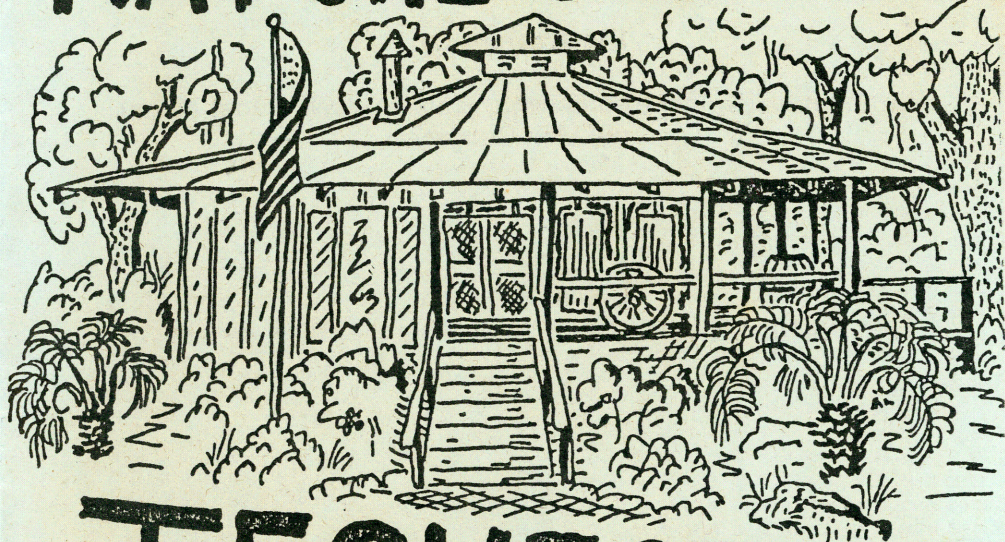
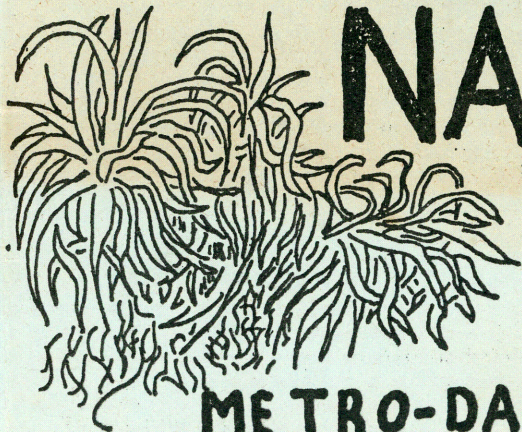


ARCH CREEK NATURE CENTER



TEQUESTA NATURE TRAIL



BGN

METRO-DADE COUNTY
PARKS AND RECREATION

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Park hours

9:00 a.m. to 5:00 p.m.

Free trail walk at 1:00 p.m. every Saturday

HISTORY OF ARCH CREEK

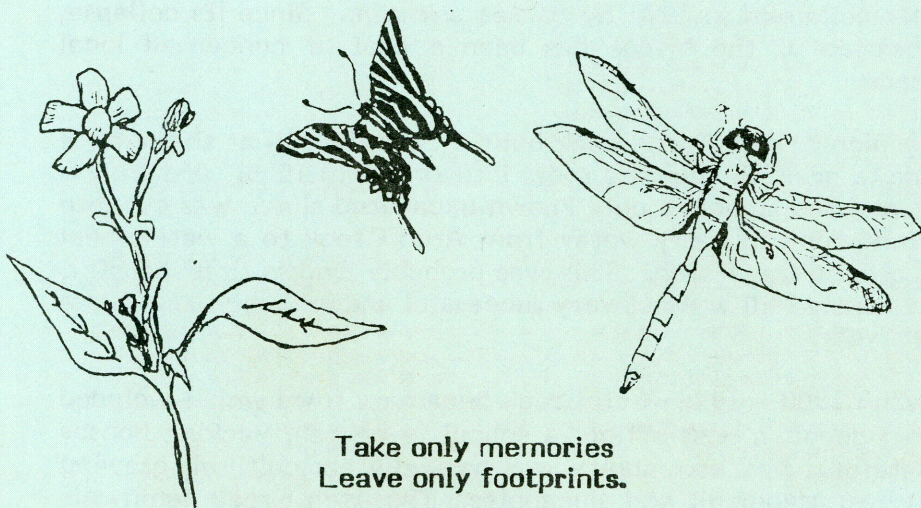
Arch Creek Park is a living legend rich in history. The now extinct Tequesta Indians occupied the site from 500 B.C. to 1300 A.D., a period spanning 1,800 years. Due to Arch Creek's high elevation and close proximity to both Biscayne Bay and the inner Everglades, by way of the Arch Creek and the Natural Bridge, Arch Creek became a significant Indian habitation. A shell midden (refuse heap) is located on the S.E. corner of the park where a large amount of pottery sherds, conch tools and a single burial have been found.

