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Yaupon: Using and Growing North America's Only Native Caffeinated Tea Plant

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PUBLICATION SUMMARY

Did you know that a healthy and flavorful beverage can be made from the roasted, brewed leaves of yaupon? Yaupon, North America's only caffeinated tea plant, has a rich cultural history in Indigenous cultures and was a popular beverage to European and African Americans in the 18th and 19th centuries. Yaupon tea has experienced a resurgence in interest today, supporting a budding commercial industry across several Southern states. Native to the Coastal Plains of the southeastern U.S., the plant is well adapted to a variety of site and soil conditions. As a popular and hardy landscape shrub, yaupon is ubiquitous in Southern landscapes and has been bred to produce a range of sizes and forms. Written for the general public, this publication details the natural and human history of yaupon; economic, ecological, and health benefits; recommendations for harvesting and making yaupon tea; and home landscape cultivation guidelines.

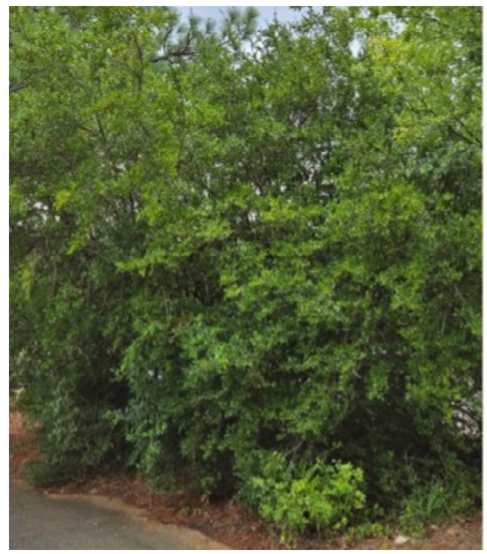

Figure 1: ***Natural form of yaupon.*** Credit: Holly Campbell

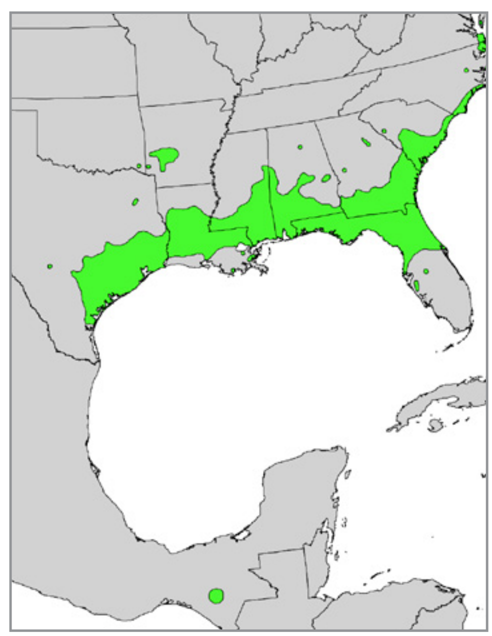

Figure 2: ***Native range of yaupon.*** Credit: U.S. Geological Survey. Little (1999)

HISTORICAL RANGE & HABITAT

Yaupon holly, or yaupon, (*Ilex vomitoria* Aiton) is a hardy, woody evergreen species in the holly, or Aquifoliaceae family (Fig. 1). It is native to the southeastern U.S. Coastal Plains (Fig. 2). Described as a densely branched, multi-stemmed shrub, yaupon can grow up to 30 feet tall. In its natural range, the species can be found growing on sandy, acidic soils (pH of 4.5-7.0) in or near pine flatwoods, sandhills, hammocks, coastal sand dunes, maritime forests, forested wetlands, well-drained forests, and brackish and salt marshes (Immel, 2000; LBJWC, 2016). Yaupon is sensitive to wildland fire, however, and is not common in areas with frequent prescribed burns (Shadow, 2011).

