

BALD CYPRESS

(*Taxodium distichum*)

Bald Cypress (*Taxodium distichum*) is a conifer often found growing near water. Its name stems from the fact that, unlike most other cone-bearing trees, bald cypress trees lose all their needles each winter and grow new ones in the spring! This tree can be found growing from Maryland to Texas, primarily in swampy areas.

Top image from NC Extension Gardener,
bottom image from brittanica.com



HISTORY

The Aztecs used different parts of the Cypress tree like the resin and bark to treat ailments like burns and sores. They also used parts of the tree they referred to as the “anoéhoetl,” as a remedy for ulcers.



MEDICINAL USES

In modern-day, the Bald Cypress tree has been used for treating heart disease, malaria, bronchitis, liver disease, gout, and other intestinal issues. Research has determined that there are anti-tumor and anti-microbial compounds in the DNA.



FUN FACT

It is the oldest known living tree in eastern North America and the oldest known wetland species on earth!