The Natural Limestone Bridge which crossed over the Arch Creek was said to have been one of the greatest natural wonders of South Florida. Noted for its scenic natural beauty, it was the gateway to Miami, a stopover for carriages and stage coaches and a popular place for picnicking, political meetings and boat rides. The arch also served as a bridge for the military trail during the Seminole Wars. It became part of the first County road in 1892, which later became the Dixie Highway. The bridge finally collapsed in 1973 by causes unknown. Since its collapse, restoration of the bridge has been a goal of concerned local citizens.

Early pioneers of Arch Creek built a Coontie Mill at the natural bridge to grind the coontie roots into starch in 1858. A dam was built and the County's only known excavated sluice was cut into the limestone to carry water from Arch Creek to a waterwheel that ground the starch. This was probably Dade's first industry. The Coontie Mill was not very successful and probably lasted less than a year.

Between 1900 - 1926 Arch Creek became a town which included a train depot, a post office, a school, a church, packing houses and stores. The community was basically agricultural, growing tomatoes, grapefruit and pineapples. The Arch Creek community eventually disappeared. After the land changed hands a few times, it became a trailer park in the 1950's. Residents of this park planted many exotic plants that are now being removed. The property was eventually purchased by the Chrysler Automobile Corporation for a used car lot.

In the early 1970's, concerned citizens alarmed by the prospect of the destruction of the natural oak hammock and Indian midden, banded together to fight to save Arch Creek. After a long battle and lobbying in Tallahassee, the State of Florida purchased the land in 1973. These citizens in 1981 formed the Arch Creek Trust. Dade County leased the land, built the museum and now maintains the park. Nature trails were constructed by the Y.C.C., Youth Conservation Corps. The park officially opened in 1982. The Dade County Parks and Recreation in conjunction with the Arch Creek Trust now work to restore, support and preserve the park. Presently, work is being done to remove all exotics from the park and to restore the hammock to its natural state.



**Take only memories
Leave only footprints.**

Removal of anything from the park is strictly prohibited. No dogs, alcoholic beverages or open fires. No vehicles on the trails, stay on paved areas.

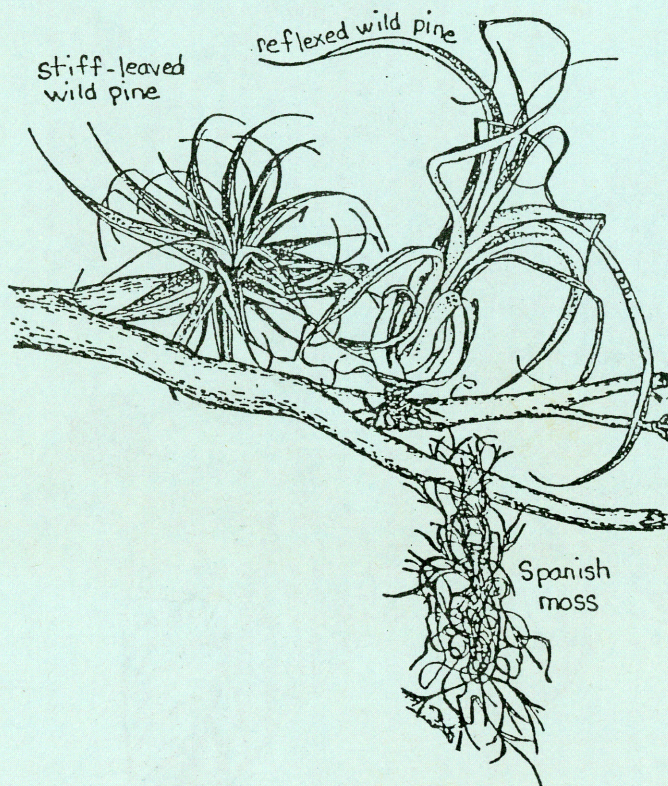
TEQUESTA NATURE TRAIL

1. Hammock

The higher elevation of Arch Creek Park made possible this hammock which is made mostly of Live Oak, Gumbo Limbo and Pigeon Plum. A canopy is formed by the crossing of upper branches, which allows for the growth of understory plants such as Wild Coffee, Marlberry, Beauty Berry and Scarlet bush. This shaded, humid environment maintains a fairly constant temperature and plant growth. When the hammock is disturbed as in other parts of the park, excessive sunlight causes the rapid growth of vines, weeds and exotic plants.

