

RED BAY

Persea borbonia

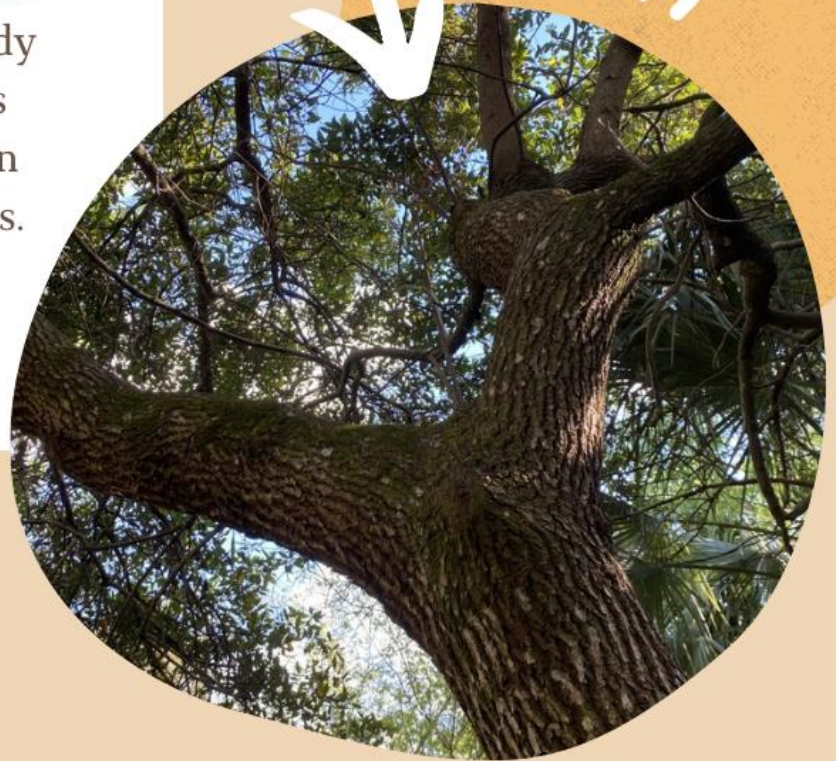
Red Bay, or *Persea borbonia*, is part of the Lauraceae (Laurel Family). This tall evergreen shrub is native to Florida and all states South of Delaware, as well as states west of Florida to Texas and the Bahamas. Red Bay has leathery leaves and pale yellow flowers which are followed by dark-colored fruit.



HISTORY

Persea borbonia

The Seminole Indians used Red Bay for body cleansing as well as inducing vomiting in emergency situations.



MEDICINAL & USES

Persea borbonia

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The bark of the plant is used to build cabinets and for lining the interior of structures. The spicy leaves can be used in soups and flavoring meat, as well as a condiment when dried. Birds, Deer, and Bears eat the fruit of the plant and some wildlife species even eat the leaves.



FUN FACT

Persea borbonia

Extractions from the leaves can be used as an external wash to treat arthritic pain in the joints as well as other body pains.

