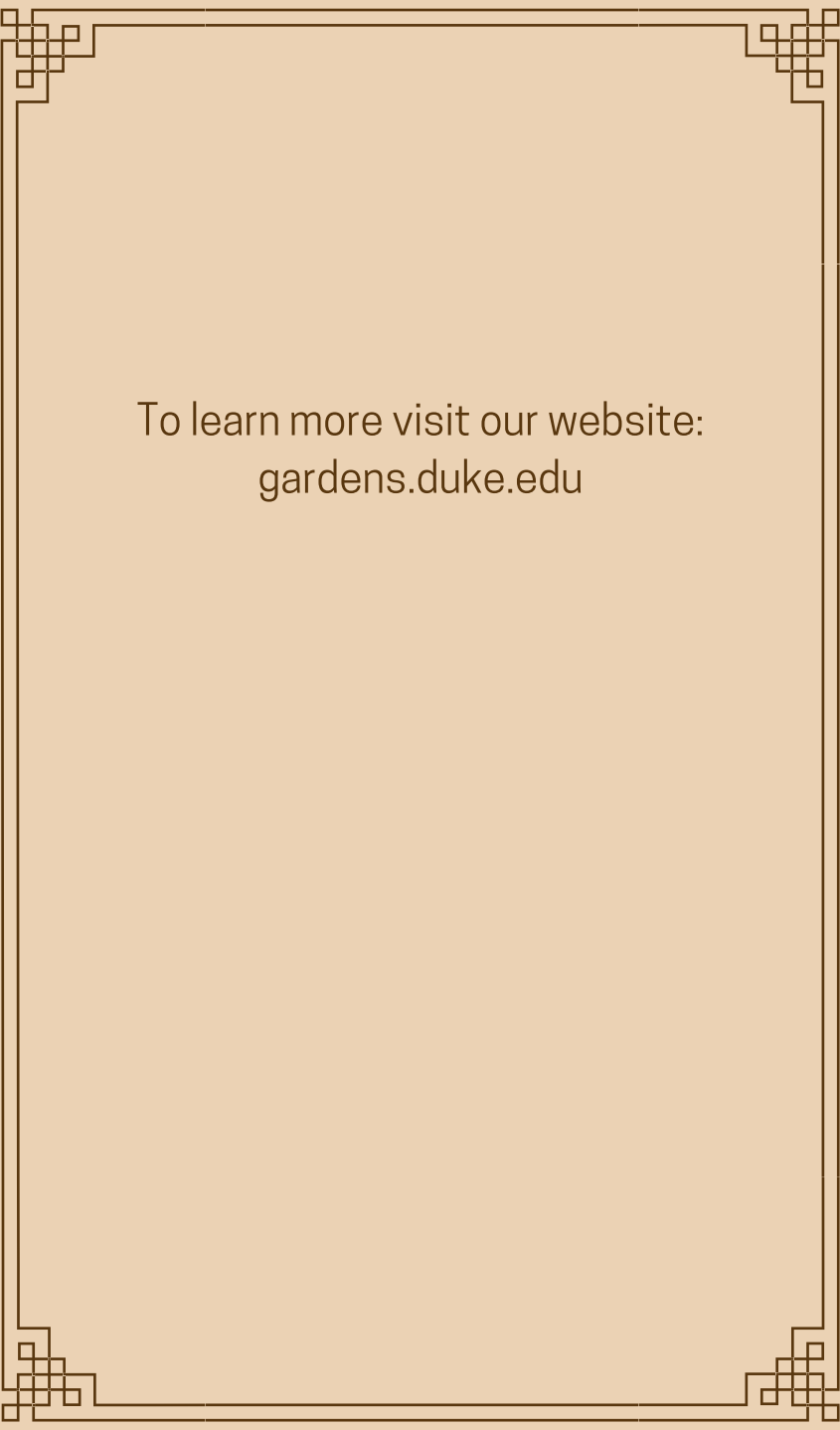
**Medicinal:** Something with healing properties

**Scientific Name:** A name for a plant used by scientists, horticulturists, and other people to precisely describe a plant. A plant has only one scientific name around the world. Scientific names are a newer kind of name than common names and don't include all of the same information.

**Weeds:** Any plant in an undesirable location

# MY NOTES & DRAWINGS





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[gardens.duke.edu](http://gardens.duke.edu)