2. Live Oak, Epiphytes

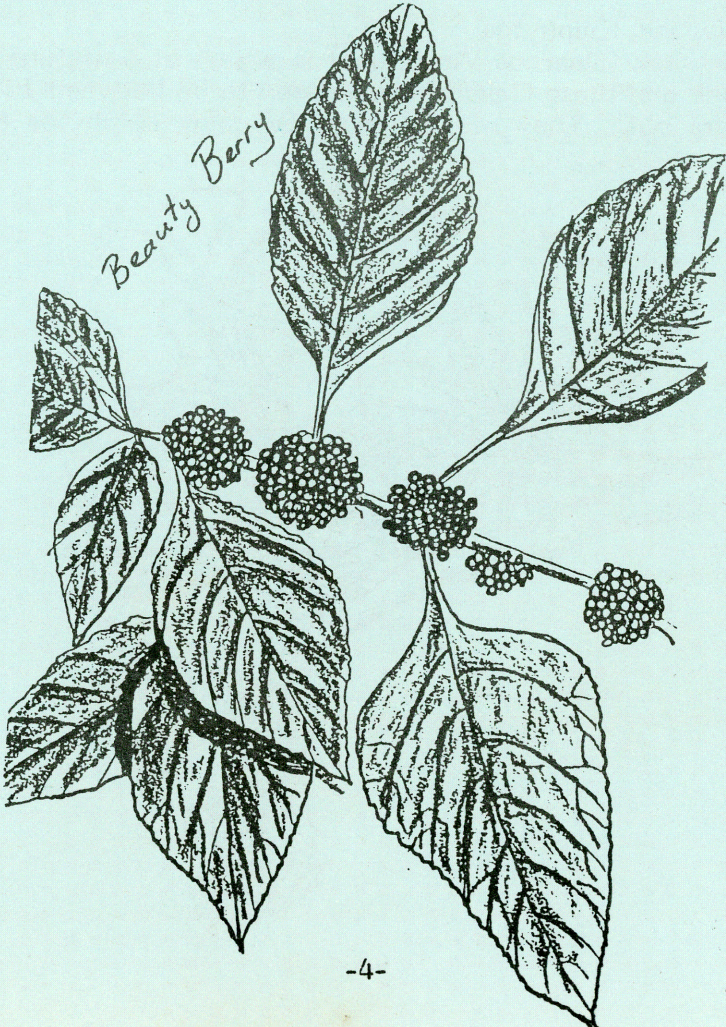
Live Oak (*Quercus Virginiana*) is a sign of a mature hammock and these Oaks are estimated to be between 100-200 years old. They are the host to many epiphytes or air



plants such as the grey hanging Spanish Moss (*Tillandsia usneoides*). Pioneers used the moss for mattress stuffing and Indians used it for clothing. The long leafed Bromeliads, relatives of the pineapple, produce a beautiful spike of flowers. The Resurrection Fern (*Polypodium polypodioides*) which looks like a dry, dead plant will become a luscious green after a rainfall. Air plants cause no damage to the host and are protected by law, so please help us by placing fallen ones back in the trees.

3. Understory Plants

Beauty Berry (*Callicarpa americana*), once called French Mulberry, is the plant with the brightly colored purple berries and hairy opposite leaves. Although edible, the



fruit isn't tasty. Wild Coffee (*Psychotria nervosa*) is from the same family as domestic coffee. It produces red berries that Indians might have used to make a beverage. Both of these shrubs are typical understory hammock plants and their fruits are great bird and wildlife attractors.



Wild Coffee

4. Gama Grass Vs. Cane Grass

Indian Corn or Gama Grass (*Tripsacum dactyloides*), a close relative of corn, produces kernels that might have been used for food by the Indians. The tall Cane Grass growing in the park is an exotic pest that overruns other native trees and plants. It is our major exotic plant problem in the park and removal of it is quite difficult.

5. Paradise Tree

Paradise Tree (*Simarouba glauca*) is usually found in deep high hammocks, indicating that historically Arch Creek was once a very dense forest. This species is dioecious, which means it has separate male and female trees. The seed kernels of this tree are used to produce oil for margarine. It is one of the most beautiful tropical trees.

6. Cabbage Palm, Jamaica Dogwood

Cabbage Palm or Sabal Palm (*Sabal palmetto*) is Florida's State Tree. It grows in every county in the state. The large leaf bud, known as Swamp Cabbage is very edible, but harvesting it destroys the tree. The leaves are used for thatching, mats or baskets by area Indians. To the right is the Jamaica Dogwood (*Piscidia piscipula*). It is a greyish, green leafed tree, a member of the pea family and blooms in April and May. It is a valuable timber tree and its bark can be used to stun or poison fish.

In this part of the trail you can see restoration work being done. Exotic plants are removed and native trees are planted. We are hoping to restore this area to a natural hammock, where future growth of weeds and exotics will be limited. This process will take about 15-20 years.

7. Gumbo Limbo, Scarlet Bush

Look straight ahead and see Gumbo Limbo (*Bursera simarouba*) a beautiful, sprawling, tropical tree, that can be identified by its peeling red bark. It is a tree of many uses. The bark has been used for tea, it's wood for carousel horses and Indian canoes, and the sap for glue, varnish and medicines. Horticulturally, Gumbo Limbos are great for planting. They grow very rapidly and any branch will take root in the ground. You may have noticed to the right, a brightly colored red flowered shrub, Fire or Scarlet bush

(*Hamelia patens*). The flower's nectar attracts a great number of butterflies and even humming birds.