Yaupon is adapted to a variety of site and soil conditions, growing in sandy to clay soils, in full sun to full shade, and on well-drained to poorly drained sites (LBJWC, 2016; Gilman et al., 2019). Additionally, the species is tolerant of salt spray and drought (Immel, 2000). Yaupon grows best in USDA Hardiness Zones 7a to 9b (Gilman et al., 2019), which have a minimum temperature range of 0 to 30° F; however, it has been grown with some success in colder climates and/or may adapt to higher latitudes with warming global temperatures.

Yaupon's great adaptability has made it a valuable landscape specimen in the horticulture trade and its widespread planting across the Southeastern U.S.

BOTANICAL DESCRIPTION

Yaupon is identified through several unique characteristics that are described in Figure 3. Most hollies are dioecious, meaning that male and female flowers are on separate plants. Although the flowers appear roughly similar on male and female plants, only the female plants will bear holly fruits. The botanical term for the fruit is drupes, but holly fruits are often referred to as holly "berries."

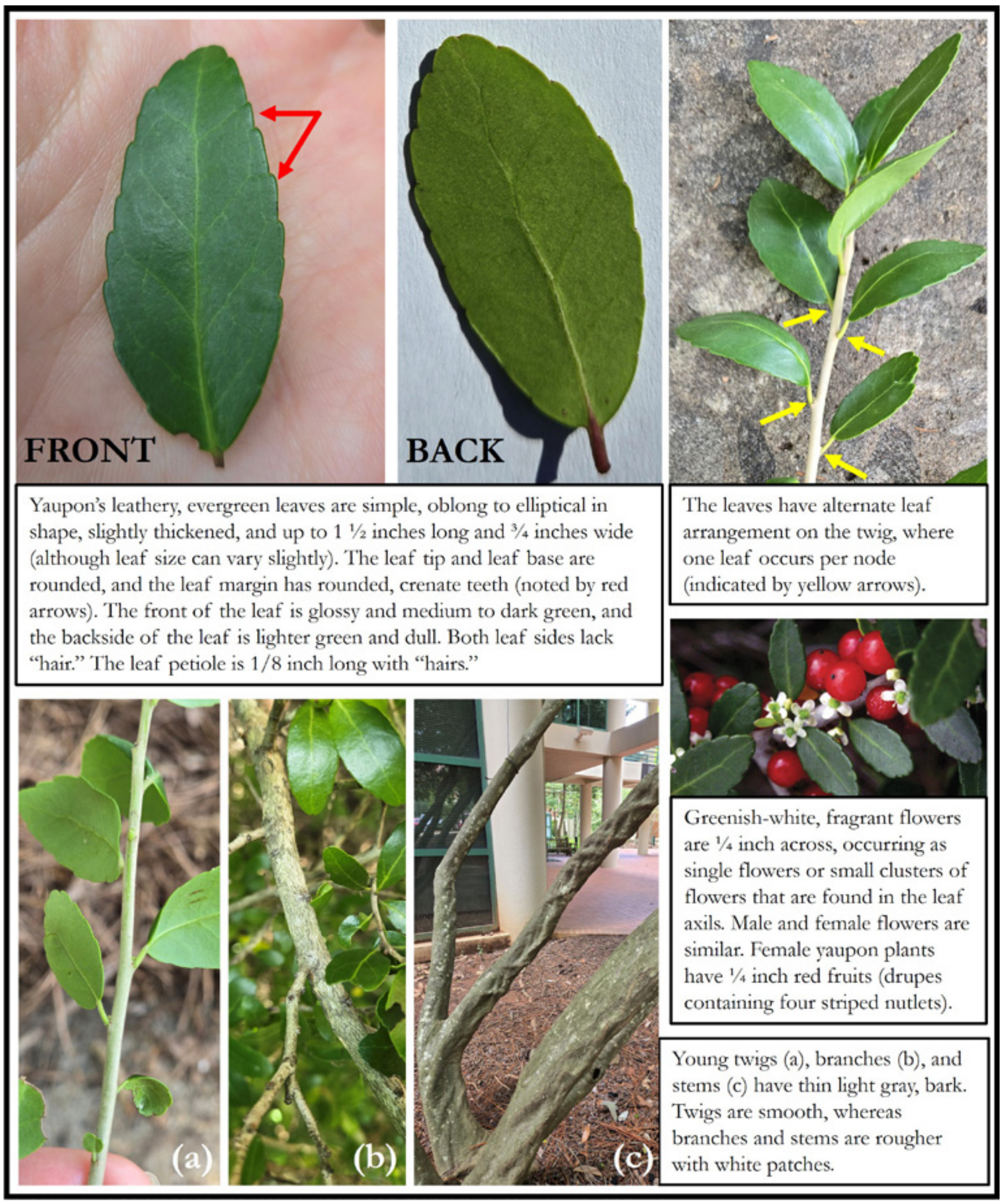

Figure 3: ***Yaupon identification images and descriptions.*** Credit: All images by Holly Campbell except the flower and fruit image, which is by Eleanor Dietrich

HISTORY OF USE

Yaupon was historically used by Southeastern and other North American Indigenous groups where the leaves and twigs were brewed as a ceremonial, spiritual, social, and daily drink (Hudson, 2004; Shadow, 2011; Putz, 2014) and the wood was used to make arrows and fishing ramrods (Immel, 2000). In fact, the word "yaupon" translates to "small tree" in the Catawba language. Early European explorers in the 16th and 17th centuries provided written observations of Indigenous purification and cleansing ceremonies where "black drink" (a description developed by Europeans based on their observations of the beverage color) was consumed prior to important community decisions and events (Palumbo et al., 2009; Folch, 2021). Participants of the ceremonies were observed fasting, drinking yaupon tea, and regurgitating. Strong concentrations of caffeine can have emetic properties, but yaupon otherwise lacks a biochemical make up known