

FGCU Food Forest

Plant Database

Simpson's Stopper (*Myrcianthes fragrans*)

Origin: Florida, USA.

Description: Simpson's Stopper, or Twinberry, is a small tree that can reach 50 ft. tall and 15 ft. wide at full maturity. It features beautiful, showy flowers that produce edible berries. The leaves give off a citrus or nutmeg-like scent.

Uses: Berries are edible raw; hedges and xeriscaping; pollinator and bird attractant.

Harvest: Year-round. Produces more fruit

Flower: Small, showy white flowers that appear year-round, but more so during

Tolerance: High salt tolerance; cold hardy down to at least 25°F; high drought tolerance once established; moderately wind resistant when mature. Prefers well-drained alkaline soils and can tolerate either full sun



General Description: Simpson's Stopper is a very attractive small tree with beautiful flowers and small red berries. It can reach about 50 ft. tall at full maturity, although they usually stay at around 20 ft. tall. The leaves of Simpson's Stopper have a nutmeg to citrus-like scent, and the flowers smell pleasant as well. They flower and fruit year-round but more so during the summer months.

- **Native Origin:** Coastal hammocks throughout South Florida. Also native to the Caribbean and commonly found on many islands, although it is rarely found in Puerto Rico.
- **General History:** Simpson's Stopper, or Nakedwood Twinberry, is a small, native tree that has limited use for humans besides landscaping purposes and as pollinator attractants in gardens.

Myrcianthes fragrans is the current binomial name, although Simpson's Stopper has been renamed over twenty times in the past. The blooms attract butterflies and bees, and the berries attract birds, specifically Cardinals and Mockingbirds (Florida's state bird).

- **Distribution:** South Florida, USA.
- **Season of Harvest:** Year-round; flowers and fruits more during summer months.
- **Culinary Uses:** Simpson's Stopper features edible berries, although they are reported to taste pretty awful and the seeds are not edible; it has been reported that the bark and leaves have been used in a tea to treat diarrhea, but no modern sources can confirm those claims.

Simpson's Stopper	
Scientific Classification	
Kingdom:	Plantae
(unranked):	Angiosperms
(unranked):	Eudicots
(unranked):	Rosids
Order:	Myrtales
Family:	Myrtaceae
Genus:	<i>Myrcianthes</i>
Species:	<i>M. fragrans</i>

Sources

<https://en.wikipedia.org/wiki/Myrcianthes>

<http://www.fnps.org/plants/plant/myrcianthes-fragrans>

<http://www.eattheweeds.com/myrcianthes-fragrans-nakewood-twinberry-2/>

<http://hort.ifas.ufl.edu/woody/Pages/myrfra/myrfra.shtml>

http://lee.ifas.ufl.edu/Hort/GardenPubsAZ/Simpson's_Stopper.pdf

<http://edis.ifas.ufl.edu/fp418>

Copyright ©2015 Benjamin Dion