8. Satin Leaf

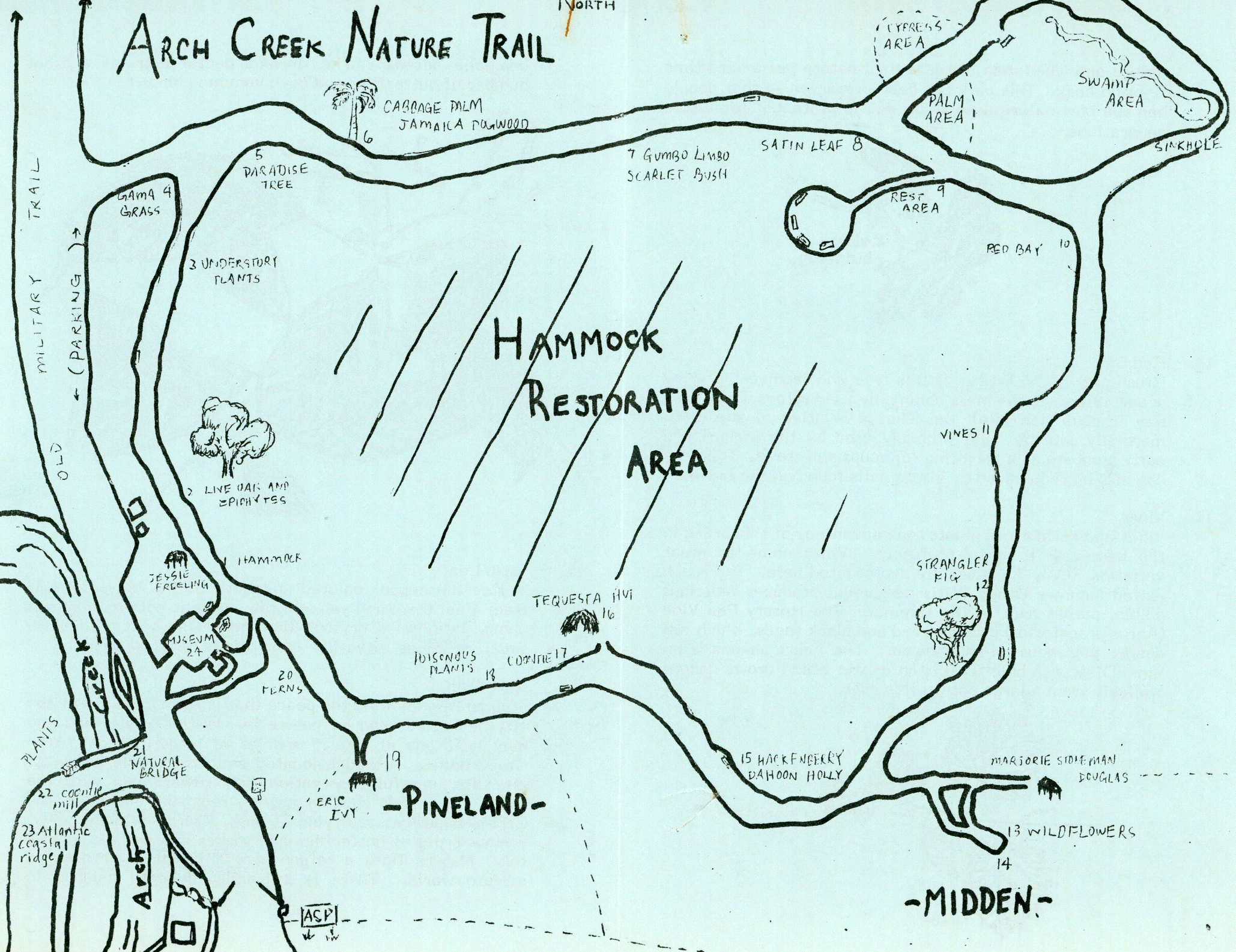
Notice the copper colored underside of the leaves of this tree. Feel them and you will see where it gets its common name, Satinleaf (*Chrysophyllum oliviforme*). It produces a small, delicious, olive-like fruit that is loved by birds.

9. Rest Stop

Stop to rest and find the peace that is Arch Creek. Put the city behind you and let nature in. Listen quietly and you may hear one of the 79 species of birds that call Arch Creek home. Although located amid the hustle bustle of city life, careful observation may reward you with the sight of squirrels seeking acorns, raccoons eating at the Creek, opossums scurrying at dusk, lizards catching a fly, various types of butterflies and snakes and perhaps even a fox. Nature finds a refuge here amid the ever growing modern world. There is a fragile, delicate balance in

ARCH CREEK NATURE TRAIL

NORTH



6 CABBAGE PALM
JAMAICA PALMWOOD

5 PARADISE TREE

7 GUMBO LIMBO
SCARLET BUSH

8 SATIN LEAF

9 REST AREA

10 RED BAY

11 VINES

12 STRANGLER FIG

MARJORIE SIDEMAN
DOUGLAS

13 WILDFLOWERS

14

15 HACKENBERRY
DAHOON HOLLY

16 TEQUESTA HVI

17 COCONUT

18 POISONOUS PLANTS

19

ERIC IVT

20 FERNS

21 MUSEUM

22 COCONUT MILL

23 ATLANTIC COASTAL RIDGE

4 GRASS

3 UNDERSTORY PLANTS



2 LIVE OAK AND EPIPHYTES



1 HAMMOCK

JESSIE FREELING



MUSEUM

21 NATURAL BRIDGE

Arch

PLANTS

MILITARY TRAIL

(PARKING)

