

☐ Rhododendron (Rhododendron maximum)



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.

☐ Eastern Hemlock (Tsuga canadensis)

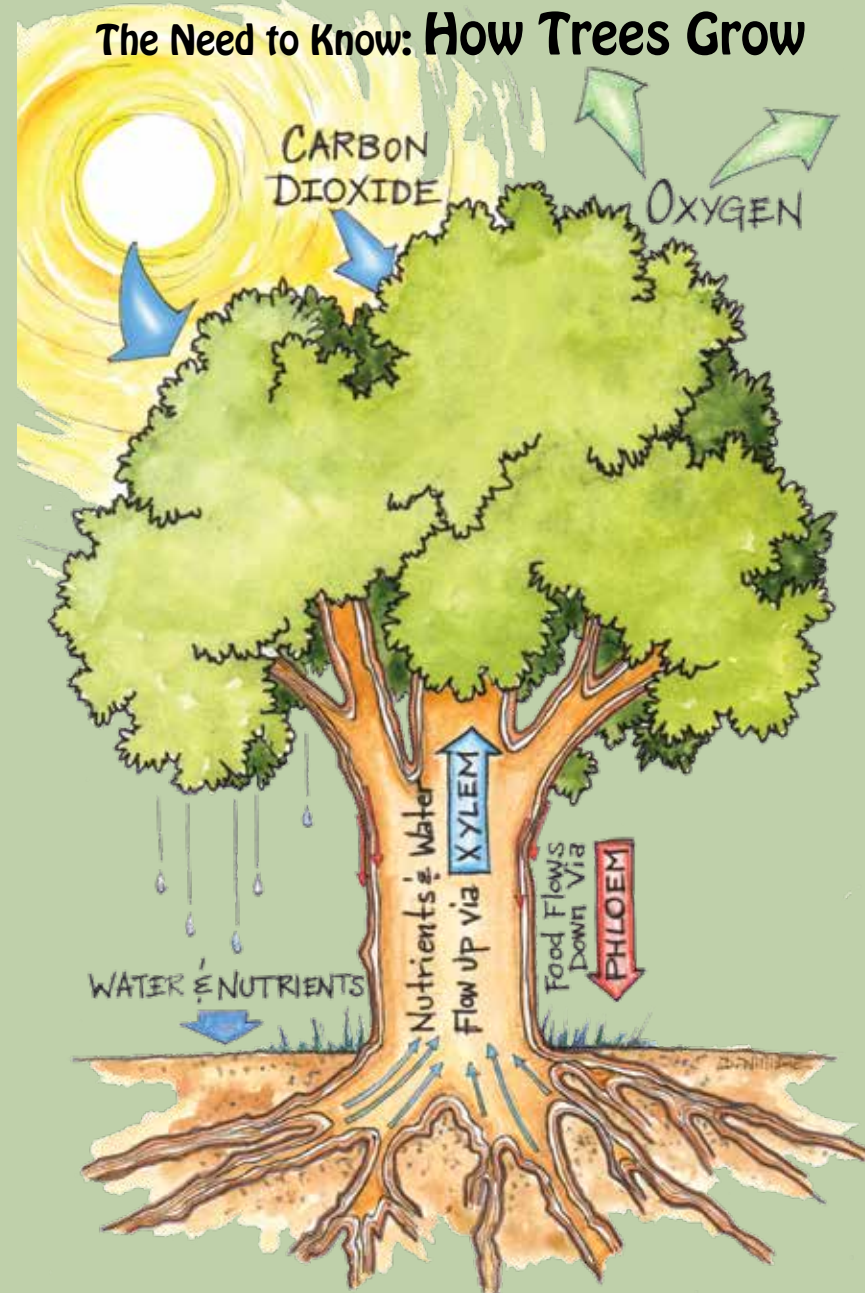


A very shade-tolerant tree, the eastern hemlock has short, rounded needles and cones about the size of a nickel. Over the past several decades, the eastern hemlock has been in decline due to the hemlock woolly adelgid, a tiny sap-sucking insect that was accidentally introduced from Asia. The woolly adelgid makes egg sacks that look like tiny tufts of wool on the tree's twigs.

☐ American Sycamore (Platanus occidentalis)



This fast growing tree is easily recognizable by its mottled bark, which peels off in large irregular sheets to reveal shades of white, green, yellow, and brown underneath. The leaf can have three to five lobes, and its edges are wavy with teeth. The sycamore is also known as a buttonwood because of its round, bristly fruits. Parts of the tree were once used by Native Americans as medicine.



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, Wingin' it Works

☐ Black Walnut (Juglans nigra)



Black walnut trees grow best with lots of water and sunlight. They have dark brown or blackish bark and **compound leaves** (many leaflets on one stem). The nuts fall from the tree in autumn and are a favorite food of wild animals and humans alike, though removing the nut from the husk and shell is a rather messy and difficult process. Black walnut is also prized for its timber.

