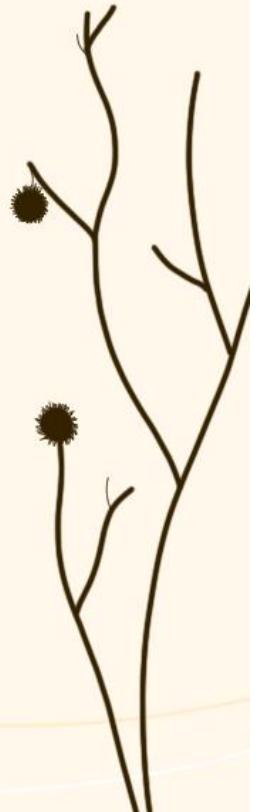


Sweetgum

Liquidambar styraciflua

Sweetgum (*Liquidambar styraciflua*) is a deciduous tree native to Florida as well as other parts of the United States and Central America. It flourishes in temperate climates, and can be identified by its hard, spiky fruits and star-shaped leaves.



Sweetgum

Liquidambar styraciflua

Indigenous American People, specifically the Cherokee, Ojibwa, Iroquios, Rappahannock and Mohegan, used the leaves of fruits to flavor certain meats. It's also used for many different medicinal purposes such as tea or infusions. During the Revolutionary War, the fruit was also used as a substitute for allspice.



Sweetgum

Liquidambar styraciflua

Sweetgum sap, Storax, has been used to treat coughs, ulcers, skin problems, and is a strong antimicrobial agent, even against multidrug resistant bacteria! The leaves, bark, and seeds possess shikimic acid, which is used for treating influenza. Its extracts have antioxidant, anti-inflammatory, and chemopreventative agents.



Sweetgum

Liquidambar styraciflua

Sweetgum extracts have anticonvulsant effects, which may be effective for treating epilepsy!