to cause vomiting (Palumbo et al., 2009; Folch, 2021). It has been postulated that other plants were added to the ceremonial drink that may have had emetic properties. It has also been suggested that regurgitation, as an important "cleansing" action, was learned and not caused by the beverage at all (Hudson, 2004). In addition to consuming yaupon, there is evidence that Indigenous groups transplanted and cared for yaupon, potentially increasing its distribution within and outside of the southeastern region of North America (Hudson, 2004; Immel, 2000; Folch, 2021), including an isolated population in Southern Mexico. Yaupon was traded widely and used by Indigenous groups beyond the Southeast. Traces of the plant may have been found in pottery fragments dated between 1050 and 1250 AD at Cahokia in southern Illinois (Crown et al., 2012) and the Etowah Mounds in middle Georgia, both Mississippian cultures, but further studies are needed to confirm this conclusion (King et al., 2017). Southeastern Indigenous people living in coastal areas also cultivated and traded yaupon to European settlers (Folch, 2021).

Influenced by Indigenous use of the plant, yaupon tea was broadly consumed and cultivated by European and African Americans prior to and early in the nation's history (Folch, 2021). It was sold along the eastern seaboard of North America and was also exported to Europe in the 18th century where it was served in Paris cafés under the name *Apalachine* and in England, as *Carolina Tea* (Hudson, 2004; Palumbo et al., 2009; Folch, 2021). Yaupon remained a popular tea plant until just after the U.S. Civil War. The reduced mainstream use of yaupon at this time was likely due to several reasons related to social stigma and discrimination, since the drink was associated with Indigenous people or being poor, Southern, or African American (Folch, 2021). Additionally, the new Latin yaupon nomenclature *(Ilex vomitoria)*, named in 1789 by Scottish botanist William Aiton, was likely another deterrent. Although its export abroad and consumption by European Americans markedly decreased following the Civil War, yaupon continues to be important to Southeastern Indigenous peoples and in several African American coastal communities today (Folch, 2021).

