

# ABACO BIRDS, TREES AND PLANTS

## *FIELD NOTES BY ALEX AND TRISH FINDLATER OF A NATURAL HISTORY TRIP WITH RICKY JOHNSON*

### **BIRDS**

Abaco Parrots (many, close up)  
Cuban Emerald Hummingbird (m)  
Red-winged Blackbird  
Western Spindalis  
Cedar Waxwing  
Oven-bird (walks like a chicken)  
Great Antillean Bullfinch  
Prairie Warbler  
Thick-billed Vireo  
Bananaquit  
Black-faced Grassquit  
West Indian Woodpecker  
Hairy Woodpecker (in pine forest)  
Yellow-bellied Sapsucker  
Red-legged Thrush  
Grey Catbird  
Loggerhead Kingbird  
Bahama Woodstar

### **BUTTERFLIES**

Yellow Sulphur  
Bahama Swallowtail

### **TREES, SHRUBS & PLANTS**

Castor-oil Plant  
Dogwood Tree (extracts used to  
sedate and catch fish)  
Mastic Gumbo Limbo Tree  
Mahogany  
Sea Grape  
Powder-puff Tree  
Silver Thatch Palm (good for  
prostate problems)  
Scaevola  
Bougainvilleas  
Bottlebrush  
Frangipani  
Sapodilla  
Blue Morning Glory  
(hallucinogenic properties)  
African Lilac (horseradish /  
medical value - leukaemia)  
Native Lancewood / Air Plant  
Almond Tree

### **ECO-SYSTEM**

Coppice / Pine Forest (pines self-  
pruning)  
Blue Holes (caves 100ft / 30m)