OLD

CYPRRESS AREA

PALM AREA

SWAMP AREA

SINKHOLE

HAMMOCK RESTORATION AREA

-PINELAND-

-MIDDEN-

NORTH

ARCH CREEK NATURE TRAIL



CABBAGE PALM
JAMAICA PALMWOOD

5 PARADISE TREE

4 GAMMA GRASS

3 UNDERSTORY PLANTS

HAMMOCK RESTORATION



2 LIVE OAK AND EPIPHYTES

1 HAMMOCK



JESSIE FREGLING



MUSEUM 24

20 PLANTS

TEQUESTA 16

POISONOUS PLANTS 18

COCONUTS 17

PLANTS

21 NATURAL BRIDGE

22 COCONUT MILL

23 ATLANTIC COASTAL RIDGE

ERIC IVY

- PINELAND -

ASP

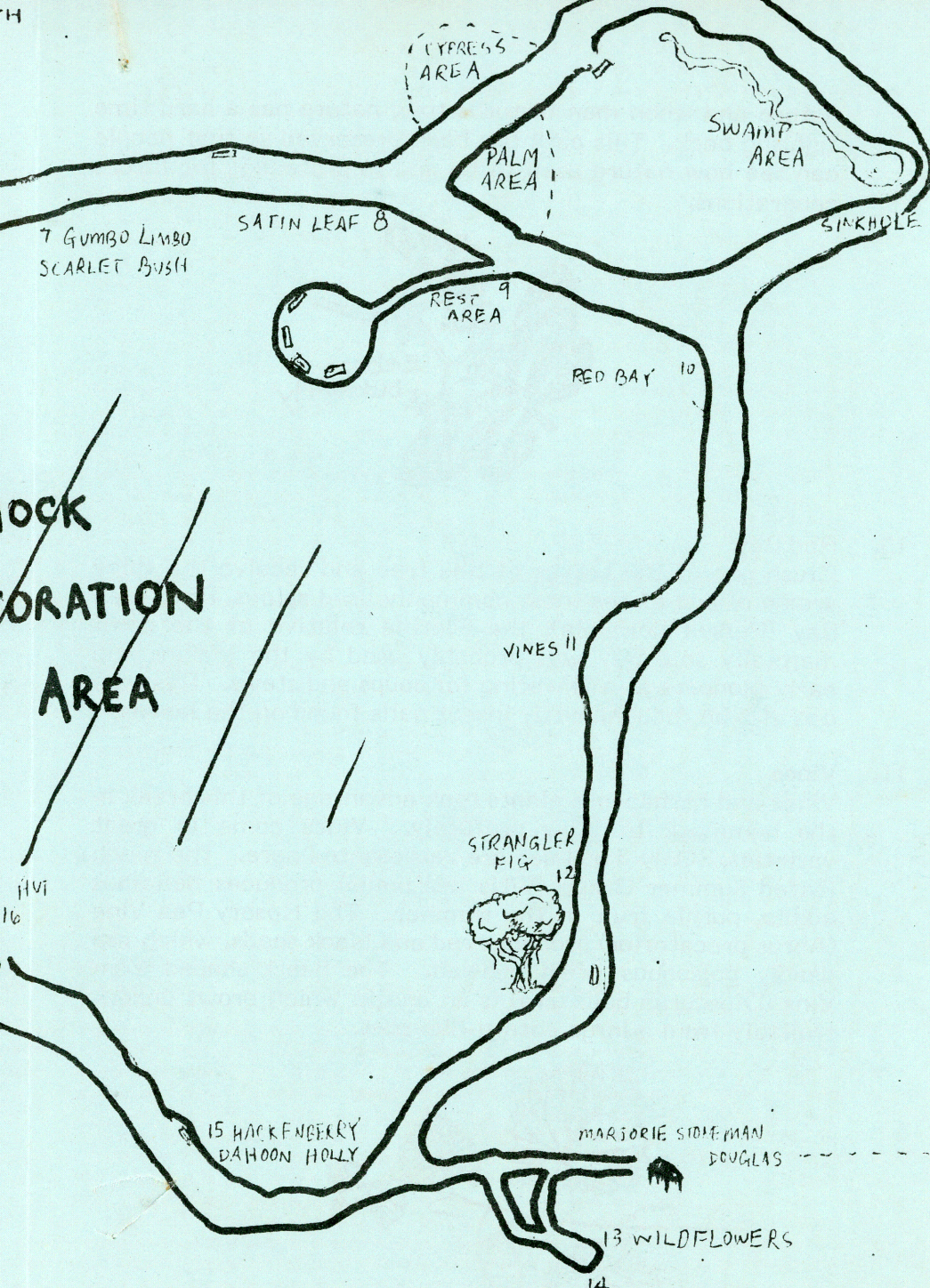
MILITARY TRAIL

(PARKING)

OLD

Arch Creek

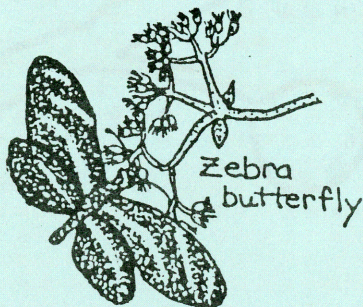
Arch



**ROCK
CORATION
AREA**

-MIDDEN-

nature and when man disturbs this, nature has a hard time fighting back. This park has been preserved so that people can see how nature used to be and to protect it for future generations.