ECONOMIC IMPORTANCE OF YAUPON TEA

Two of the most popular caffeinated beverages in the world are coffee and tea, with "tea" referring to the beverage made from brewed *Camellia sinensis* leaves (ex., black tea, green tea, etc.). In 2025, worldwide coffee revenue exceeded $367.1 billion USD (Statista, 2025a) and tea revenue exceeded $227.9 billion USD (Statista, 2025b). U.S. consumers share in the world's obsession with coffee and tea, where it is estimated that 66% of Americans drink coffee (averaging three cups a day) and 44% drink tea (NCA, 2025). Although popular, coffee and tea, mainly when cultivated in intensive monocultures, have several negative environmental and societal impacts. These include deforestation, greenhouse gas emissions, pesticide and fertilizer pollution, intensive water use and pollution, and by-products and waste (Eneroth et al., 2022). Deforestation increases the impacts of climate change by reducing carbon storage in forests, increasing atmospheric carbon dioxide (a greenhouse gas), and reducing the climatic cooling effects forests provide (WWF, 2023). Biodiversity loss is another challenge for most coffee and tea plantations, as both agricultural crops grow in tropical environments, areas that are deemed biodiversity hotspots and areas of conservation concern (WWF, 2023). Yaupon resurgence has occurred over the last several decades in response to a growing interest in a more sustainable and local caffeine alternative to coffee and tea. Growing interest in yaupon also supports and celebrates Indigenous foodways (Yaupon Brothers, n.d.). Several Southeastern U.S. yaupon growers, companies packing and selling yaupon tea, and a national association (American Yaupon Association) have helped spur the rising interest and market in yaupon today.

When investigating the phylogenetics, or genetic history, of the holly family, yaupon is more closely related to the South American plant ka'a (Guarani' language), otherwise known as yerba maté *(Ilex paraguariensis)* than other Southeastern U.S. holly species (Negrin et al., 2019) (Fig. 4). Like yaupon, yerba maté is also caffeinated and is a culturally, spiritually, and economically important plant with a history of use by Indigenous people and European Americans. However, unlike yaupon, economic and cultural interest in yerba maté did not wane in the 19th and 20th centuries. Today, yerba maté's billion-dollar (USD) global market value offers similar economic potential for yaupon as a tea plant.

Figure 4: ***Yerba mate in a traditional calabash gourd vessel with a metal straw, or bombilla***. Credit: Edgar Claros Franetovic

NUTRITIONAL VALUE & STIMULANT EFFECT

Yaupon provides a rich source of health-benefiting antioxidant and anti-inflammatory compounds. Just a few of these include methylxanthine compounds (ex., caffeine, theobromine, theophylline, and theocrine), flavonols (ex., kaempferol glycosides, rutin, and quercetin compounds), and polyphenolic compounds (ex., dicaffeoylquinic, coumaric, and chlorogenic acids) (Fuller et al., 2002; Edwards and Bennett, 2005; Palumbo et al., 2007). Collectively, these compounds have been shown to help combat neurodegenerative diseases and type II diabetes; support cardiovascular, reproductive, and respiratory health; support cancer prevention; help reduce cognitive decline; and provide many other health benefits (Noratto et al., 2011; Lim et al., 2020; Roychoudhury et al., 2021; Yu et al., 2022; Aghababaei & Hadidi, 2023; Jin et al., 2023; Salkić et al., 2023; Hufnagel et al., 2024; Zhang et al., 2024).

Caffeine is a naturally occurring substance that plants use to deter pests (insects and browsing animals). In the human body, caffeine stimulates the central nervous system. This stimulation can increase concentration, energy levels, and alertness. As most devoted coffee drinkers are also aware, drinking too much caffeine can create uncomfortable "jitters," elevated heart rate and blood pressure, insomnia, anxiety, nausea, headache, and other adverse side effects (FDA, 2024).

How does the effect of caffeine in yaupon differ from that in coffee or tea? This can be better understood by examining caffeine concentration in each beverage. One study investigating caffeine exposure found that a typical 12-ounce cup of brewed coffee contains approximately 115-250 milligrams of caffeine, a 12-ounce cup of black tea contains 70 milligrams, and a 12-ounce cup of green tea contains 40 milligrams (Mitchell et al., 2015). Yaupon tea is purported to contain 40-60 milligrams of caffeine per 12-ounce cup (Aguilar, 2023). Each of these concentrations can vary, however, depending on several factors such as how the beverage is brewed, how the beans/ leaves are processed and dried, when they are harvested, soil nutrition, and other environmental factors (Palumbo et al., 2009; Olechno et al., 2021). Caffeine's "buzz" and later "crash" relates to its effect on brain chemistry. The smoother energy boost from tea and yaupon is thought to be influenced by lower caffeine concentration and balance with other chemicals, including theobromine, a substance also found in chocolate. Although coffee contains a negligible amount of theobromine, tea and yaupon contain more. More research comparing this effect could better elucidate why yaupon provides a "smoother buzz" than coffee.

