



The Need for Trees & Cherokee Remedies

Trees are an essential part of our environment! They are important to other plants, fungi, wildlife, and people and provide countless benefits, such as oxygen, shelter, and food. In this adventure, you'll learn to identify six of the most common trees found in the park.

Remember to stay on the trail and leave no trace. For your safety, look out for other plants, like poison oak or ivy, that may be climbing up the tree!



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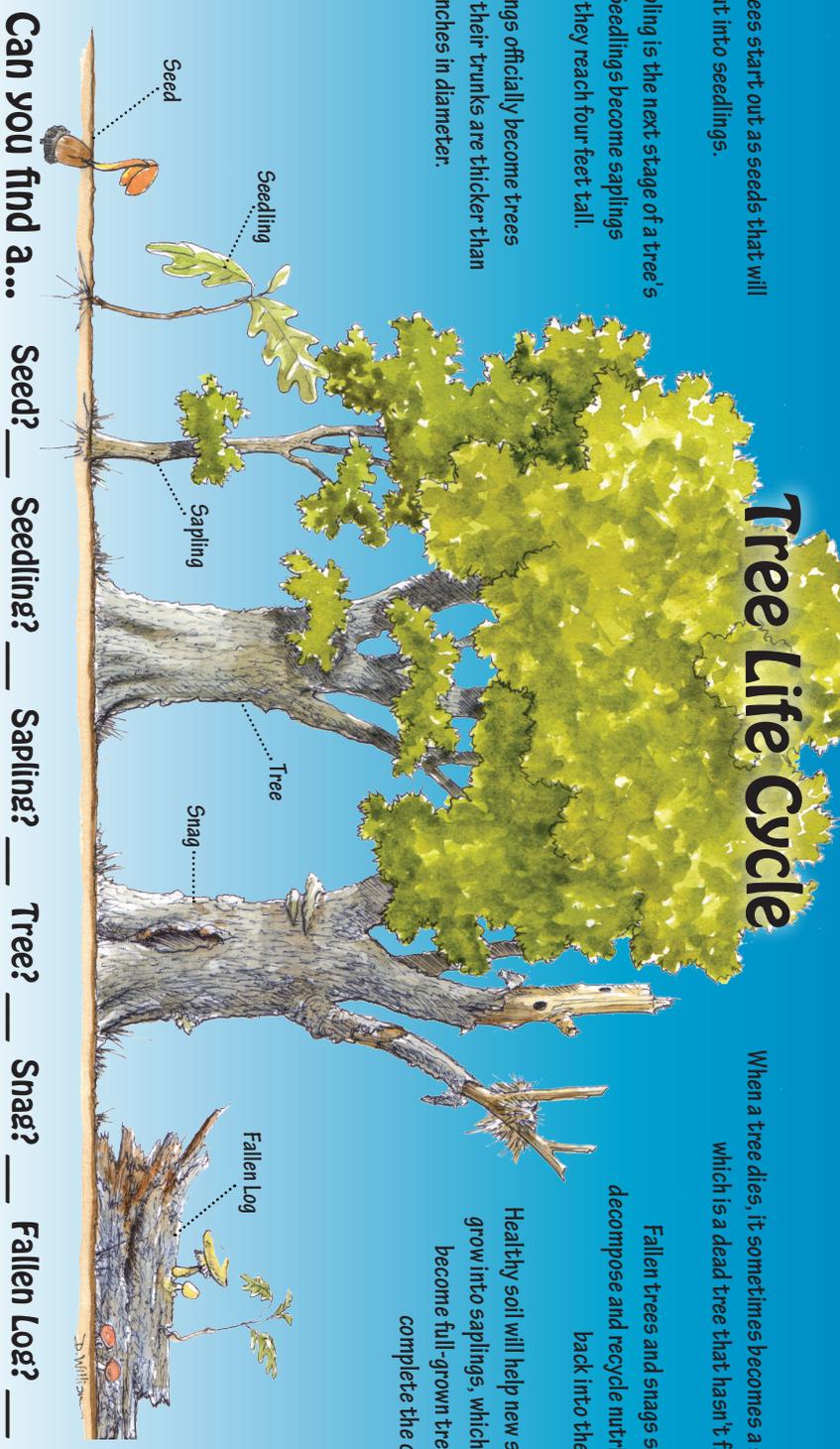


Kids in Parks is a program of the

TRACK Trail Partners:



Tree Life Cycle



Can you find a... Seed? ___ Seedling? ___ Sapling? ___ Tree? ___ Snag? ___ Fallen Log? ___

All trees start out as seeds that will sprout into seedlings.

A sapling is the next stage of a tree's life. Seedlings become saplings when they reach four feet tall.

Saplings officially become trees when their trunks are thicker than four inches in diameter.

When a tree dies, it sometimes becomes a snag, which is a dead tree that hasn't fallen.

Fallen trees and snags slowly decompose and recycle nutrients back into the soil.

Healthy soil will help new seeds grow into saplings, which then become full-grown trees to complete the cycle.