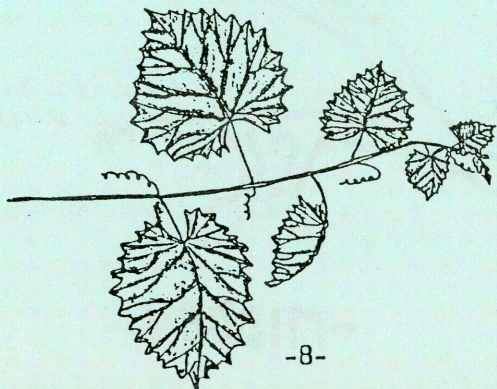


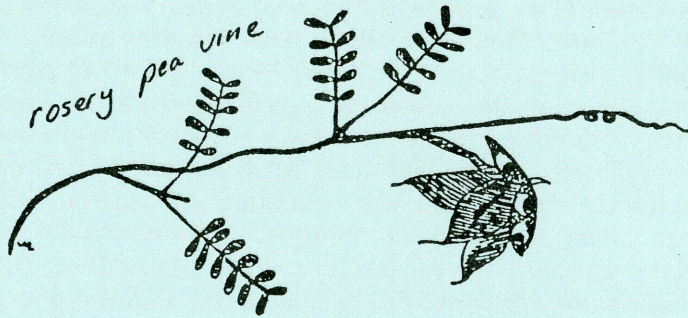
10. Red Bay

Crush one of the leaves of this tree and receive the spicy aroma of one of the most commonly used spices, Bay. Red Bay (*Persea borbonia*), the Florida relative of the commercially sold Bay was probably used by the Indians and early pioneers as a flavoring for soups and stews. This tree can also be recognized by insect galls found on the leaves.

11. Vines

Vines and herbaceous plants took advantage of this break in the hammock to grow profusely. Vines come in great varieties. Only 3 species are represented here. The rough leafed Summer Grape (*Vitis aestivalis*) produces delicious edible, purple fruit in the summer. The Rosary Pea Vine (*Abrus precatorius*) produces red and black seeds, which are deadly poisonous when chewed. The heart shaped Yam Vine (*Dioscorea bulbifera*) is an exotic which grows uncontrollably from a large potato-like root.



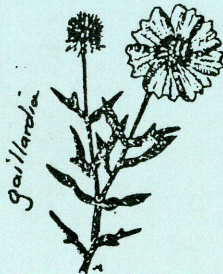


12. Strangler Fig

Strangler Fig may start as a seed deposited in trees by a bird or animal. It germinates, sending its roots down and around the tree trunk. The leaves grow upward, shading out the light that goes to the host leaves. By this process, eventually the host tree will be suffocated or strangled. This is a natural process that occurs in hammocks, eliminating some trees but creating others. The Gumbo Limbo opposite to this is the largest tree in the park and is estimated to be the same height as the champion at 35 feet.

13. Wildflowers

Arch Creek is blessed with many blooming wildflowers such as the daisy-like Gaillardia (Gaillardia pulchella). It's brightly colored blooms are present all year round and can always be found in this meadow. Lantana (Lantana camara), a flowering shrub with a strong odorous leaf, produces fruits edible to birds but poisonous to man. Discover all of what nature has to offer by taking the time to look.

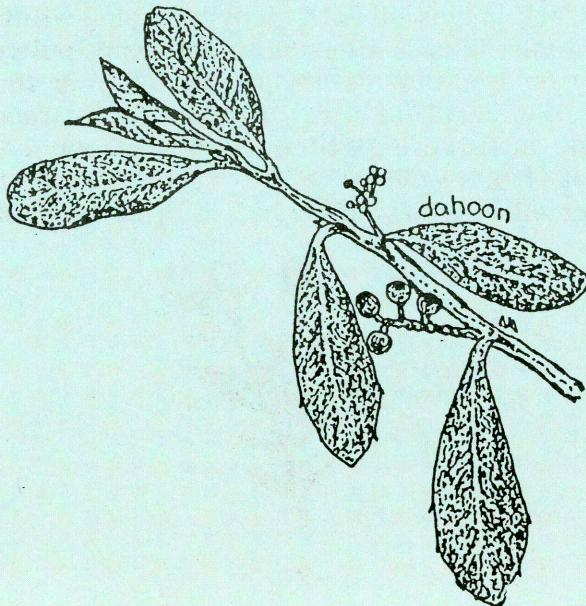


14. Midden

Arch Creek Park is one of the only preserved archeological sites in Dade County. This pre-historic Indian midden (meaning refuse heap from past inhabitation) is significant in that it contains clues to past information about the extinct Tequesta Indian culture. Information can be used to reconstruct the environment in which they lived and how they lived. This site has evidence of kitchen middens, village sites and burial mounds. It contains a large quantity of shell refuse, pottery sherds and bone. Although digging is not permitted, this site is well preserved for future generations to study. Examples of artifacts from the Tequesta culture can be found in the Museum.