What does yaupon "tea" taste like? Yaupon lacks bitterness characteristic of coffee or strongly brewed black or green teas because, unlike these beverages, it lacks tannins (Palumbo et al., 2009). It has been described as having a "smooth," floral or earthy flavor reminiscent of green tea but with a different flavor profile and appearance depending on how yaupon is prepared (ex., roasting temperature and duration, steeping time, etc.).

MAKING YAUPON TEA

Brewing yaupon does not technically make it a tea, since the term applies only to brewed leaves of *Camellia sinensis* (tea plant), such as green or black tea, Oolong tea, and many other variations. A tisane, however, is a drink made from steeping herbs, fruits, flowers, spices, or roots in hot water. Preparing and brewing yaupon is technically a tisane. Since tisane is not a term commonly used or understood and yaupon leaves are brewed similarly to green and black tea, brewed yaupon is commonly referred to as yaupon tea.

Although detailed recommendations for making yaupon tea vary, it usually involves harvesting, drying, and roasting the leaves. Some yaupon tea makers also mix other herbs (ex., mint, lemon verbena leaves) with yaupon to achieve different flavors and effects of the tea. One can use the following steps to prepare small batches of yaupon tea.

1. **Locate an available source of yaupon.** Correctly identify a yaupon shrub (follow the identification guidelines above to accurately identify yaupon. Note: other hollies or similar appearing species may be harmful to consume). Obtain permission to harvest and ensure the shrub is free from pesticides and other pollutants (ex., avoid harvesting near roads to avoid heavy metal pollution from car exhaust, avoid areas sprayed by herbicides). Examine the shrub to assess its health and harvest from plants with healthy, full foliage.
2. **Determine harvest time.** Younger leaves were shown to contain higher caffeine concentrations than older leaves (Edwards, 2002), so harvesting in late spring and early summer may yield leaves with higher caffeine levels. Otherwise, the leaves can be harvested at any time of the year since both younger and older leaves can be used.
3. **Harvest.** Using hand pruning tools, select healthy young twigs to harvest. If prioritizing young leaves, look for tender, light green leaves (older leaves may be darker green and leatherier) and prune twigs to the length of this new growth (ex., four-to-eight-inch twig lengths) (Fig. 5). You can also combine newer and older leaves by cutting longer twig lengths to 12-18 inches. Alternatively, you can strip the leaves from the twig, and the plant will eventually leaf out again. For the plant's health, be sure to make pruning cuts above the next node so the pruning wound seals properly. A general rule of thumb in tree pruning is to remove no more than 25% of the vegetation in one year, however some yaupon commercial growers remove up to 50% per harvest. Place harvested twigs or leaves in a paper bag, basket, or cloth bag.
4. **Drying and processing.** Lightly rinse leaves, then pat dry with a towel. Spread twig cuttings or leaves out on paper, a cookie sheet, or screen to fully dry in a well-ventilated area, avoiding direct sunlight. After drying, separate leaves from fruits and twigs (discarding fruits and twigs) (Fig. 5).
   a. <u>Note:</u> Do not use the fruits in the tea since they contain the toxin ilicin.
   b. <u>Optional:</u> Proceed to the "making tea" step below (skipping the "roasting" step) if interested in making "green" yaupon tea.
5. **Roasting.** Recommendations for this step vary. The authors will share their preferred method.
   a. Traditional method (using leaves): roast leaves over a dry skillet for 10 to 15 minutes. Avoid burning the leaves. Stir constantly until it is evenly toasted. Traditionally, young twigs were also sometimes roasted with leaves.
   b. Author's method: Spread the dried leaves on a cookie sheet and preheat the oven to 300°F (Fig. 5). Once the oven has preheated, place the cookie sheet on the middle rack and roast the leaves for 20 to 25 minutes. Remove from the oven. Cool.
   c. Other methods: There are different recommendations for roasting temperature (200 to 300°F) and roasting duration (15-25 minutes), depending on taste preference. Experiment to discover a preferred flavor but avoid burning the leaves.

