



Sea Oats

Sea Oats *(Uniola paniculata)*

Instant ID

- A clumping grass found along the beach
- Has 12-18 inch grass blades around a stalk
- Inflorescence (flower stalk) grows up to five feet
- Seeds look like oats and cling to stalk

Native Niches

- Found on beaches and dunes along the Atlantic and gulf coasts of the United States
- Typically grows from the high tide mark back inland as it helps build dunes



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Plant Particulars

- Long fibrous roots hold loose sand together
- Essential in dune-building
- Endangered beach mice and birds rely on sea oats for shelter while raising young and avoiding predators
- Spreads through rhizomes (roots which create new plants)

Population Protection

- Protects inland areas from erosion and storm surge
- Avoid walking on or driving over dunes
- Florida State Parks protect sea oats and plant more to preserve and reestablish coastal habitats
- Disturbing or picking sea oats is against the law in Florida

