

Beachgoers 101:

The How and Why of Coastal Dune Restoration



For more information on plants and coastal restoration contact :

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Beach plants help control erosion, trap sand, and promote coastal dune formation.

Coastal dunes protect the beaches, mainland, and buildings from hurricanes and major storms.

Please Help Our Volunteers

Be aware of restoration areas and avoid walking on plants.



What Plants To Look For... and "Look Out" For!

Native restoration plants on coastal dunes

Beach Sunflower

(Helianthus debilis)

Giving a splash of color to coastal dunes, Beach Sunflower is a low-growing, native, tender herbaceous perennial. The plant has heart-shaped leaves and daisy-like, bright yellow flowers.



Sea oats

(Uniola paniculata)



The most widespread grass in southern coastal dunes. The leaves are narrow and pale and seed heads are borne on stems 3 feet or more tall. The seed heads resemble oats, hence the plant's common name.

Bitter Panicum

(Panicum amarum)



This native, perennial grass is found on dunes throughout the Gulf Coast.

The stems are fairly thick and tend to fall over and crawl along the ground. The leaf blades are about 1/2 inch wide. Bitter Panicum traps sand, but resists being covered. Stems that are covered will take root and strengthen the old plant and give rise to new ones.

Marshhay Cordgrass

(Spartina patens)

This grass has tall slender stems and leaves that are rolled inward. Marshhay Cordgrass is usually found in areas about one foot above the high tide elevation, along saline and brackish water bodies and in back dune areas where water tends to stand.