6. **Storage:** Store whole leaves in a lidded glass jar in a cool, dark pantry or cabinet until ready to use.
7. **Making tea.** Recommendations for this step vary. You can brew hot tea, cold brew or make iced tea.
    a. Crush dried or roasted leaves coarsely by hand or grind more finely in a food processor to increase surface area. Place crushed/ground leaves in a tea bag or tea strainer or directly in the tea pot. The author's recommended ratio is one tablespoon of crushed roasted yaupon leaves to 12-16 ounces of water (1 tbsp ground yaupon leaves: 1 ½ to 2 cups water) (Fig. 5).
        i. *Hot tea (or for making iced tea):* Heat water in a kettle or over the stove to a boil. Allow water to cool slightly, to approximately 180 to 212°F (Yaupon Tea Company, n.d.), then pour hot water over leaves and allow to steep 10 minutes or longer (experiment with the flavor you prefer). Strain leaves. Add sweetener, if desired. Drink immediately or cool to make iced tea.
        ii. *Cold brew:* Place leaves in room temperature water in a lidded container and refrigerate for 12 to 24 hours (Yaupon Tea Company, n.d.). Strain and drink.

Figure 5: *Yaupon (1) harvesting, (2) processing, (3) roasting, (4) tea-making, and (5) the finished tea.* Credit: All images by Holly Campbell

ECOLOGICAL IMPORTANCE OF YAUPON

Yaupon provides excellent wildlife habitat through cover, nesting sites, and food. It is a valuable pollinator plant (Wright et al., 2013) and the fruits provide an important food source to birds, including eastern bluebirds, sapsucker species, cedar waxwings, mourning doves, bobwhite quail, wild turkey, and more (Immel, 2000). Moreover, several mammal species are also attracted to the fruits, including racoons, skunks, black bears, foxes, and others (Immel, 2000). Twigs and leaves may be browsed by white-tailed deer (Immel, 2000), although yaupon is not considered to be a preferred browse for deer (Shadow, 2011).

GROWING YAUPON IN THE LANDSCAPE

Overview of Cultivars

Yaupon exhibits significant variation in growth habits, berry color, and leaf chemistry. Table 1 includes information on cultivars, characteristics, and recommended uses. In general, dwarf male cultivars (e.g., 'Nana', 'Schilling's Dwarf') are compact and popular in landscaping, and as foundation plants (Fig. 6), while upright or weeping forms (e.g., 'Pendula', 'Folsom's Weeping', Fig. 7) are suitable as specimen trees (Fig. 8). If berry production is an objective, heavy female berry producers such as 'Jewel' and 'Pride of Houston' should be planted. For space-saving vertical accents, 'Will Fleming' would be a good choice. Cultivars with few or no berries are preferred for harvesting to reduce labor in sorting the leaves from the berries.

Table 1. Select yaupon cultivars and their recommended landscape use.