15. Hackberry, Dahoon Holly

These two plants are often associated with past Indian inhabitations. Hackberry (*Celtis laevigata*) sometimes called Sugar berry, produces a sweet fruit which may have been used as a food source. Our native Dahoon Holly (*Ilex cassine*), the true Florida Holly, produces bright red berries from autumn to spring. The leaves were used by Tequestas to produce a strong tea called "caseena - blackdrink". Ceremonial rites were heightened by the drinking of the brew.



16. Tequesta Indian

The Tequesta or Tekesta Indians inhabited this site between 500 B.C. - 1300 A.D. They were hunters and gatherers and ate fish, shellfish, turtles, alligators and small animals. Being semi-nomadic, their huts were similar to this one made of palm thatching and temporary. They made most of their tools, weapons and ornaments from shell, bone and stone. Living here provided them with a varied diet by having easy access to both Biscayne Bay and the Everglades.

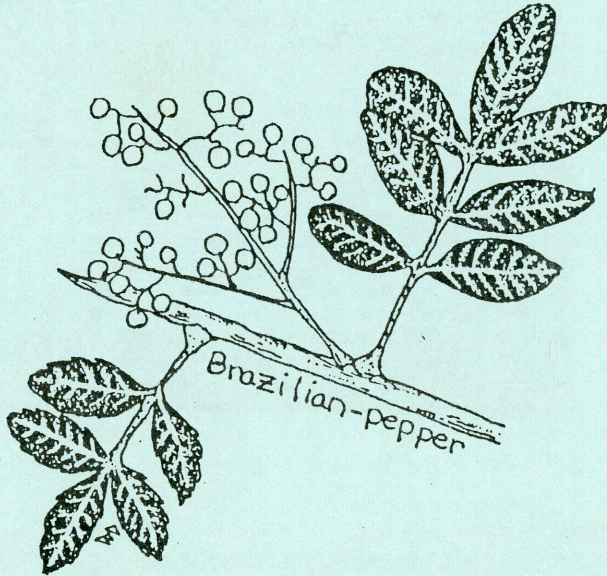


17. Coontie

Coontie (*Zamia pumila*), a Seminole word meaning white bread, was used by Indians as a source of starch. The underground root is edible, but has toxic properties. The Tequestas were the first to learn how to extract its nutritious properties. Later pioneers used coontie for starch production. Coontie, a cycad, is slow to reproduce, because of this and its overuse by pioneers it is now an endangered plant. The rare Florida Atala Butterfly depends on the coontie for feeding of its growing caterpillar. We must protect both these organisms or they could eventually perish.

18. Poisonous Plants

Did you know that Poison Ivy, Brazillian Pepper, Mango and Poison Wood are all in the Anacardiaceae or Cashew family? These plants all have poisonous properties and can cause skin irruptions, rashes and respiratory problems. (1 - 2 - 3 Beware of Me.) The most familiar is Poison Ivy (*Toxicodendron radicans*) with its red stem and 3 leaflets. Brazillian Pepper or Florida Holly (*Schinus terebinthifolius*) produces poisonous red berries and is a major cause of hay fever. It is also an aggressive exotic intruder and a major cause of destruction to the natural environment of South Florida. Mango (*Mangifera indica*) can cause a rash when peeling the fruit. Contact with Poison Wood may result in terrible blisters.



19. Pineland

This pineland was established by an Eagle Boy Scout Project. The area was cleared of trash and exotics to plant these Slash Pines (*Pinus elliotii*). The once common Dade County Pinelands which extended over much of the county, are now rapidly disappearing, due to our ever expanding population. The Boy Scouts provide a great service in volunteering to do conservation projects in the park and we greatly appreciate their work.

20. Ferns

South Florida's semi-tropical environment provides the perfect habitat for ferns. More varieties of ferns grow in Florida than any other state, except Hawaii. The dominate fern in this park is Boston Fern (*Nephrolepis exaltata*) shown here. Examine the back of the fronds for spores which are used for reproduction. This is a collection of native ferns to South Florida. Take a look and compare the beautiful varieties.

21. Natural Bridge

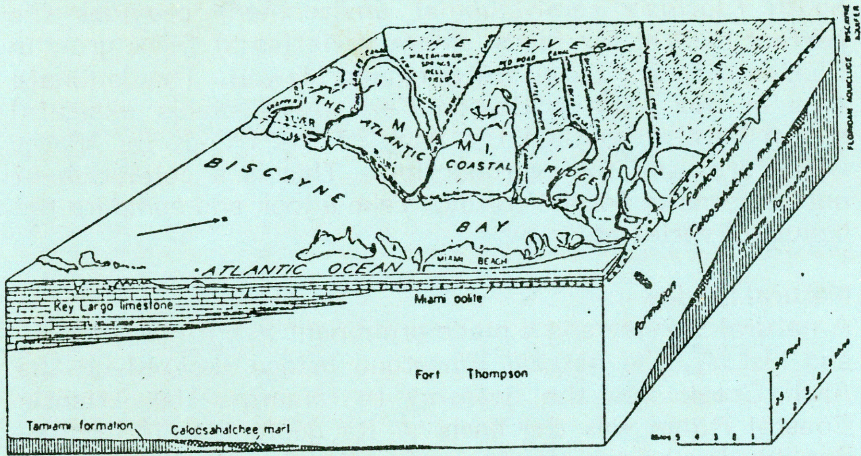
A natural wonder and a place prominent in both pre-history and history, the natural limestone bridge located on the Arch Creek was the gateway to Miami. The Atlantic Coastal Ridge was the basis of its geological formation. Possibly the bridge was formed as the Creek slowly eroded away the limesone shelf, leaving a natural arch until 1973 when it fell. Journey across the reconstruction to the site of the Coontie Mill and see the beautiful limestone caves on the east bank. Efforts by the Arch Creek Trust and the Dade County Board of County Commissioners provided funds for the reconstruction of the bridge. Facing was completed by artist Lewis E. Van Dercar.

