



Wilderness Survival

Natural Resources. Troop 109. Bonita Springs, Florida.
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Beaches and Barrier Islands

- Oysters hanging on mangroves. You can cook them in their shell over a fire.
- Cocoplum. You can eat the fruit and the nut.
- Sea purslane. You need to double boil the leaves, with fresh water, replacing the water each time.
- Spanish Bayonet Yucca. The flowers are edible, but tastiest part is the green seed pods. Also, the spike on the end can be removed to reveal long threads attached. Those can be useful for lashing/tying.

Beaches and Barrier Islands



Mangrove and Buttonwood



Cocoplum



Sea Purslane



Spanish Bayonet





Pine Flatwoods

- Although you can obtain hearts of palm from inside the Cabbage/Sabal Palm, that would be far too much work. The berries, however, are easier to obtain and are tasty.
- Amaranth. Both the leaves and seeds are edible.
- Netted Paw Paw fruit
- Greenbriar Weed aka Wild Asparagus. Cook it like you would cook asparagus.
- Muscadine Grape. The grapes that grow in the sun are the tastiest. And the vine can be heated over a fire and turned into lashings when cool. The vine will be like wire. You can make a clove hitch for lashing.
- Pineland Huckleberry
- Spanish Needles aka Bidens Alba. Very nutritious but boil the leaves for a few minutes before eating. The flowers are edible raw.
- Wax Myrtle. The fruit is edible and the leaves and berries both can be used as a food flavoring. Lighter Pine. The core of the dead pine has hardened sap that works like lighter fluid. The fire will make a lot of smoke and soot, though. Extremely difficult to put out a fire made with lighter pine sap. Throwing water on it will make it worse. Bury the fire to put it out.
- Beauty Berry is edible.
- MayPop/Passion Flower. Has sweet berries
- Gopher Apple. Low growing shrub has fruit underneath that tastes like an apple

Pine Flatwoods

Cabbage Palm



Amaranth



Pineland pawpaw



Marsh fleabane



Green Briar



Photo by
Charles W. Kane
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Muscadine grape



Pineland Huckleberry



Spanish needles



Wax myrtle





American beautyberry, *Callicarpa americana*



“Maypop” or Pineland passion flower, *Passiflora* *suberosa*



Gopher apple





Wetlands

- Pickerelweed. All parts of the plant are edible. Seed head is very tasty.
- Cattail. Roots are edible. Immature flower heads are the tastiest. A dried cattail seed head also makes a great fire starter. Also, you can collect cattail leaves and make a sleeping mat.
- Dry sabal palm fiber is great for tinder. All you need is a sparkler to light it up.

Wetlands : Southern Coastal willow



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Wetlands: Pickerelweed



Wetlands: Cattail , roots, pollen, & fluff



Fire Aids

- Lighter Pine, the base of a dead pine, is naturally soaked in turpentine. Instant Fire starter.
- Cabbage Palm, Monkey Hair is a fantastic source of tinder
- Max Myrtle, The interior is a great source of kindling. Wax Myrtle twigs can be used as kindling, even when it's wet. You will find lots of dead twigs in and around this tree. The dry waxy berries make great tinder.
- Side note: Baked dryer lint makes excellent char cloth for starting fires.



Lighter Pine



Wax myrtle



Cabbage Palm

Boil

- Boil. Keep water at a rolling boil for at least one minute.

Dig

- Dig a hole near a stream, creek or pond
- Water that seeps in should be free of bacteria.

Iodine

- Use iodine to purify water.
- 5 drops per quart of clear water. 10 drops per quart of cloudy water.

Kit

- Use a water purification kit

Bleach

- Use a small amount of bleach.
- 10 drops per half gallon or $\frac{1}{4}$ teaspoon per gallon.

Ways to get drinkable water