● **Tulip Tree - ᎠᎵᎠ** (Tsi-yu)



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 - ᎠᎵᎠᎵᎠᎵᎠ** (Nv-do-que-tsa)



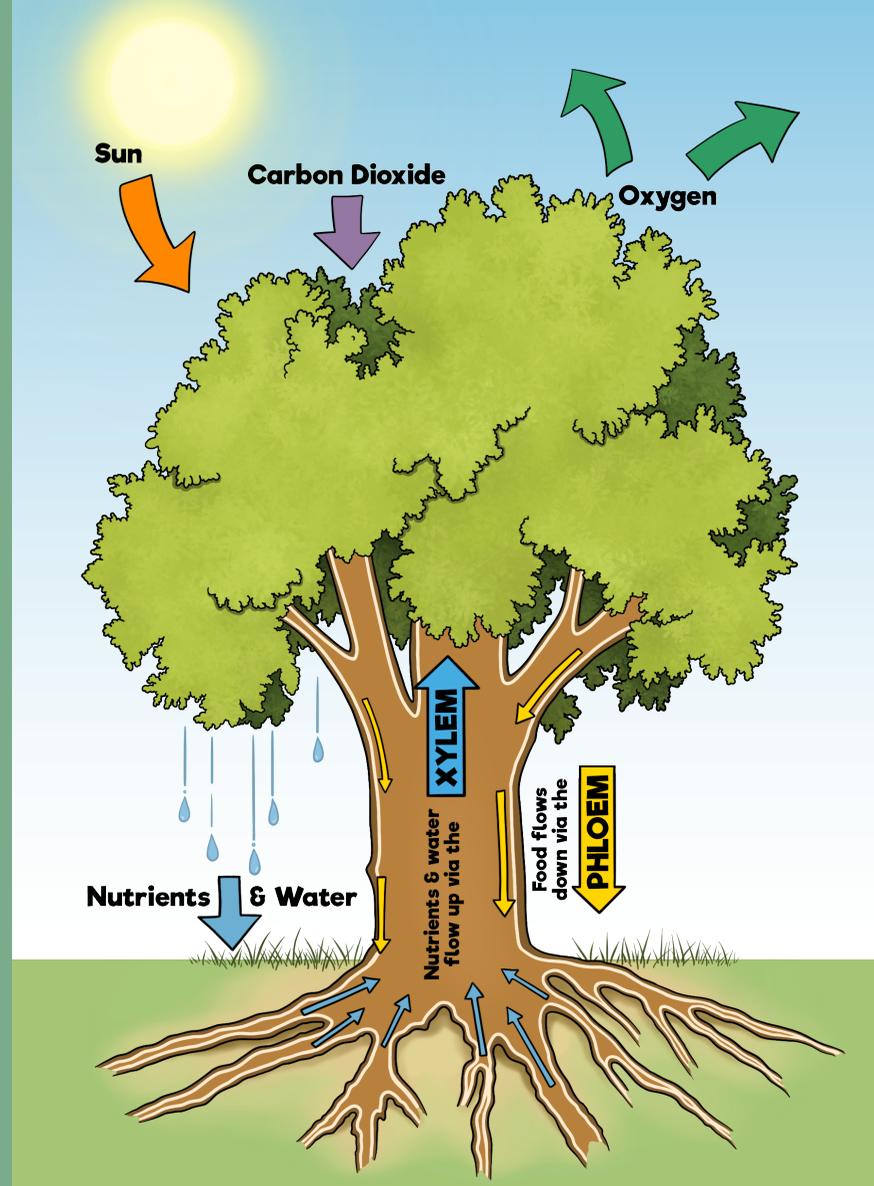
The sourwood tree has chunky bark and clusters of tiny white flowers in the spring. Sourwood bark was used by the Cherokee to treat diarrhea, and the straight twigs were used to make arrows. In one Cherokee legend, the daughter of the Sun was killed by a magic rattlesnake, and seven men retrieved her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

● **Rhododendron - ᎠᎵᎠᎵᎠᎵᎠ** (Du-su-ga Tsu-na-ta-na)



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



Most plants make their own food through a process known as **photosynthesis**. This occurs when nutrients and water flow up from the roots via the xylem and combine with carbon dioxide and sunlight absorbed in the leaves. This chemical reaction produces **oxygen**, which is released into the air, and **glucose**, a type of sugar, that is dispersed throughout the rest of the tree via the phloem.

● **Cherry Birch - ᎠᎵᎠᎵᎠᎵᎠ** (A-da A-di-sv-gi Gv-na-ge)



Cherry birch, or Sweet birch, got its name because the young tree bark resembles that of the cherry tree, given the horizontal stripes called **lenticels** in the bark. The leaves have **serrated** (saw-toothed) edges, and the branches and new growth have a refreshing wintergreen scent. The Cherokee used birch to make a pleasant tasting tea that they drank for enjoyment and to settle the stomach.

● **Sassafras - ᎠᎵᎠᎵᎠᎵᎠ** (Ka-na-s-da-tsi)



The sassafras is a small tree that can be identified by its three distinct leaf shapes (entire, mitten 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 - ᎠᎵᎠᎵᎠᎵᎠ** (Tsu-wa-gi Gi-ga-ge-i A-tsi-lv-s-gi)



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.