22. Coontie Mill

Early pioneers took advantage of the once natural bridge to develop a Coontie starch mill in 1858. Water by the bridge could easily be dammed to turn a waterwheel to run the mill. Although the mill was not very successful, it is the only known excavated sluice in Dade County.

23. Atlantic Coastal Ridge

Florida at one time was totally covered with sea water, leaving large deposits of limestone and the Atlantic Coastal Ridge. Look across Arch Creek and see the exposed limestone bank that is part of the Atlantic Coastal Ridge. These geological formations have been very important to the ecology of South Florida. Our water supply, called the Biscayne Aquifer, is stored in the underground limestone. The higher elevation of the Coastal Ridge helped to form the Everglades basin. Here at Arch Creek, the Tequesta Indians possibly preferred this site due to its elevation which kept them high and dry in this beautiful Live Oak hamynock.



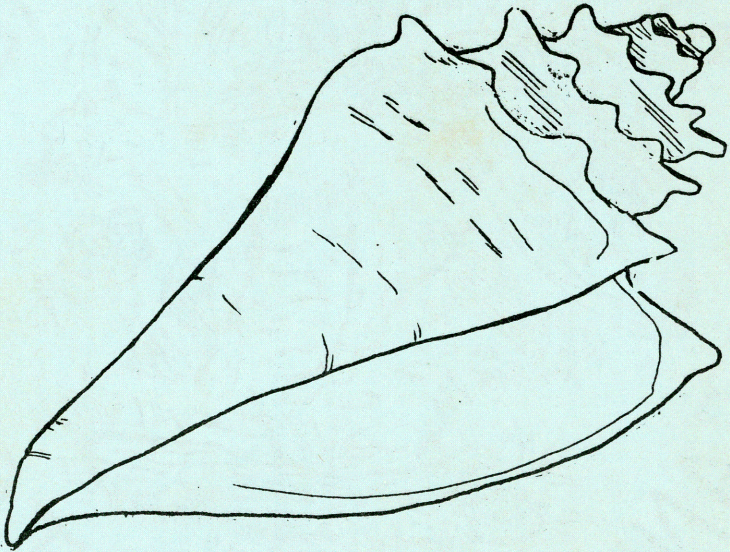
24. Museum

This museum has been designed as an old Florida Pioneer home. It has a high pitched ceiling, a porch and many windows for catching breezes in the summer to keep cool. In the winter, the wood stove is used to keep warm. Retrieved artifacts dating from 400 B.C. to the 1950's are stored in the Museum cases. View our display of mounted birds, eggs and nests. Take a look at the million year old bones from huge animals who once roamed Central Florida. Come join us for a free Trail Walk on Saturdays. Ask about our interpretative programming for groups such as slide shows, trail walks, archaeological digs, and nature workshops. Our summer day camp for kids 10-17 years of age Camp Awareness, stresses outdoor activities and the appreciation of nature. Arch Creek Park is for nature, Arch Creek Park is for you.

Arch Creek Park conducts trailwalks, lectures, archaeological digs, nature studies and Indian workshops for groups. Ask staff for information and reservation.

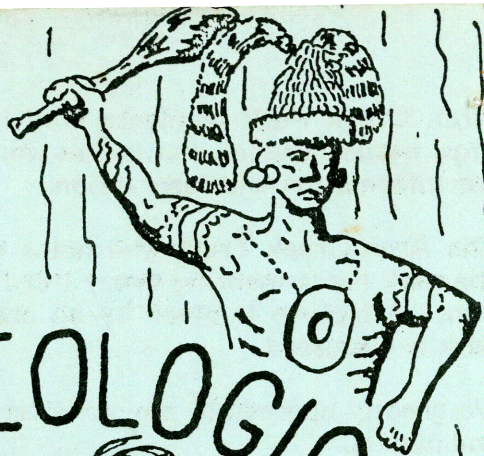
The Arch Creek Trust who helps sponsor activities and support the park has a meeting every third Monday of the month at 7:30 p.m. A lecture is given by an area expert and business of the park is discussed.

We greatly appreciate any donation of your time or gifts of trees and plants.



Front Cover - Is a drawing of our museum which was designed as an old pioneer home.

Back cover - Represents the three facets of Arch Creek Park - History, Archaeology and the Natural World. It is the combination of all three aspects of Arch Creek Park that make it such a unique place.



ARCHAEOLOGICAL BOTANICAL HISTORICAL