Cultivar	Height	Spread	Sex	Berry Production	Habit & Landscape Use
'Dwarf'	3–5 ft	4–6 ft	Female	Yes (red berries)	Low hedge, borders, foundation plantings
'Hogy'	3–5 ft	4-7 ft	Female	Yes (red)	Dwarf form with yellow-colored leaves; low hedge, foundation planting
'Gremicrt'	3 ft	30-in	Female	No (non-flowering)	dwarf form; foundation planting, containers
'Schilling's Dwarf' (syn. 'Stokes Dwarf')	3–4 ft	4–5 ft	Male	No	Formal clipped hedges, low maintenance
Bordeaux™ ('Condeax')	4-5 ft	5-6 ft	Male	No	Dwarf form; new growth purplish-red
'Pendula' (Weeping Yaupon)	15–30 ft	6–12 ft	Female	Yes (abundant, bright red)	Specimen tree, graceful weeping form
'Pride of Houston'	15–20 ft	8–12 ft	Female	Yes (heavy set)	Upright ornamental, berry interest
'Jewel'	12–15 ft	8–10 ft	Female	Yes (very heavy, bright red)	Wildlife gardens, heavy fruit ornamental
'Will Fleming' (syn. 'Will's Upright')	10–20 ft	2–3 ft	Male	No	Upright habit; Vertical accent, tight urban spaces, tall screening
'Wiggins' (syn. 'Wiggins Yellow')	10–20 ft	10–12 ft	Female	Yes (yellow fruit)	Upright and spreading habit
'Folsom's Weeping' (syn. 'Grey's Weeping')	10–15 ft	6–10 ft	Female	Yes (red berries)	Smaller weeping specimen
'Taylor's Rudolph'	12–15 ft	8–10 ft	Female	Yes (red berries)	Ornamental with berries
'Grey's Weeping'	10–15 ft	6–10 ft	Female	Yes (red berries)	Ornamental smaller weeping
'Otis Miley'	10–15 ft	6–8 ft	Female	Yes (orange-yellow fruit)	Ornamental with berries
'Panhandle Gold'	10–15 ft	6–8 ft	Female	Yes (ornamental, with bronze/yellow foliage)	Ornamental foliage interest
'Saratoga Gold'	12-14 ft	6-8 ft	Female	Yes (heavy golden yellow berries)	Ornamental with berries

Figure 6: ***Yaupon used as a foundation plant.*** Credit: Bodie Pennisi

Figure 7: ***Yaupon weeping form.*** Credit: Bodie Pennisi

Figure 8: ***Yaupon as a specimen tree.*** Credit: Bodie Pennisi

Site Selection and Preparation, Planting, and Post-Planting Care

Yaupon adapts well in a variety of sites, from full sun or shade, in sand or clay, and is very tolerant of drought, and can withstand direct salt spray and moderate soil salinity. In shaded spots, growth will be slower and the canopy thinner. Fruiting also will be reduced.

Yaupon can be used for topiaries, espaliers, specimens, screens, or barriers. Typically, with a new house, the foundation plants are already in place, and little care is needed (more details below).

Before planting, conduct a soil test to determine soil pH and mineral nutrient levels. New planting is best done in the cooler season, to minimize plant stress. It is important to ascertain that the prospective site has good drainage. Some soils contain a layer of compacted clay, called a hardpan, several inches beneath the surface. This causes poor drainage and a weak root system. A soil probe helps determine if there is a hardpan or rock underground that may cause drainage problems. Planting holes dug in poorly drained soils become pockets of standing water after rain or irrigation. Plants often decline and die when their roots lack oxygen while growing in water. Deep tilling or sub-soiling prior to planting is one possible solution to poorly drained sites. On extremely heavy soil, the only solution may be to construct a raised bed of well-drained topsoil 12 to 18 inches above the existing soil grade.

After selecting a suitable place large enough to accommodate the mature plant size, dig a hole two to three times the size of the root ball and as deep as the root ball. Research has shown that a wide planting hole results in more rapid root growth and plant establishment than a hole dug no wider than the root ball. If the outer roots appear matted or are circling the root mass, make several vertical cuts approximately one-fourth inch deep on several sides of the root ball. This encourages the roots to grow outward and allows water to penetrate the root ball. Do not add any soil amendments to the planting hole. Set the plant in the center of the planting hole, making certain the top of the root ball, where the main trunk meets the roots, is level with the soil surface. Planting depth is critical. If the root ball is too deep or too shallow, plants struggle and sometimes die. The next step in the planting process is to backfill the hole about 1/3 full of the soil removed from the hole, after breaking apart clods and removing stones and other debris. Then water to settle the soil and remove air pockets, add additional backfill to within 1/3 of the top of the hole, and water again. Finally add more backfill to bring the soil to the original grade, and water again. Fertilizer is not necessary for plant establishment, and it is best to wait until the plant has established before fertilizing it. After plant establishment, avoid overfertilization because the growth flush may attract pests that feed on the new growth (in particular, the insect yaupon psyllid, *Gyrropsylla ilicis*). Additionally, faster growth will necessitate more frequent pruning, especially if the plants are spaced closer than optimal. For best results, continue irrigating weekly for about a month after planting, and throughout dry spells for a year.

