

☐ Tulip Poplar IrG



Growing straight and tall with light gray bark and a large broad leaf that looks like the tip has been bitten off, the tulip poplar is easy to find. The flowers of the tulip poplar are an important source of nectar for honeybees. Due to their large size, tulip poplar logs were often used by the Cherokee to make canoes. The Cherokee also used tulip poplar to heal wounds and cure digestive problems.

☐ Sourwood 0ᵇΛω(G)



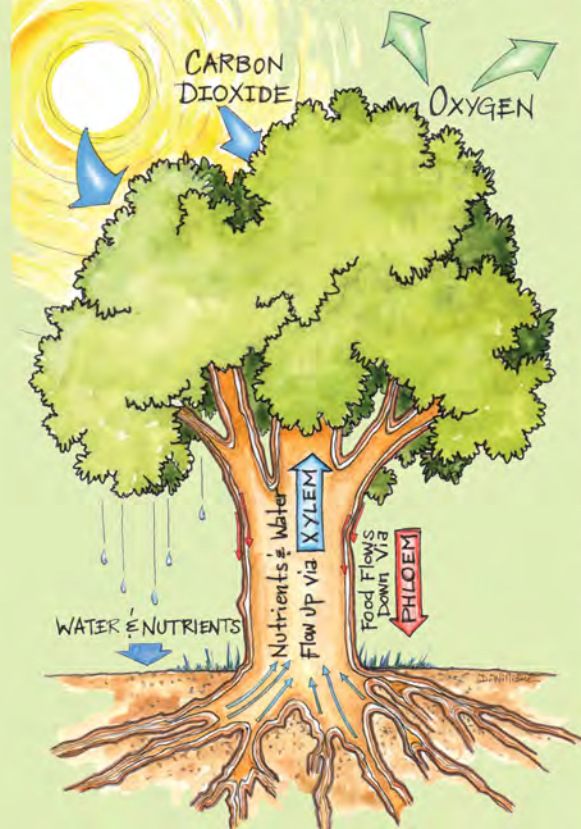
The sourwood tree has chunky bark and clusters of tiny white flowers in the spring. Sourwood bark was used by the Cherokee to treat diarrhea, and the straight twigs were used to make arrows. In one Cherokee legend, the daughter of the Sun was killed by a magic rattlesnake, and seven men retrieved her from the underworld by touching her with sourwood twigs and bringing her back to life.

☐ Rhododendron SᵇS ᵇᵂᵂ



Rhododendron is a small evergreen tree that grows well in the shade. The dark green leaves are long and skinny with a smooth, leathery feel. In the summer, rhododendrons blossom with beautiful pink or white flowers. To treat joint pains, the Cherokee would scratch a patient's skin and then apply a tea made from rhododendron and similar plants.

The Need to Know How Trees Grow



Plants and trees have the ability to make their own food in a process known as photosynthesis. They do this by sucking water and nutrients from the soil up through their xylem and into their leaves. The water and nutrients are combined with carbon dioxide and sunlight to make a sugary food called glucose. This food then travels down through the phloem to the rest of the tree, so it can grow.

Illustrations by David Williams, Wingle's Works

☐ Cherry Birch DL DJRY Eᵂᵂ



Cherry birch got its name because the bark of young trees looks like the bark of a cherry tree, with horizontal stripes called lenticels. The leaves have serrated (saw-toothed) edges, and the shoots have a wintergreen scent. The Cherokee used birch to make a pleasant tasting tea that they drank for enjoyment and to settle the stomach.

☐ Sassafras ᵂᵂᵂDLr



The sassafras is a small tree that can be identified by its three distinct leaf shapes (entire, mittened and three-lobed). The fruits of the sassafras are eaten by many different birds. Sassafras tea was a favorite beverage of the Cherokee due to its great taste and the belief that it cleansed the blood. The bark and leaves were chewed and the spit produced was rubbed on spider bites.

☐ Red Maple ᵇGY Yᵇᵂ(T) DLrᵂᵂ



Able to grow in almost any soil condition, the red maple is one of the most abundant and widespread trees in eastern North America. With red twigs, buds, flowers and seeds, it's easy to see how the red maple got its name. In the fall, the leaves also turn a brilliant red color. The Cherokee boiled the bark of the red maple and used it to treat eye problems.

The Need for Trees and Cherokee Remedies



Trees are very important to people, animals, insects, fungus and even other trees. This is because trees provide so many things for people and the forest, including shelter, food, medicine, and oxygen. This TRACK Trail Adventure will help you identify six of the most common trees found along this trail.

Use this brochure to identify trees and discover the roles that different trees played in Cherokee life. For your safety, stay on the trail and be aware of your surroundings.



STOP Please do not eat anything you find along the trail.

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Thanks for joining us on the trail today! Visit our website to find more TRACK Trail™ adventures near you!

The next generation of stewards will help preserve the world's plants, animals, natural lands and our heritage. What will you do to make a difference?



Kids in Parks...

Providing a network of fun-filled adventures that get kids and families active outdoors and connected to nature.



TRACK Trail Partners



Kids in Parks Founding Partners



Just like trees, seeds come in different shapes and sizes. With a little help from soil nutrients, moisture and sunlight, seeds can sprout into seedlings. For most tree species, when the sprout has reached 4 feet tall and up to 4 inches in diameter it becomes a sapling. Saplings officially become trees when their trunks are thicker than 4 inches in diameter at chest height.

Tree Cycle

Tree Cycle Checklist:
Can you find a...

Seed? _____

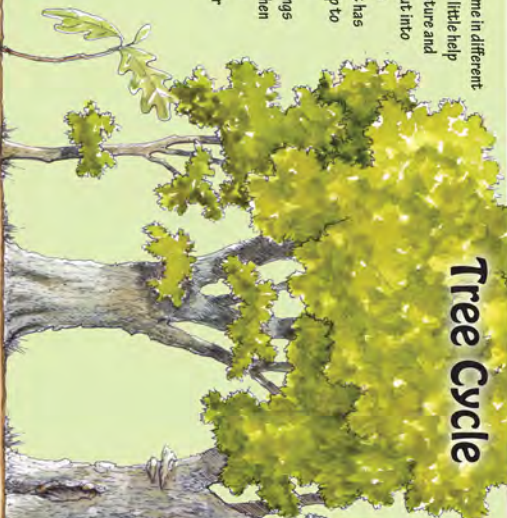
Seedling? _____

Sapling? _____

Tree? _____

Snaar? _____

Fallen Log? _____



Most trees will continue to grow until their death. Sometimes, dead trees don't fall to the forest floor immediately. These trees, called snags, play an important role as habitat in the forest. Fallen trees and snags slowly decompose, recycling valuable nutrients back into the soil. This enriched soil helps sprouting seeds grow into healthy saplings, which then become full-grown trees to complete the cycle.