

Girl Scouts of Tropical Florida

South Florida Patch Program

Developed by Girl Scout Penelope H. for her Girl Scout Silver Award.

To earn the South Florida patch

1. Visit one beach, South Florida state park or national park
2. Visit one South Florida attraction
3. Participate in one South Florida land outdoor activity and one water activity
4. Try two iconic Florida foods
5. Identify two common native Florida animals
6. Identify two common native Florida trees
7. Identify one type of South Florida architecture

To get you started

Here is a brief list of recommended beaches, state parks and national parks in South Florida

State and National Parks

The Barnacle Historic State Park

3485 Main Hwy, Miami, FL 33133

Activities: birding, picnicking, visiting the museum, geocaching, tours, and historic site seeing.

Bahia Honda State Park

36850 Overseas Hwy, Big Pine Key, FL 33043

Activities: biking, bird watching, snorkeling tours, camping, hiking, ocean swimming and beach, wildlife viewing, picnicking. Kayaks available for rental

Bill Baggs Cape Florida State Park

1200 Crandon Blvd, Key Biscayne, FL 33149

Activities: paddling, visiting the beach, scenic walks, hiking, camping, biking, fishing, horseback riding, visiting the lighthouse, tours, museum, historic sites, picnicking and restaurant. Chairs and umbrellas available for rental

Everglades National Park

40001 State Road 9336

Activities: biking, bird watching, camping, boating, kayaking, canoeing, geocaching, hiking, ranger-led programs, slough slogging, hiking, wildlife viewing, and guided tours

Dagny Johnson Key Largo Hammock Botanical State Park

Country Road 905 & Mile Marker 106, Key Largo, FL 33037

Activities: biking, bird watching, mountain bike trail, hiking, wildlife viewing

Dr. Von D. Mizell-Eula Johnson State Park

6503 North Ocean Dr. Dania Beach, FL 33004

Activities: biking, bird watching, picnicking, shelling, ocean swimming and beach, wildlife viewing. Kayaks, paddleboards, canoes available for rental

Hugh Taylor Birch State Park

3109 East Sunrise Blvd, Fort Lauderdale, FL 33304

Activities: camping, hiking, ocean swimming and beach, ranger guided walks and programs, live animal presentations, various habitat walks, audio tour through your cell phone. Bicycles, kayaks, canoes available for rental.

Indian Creek Historic State Park

888 Lake Branch Road, Bowling Green, FL 33834

Activities: biking, bird watching, camping, picnicking, nature trail, wildlife viewing, visitor center with self-guided tour, exhibits, and video program

John D. MacArthur Beach State Park

10900 Jack Nicklaus Dr., North Palm Beach, FL 33408

Activities: nature trails, ocean swimming and beach, picnicking, boardwalk and dune trail. Kayaks available for rental

John Pennekamp Coral Reef State Park

102601 Overseas Hwy, Key Largo, FL 33037

Activities: glass bottom boat tours, snorkeling tours, scuba tours, ocean swimming and beach, picnicking, camping. Boats, kayaks and paddleboards, scuba and snorkeling equipment available for rental

Lignumvitae Key Botanical State Park

77200 Overseas Hwy, Islamorada, FL 33036

Activities: boat tours, snorkeling tours, guided walks. Powerboats and kayaks available for rental

Oleta River State Park

3400 NE 163rd St, Golden Beach, FL 33160

Activities: ocean swimming and beach, mountain bike trail, snorkeling, run trails, nature walks, tubing, shelling, hiking, camping. paddle boards, canoes, kayaks, and bicycles available for rental

Windley Key Fossil Reef Geological State Park

84900 Overseas Hwy, Islamorada, Fl 33036

Activities: bird watching, hiking, picnicking, wildlife viewing

For the full list of parks:

<https://www.miamidade.gov/global/recreation/park-directory.page>

Notable South Florida Attractions

Arch Creek Park: Site of unique natural limestone bridge used by ancient Native American tribes; has a museum containing Native American and pioneer artifacts.

Cape Florida Lighthouse: Cape Florida lighthouse is inside of Bill Baggs Cape Florida state park. The lighthouse is a large attraction here, and in South Florida. You can climb up the inside of the lighthouse and look down over the ocean.

Coral Castle: Coral Castle is an oolite limestone structure created by the Latvian-American eccentric Edward Leeds Kalnin. From 1923 to 1951, Ed single-handedly and secretly carved over 1,100 tons of coral rock, and his unknown process has created one of the world's most mysterious accomplishments.

Fairchild Botanic Tropical Garden: An 83 acre garden to walk around or take the free 45-minute narrated tram tour. The park features a butterfly garden, a sunken garden, and a plethora of beautiful and rare tropical plants.

Greynolds Park: Once the site of a rock quarry, Greynolds Park is now a 249-acre park consisting of a variety of habitats; most notably a relatively intact hardwood hammock and mangrove forest. The hammock at Greynolds is one of the last well-protected natural areas of northern Miami-Dade County. The park offers paddleboat, kayak, canoe and campfire ring rentals.

HistoryMiami Museum: Museum committed to gathering, preserving and celebrating Miami's history.

Little Havana: Little Havana is like a city within the city of Miami. Here you can find extensive Cuban culture, a large part of South Florida's background and diversity. You will also find a lot of authentic foods and shops.