If a screen is the objective, plants should be spaced closer and shaped into a hedge. When shaping the planting, make sure that the lower part is wider and the top is narrower; this ensures adequate light to the bottom foliage (Fig. 9).

Plants in the landscape require about 10 years to develop a distinct vase-shape. Yaupon is ideal for training into a small tree with lower branches removed to reveal the trunk (Fig. 10).

Figure 9: ***Dwarf yaupon maintained as a hedge.*** Credit: Bodie Pennisi

Figure 10: ***Yaupon before (image on left) being trained into a small tree (image on right).*** Credit: Bodie Pennisi

In lighter soils, the upright types (much less the dwarf forms) tend to sprout readily from the roots forming clumps of upright shoots beneath the canopy. Sprouting is more common when the soil beneath the canopy is disturbed, as in planting flowers under the tree. These need to be pruned to the ground to maintain a neat appearance.

A frequent question arises when a plant has outgrown its space. Yaupon responds well to rejuvenation pruning, which is a drastic reduction in size (Fig. 11). Rejuvenation is typically performed in the dormant season; however, to minimize the time a plant shows only bare branches, it is recommended that it be done in early spring. Recovery occurs within the same season, although it will take several years for the plant to reach its previous size.

Figure 11: ***Yaupon before (image on left) and after rejuvenation pruning (image on right).*** Credit: Bodie Pennisi

Because yaupon may be cultivated either as an ornamental or as a tea plant, pesticide practices must align with its intended use. When grown strictly for ornamental purposes, conventional products labeled for landscape and ornamental plants are acceptable, though applications are seldom required due to yaupon's relatively low pest pressure. In contrast, when foliage is intended for consumption, only pesticides approved for use on tea crops should be used. These are typically naturally derived or organic products, including neem oil, azadirachtin (a neem extract), pyrethrins, essential oil–based insecticides, horticultural oils, and the biocontrol fungus *Beauveria bassiana* (Borden et al., 2020). For more information on these kinds of products and how to safely apply them, see Georgia Pest Management Handbook – Home and Garden Edition (https://ipm.uga.edu/georgia-pest-management-handbook/). Yaupon psyllid is the most common pest of yaupon and, as mentioned, may be attracted to new growth (Wilhelm et al., 2021). This insect is typically found in the Coastal Plains and is rarely considered a serious pest. Generally, pruning the affected shoot reduces the damage (see Additional Resources for more information). Since yaupon is relatively pest- and disease-free, it is a good candidate for a garden without pesticide use.

Disclaimer: As always, please use caution when consuming new foods. The authors of this publication and the University of Georgia cannot be held liable for adverse reactions that result from consuming yaupon. Consult with your doctor prior to consuming yaupon tea for potential drug interactions or if you have any concerns.

ADDITIONAL RESOURCES

American Yaupon Association: https://www.yauponamerica.org/

Ceremony, Medicine, Caffeinated Tea: Unearthing the Forgotten Faces of the North American Stimulant Yaupon (Ilex vomitoria): https://www.cambridge.org/core/journals/comparative-studies-in-society-and-history/article/ceremony-medicine-caffeinated-tea-unearthing-the-forgotten-faces-of-the-north-american-stimulant-yaupon-ilex-vomitoria/C852C184158DAA328739E2B4BAE3D0F3#fn14

Yaupon Holly Culture and Pest Management for Tea Production and Ornamental Use: https://www.researchgate.net/profile/Matthew-Borden/publication/347253150_Yaupon_Holly_Culture_and_Pest_Management_for_Tea_Production_and_Ornamental_Use/links/601ae5eba6fdcc37a8ff5c0f/Yaupon-Holly-Culture-and-Pest-Management-for-Tea-Production-and-Ornamental-Use.pdf

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