☐ Tulip Poplar (Liriodendron tulipifera)



Growing straight and tall with a light gray bark and a large broad leaf that looks like the tip has been bitten off, the tulip poplar is easy to find. Due to its large size and straight growth, this tree provides a lot of useful lumber. Tulip poplar is also a very important tree for honey production. In spring, honeybees collect nectar from the poplar's large and plentiful yellow-orange flowers.

☐ White Pine (Pinus strobus)



With an extremely straight trunk, needle leaves in **fascicles** (bundles) of five and long skinny cones, the eastern white pine is easy to identify. This tree has long been used as a source of food and medicine. The needles are high in vitamin C and are used to make tisane, an herbal tea. Deer and rabbits eat the foliage and songbirds and mice graze on the seeds. White pine is also a valuable lumber tree.



The Need for Trees

Trees are very important to people, animals, insects, fungi, and even other trees. This is because trees provide so many things for people and the forest, including shelter, habitat, food 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 and learn about trees.

For your safety, stay on the trail and be aware of your surroundings. Poison ivy climbs up the trunks of trees, too... so if you see a hairy vine, don't hug that tree!



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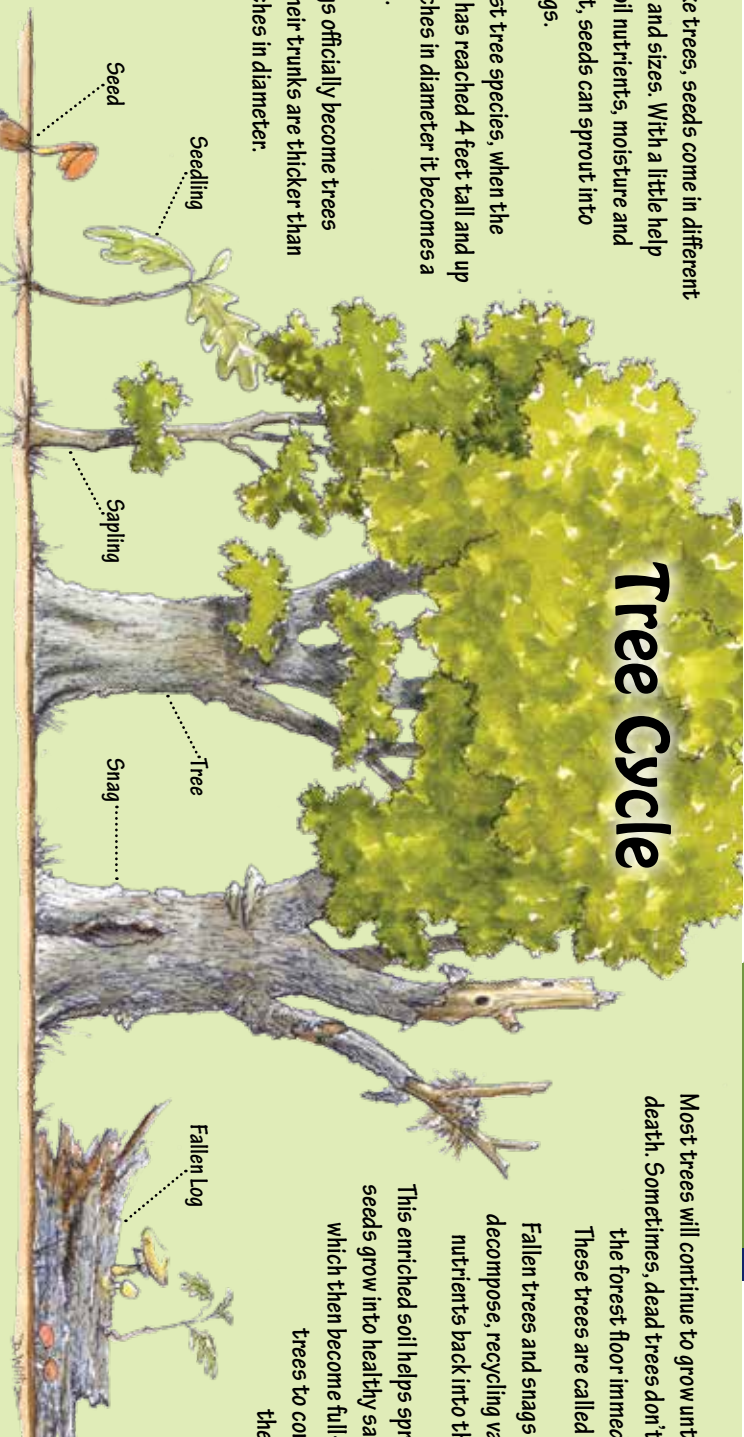


Tree Cycle

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 four inches in diameter.



Most trees will continue to grow until their death. Sometimes, dead trees don't fall to the forest floor immediately.

These trees are called snags.

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.

Can you find a...

Seed? ___

Seedling? ___

Sapling? ___

Tree? ___

Snag? ___

Fallen Log? ___