Matheson Hammock: A South Florida park with an unusual feature – a man-made atoll pool which is flushed naturally by the tides of Biscayne Bay.

Miami Beach Botanical Garden: A three acre tropical garden with pathways connecting peaceful gardens featuring native plants, succulents, flowering vines and more.

Ocean Drive: Ocean Drive in Miami Beach is a great place to see Art Deco buildings. You can also visit the beach, restaurants, and much more.

Venetian Pool: A pool created in 1923 from a coral rock quarry. The original coral rock borders and accentuates the pool. The 820,000 gallon pool is fed with spring water from an underground aquifer. The pool also features two waterfalls, cave-like grottos, porticos, palm trees and a bridge.

Wynwood Walls: Visiting Wynwood Walls is a great way to see South Florida's contemporary artwork. The walkable neighborhood is filled with lots of murals, art galleries, shops, restaurants, and modern south Floridian culture.

Note that some of these attractions have admissions rates \$. Check the website before you go.

Iconic Florida Foods

Try at least two of these foods.

Alligator For the Native Americans (Miccosukee and Seminole tribes) living in SF, alligator is a very important food.

Coconut or fresh coconut water Coconuts can be found nearly everywhere, on the streets, sidewalks, beaches, and supermarkets.

Conch fritters Conch fritters are sold at many seafood restaurants and in one survey, noted as Florida's favorite food.

Cuban sandwiches Many Cubans live in South Florida and Cuban sandwiches have become a staple food. The pressed sandwich is made with sliced ham, roast pork, Swiss cheese, pickles, mustard, and sometimes salami on Cuban bread.

Empanadas Empanadas are the quintessential street food of Latin America and the Caribbean. They can be found in many South Florida bakeries and restaurants. They are crescent-shaped, pastries made of dough and filled with a variety of ingredients, including beef, chicken, or spinach.

Grouper Grouper are delicate white fish that live in warmer waters of the Atlantic Ocean.

Pastelitos are pastries made with sweet guava fruit.

Key Lime Pie Key lime pie is Florida's state pie. It originated in Florida in the 1800's. Key limes are very common throughout the Keys and South Florida.

Kumquats Kumquats are a citrus fruit. They are mostly found in marinades and jams, but wild kumquat trees can be found throughout South Florida.

Mahi Mahi Hearty, meaty fish caught locally in the Atlantic Ocean – a local favorite sandwich.

Oranges/ fresh-squeezed orange juice Oranges are Florida's fruit state food. They grow in abundance in Florida, along with many other citrus trees, and are important to Florida's economy.

Plantains (*Similar to banana, but different*) Can be eaten green as fried Tostones or sweet. Along with other Latin foods, plantains are very popular, especially because they can grow in South Florida. In fact, Florida is one of the only places plantains can grow in the U.S. because of the climate. You can eat them in Spanish Latin restaurants or find plantain chips (bagged like potato chips) at any "bodega" or supermarket.

Snapper Another delicious delicate white fish commonly found in Florida waters.

Stone crab Stone crab are native to SF warm waters. One of the most popular places to get stone crabs is Joe's Stone Crabs even though many other restaurants sell them too. (Seasonal, November to May)

Strawberries There are many strawberry farms in SF where you can even pick your own strawberries. Highly recommended is Robert is Here fruit stand. (Seasonal, January and February)

Native Animals to keep an eye out for

American Alligator ([photo](#))

American crocodile ([photo](#))

Dolphin ([photo](#))

Florida panther ([photo](#))

Florida snail kite ([photo](#))

Ibis ([photo](#))

Manatee ([photo](#))

Osprey ([photo](#))

Opossum ([photo](#))

Pelican ([photo](#))

Raccoon ([photo](#))

Red rat snake ([photo](#))

Loggerhead sea turtle ([photo](#))

Snowy egret ([photo](#))

Non-Native, Invasive Animals to keep an eye out for

Flamingo ([photo](#)) While flamingos are considered iconic in South Florida, these birds have been considered a non-native, invasive species.

Iguana ([photo](#))

Peacock ([photo](#))

Native Plants to keep an eye out for

Bald Cypress tree ([photo](#))

Gumbo Limbo tree ([photo](#))

Hibiscus ([photo](#))

Mangrove ([photo](#))

Coconut Palm ([photo](#))

Saw Palmetto ([photo](#))

Sea Grape ([photo](#))

Florida Architectural styles

Walking neighborhood and architecture tours are available.

Art Deco: The style emphasizes surface embellishment, drawing heavily on the colors and styles of some of the early modern art movements, from Impressionism through Cubism.

Bungalow: These modest and comfortable houses were built mainly from mail-order house plans. One or one-and-one-half story wood frame house with porch railing walls, Oolitic limestone chimneys, gable roofs and overhanging eaves.

Coral: Coral architecture is a style of architecture that is coral used to make it. Coral gets carved out.

Mediterranean: This style comes mainly from the 1920s and reflects architectural influences of the Mediterranean coast.

Miami Modern: Miami Modernist architecture is a regional style of architecture that developed in South Florida during the post war period. The style was internationally recognized as a regionalist response to the International Style.

Shotgun house: A shotgun house is a narrow rectangular domestic residence, usually no more than about 12 feet (3.5 m) wide, with rooms arranged one behind the other and doors at each end of the house.

Reference:

<http://historicpreservationmiami.com/designguide/Section%20%20-%20Architectural%20Styles.pdf>