

**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.

**Pitch Pine** (*Pinus rigida*)

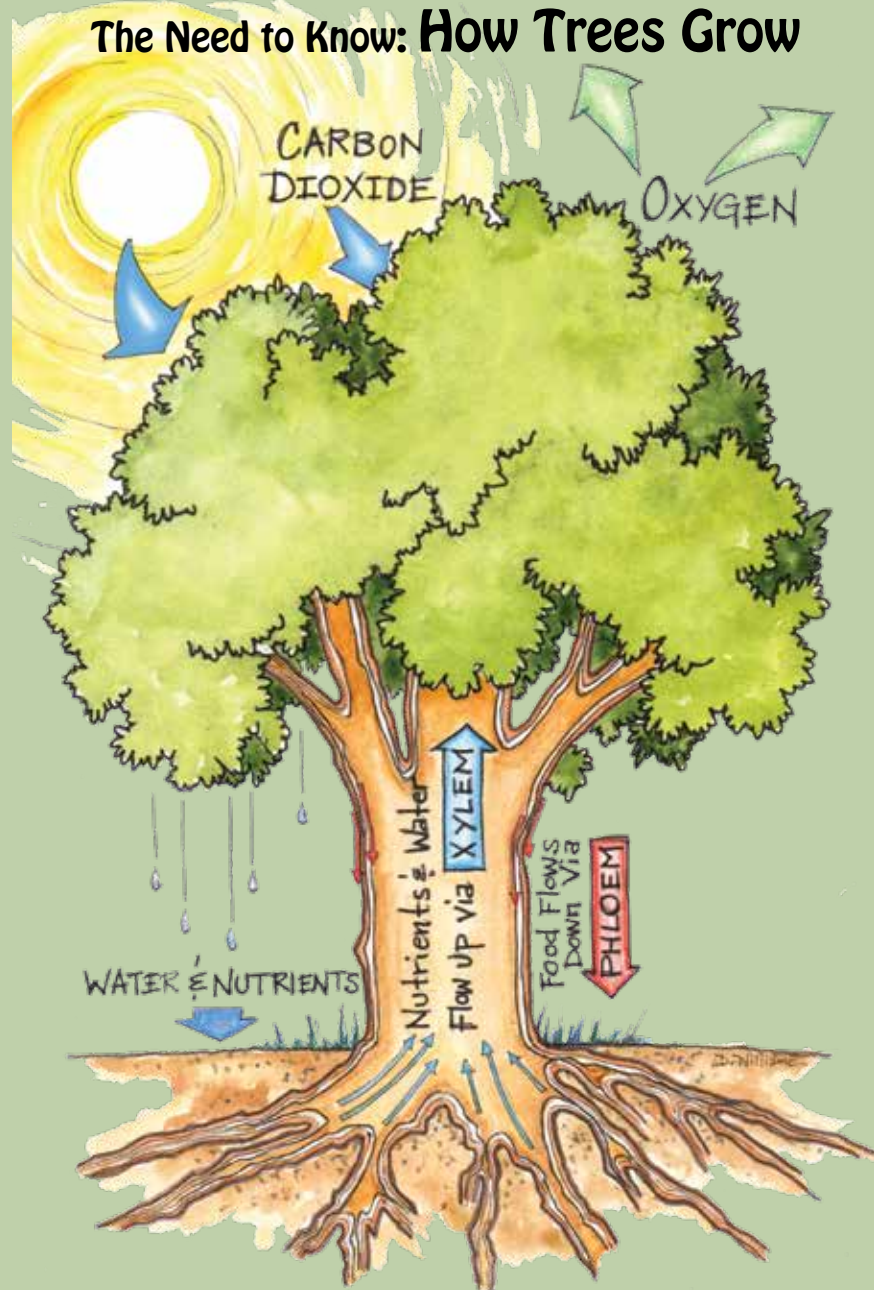


With thick “puzzle piece” bark plates, twisted needle leaves in **fascicles** (bundles) of three and prickly cones the size and shape of a chicken egg, the pitch pine is easy to identify. It gets its name from the sticky sap (pitch) found in its wood. This resin helps the wood resist decay and is used to make turpentine and aromatic products like pine cleaner.

**Persian Silk Tree** (*Albizia julibrissin*)



Also commonly called a “mimosa,” this non-native tree came from the Middle East and Asia, and now thrives all over the southeastern United States. It is best recognized by its feathery, fern-like leaves, and pink, fuzzy blossoms that appear in the summer. These flowers are a good source of nectar for honeybees and butterflies. The mimosa also produces pods that remain throughout the winter.



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

**White Oak** (*Quercus alba*)



The leaves of the white oak have rounded lobes, and the bark is light gray and scaly on older trees. The acorns are elongated with a shallow cap, and have a sweet taste, which makes them a favorite food for deer, bear, turkeys, squirrels and other wildlife. Because of the water-tight quality of the wood, white oak was valued in olden times for shipbuilding, and is still used today to make barrels.

**Northern Red Oak** (*Quercus florida*)



The northern red oak tree has reddish brown bark with broad gray ridges which appear to have a shiny stripe down the center. The leaves are shiny green with pointed lobes, turning a rich red color in the fall. The acorns were boiled and eaten by Native Americans, and are an important food source for many birds and mammals. The red oak is one of the most important lumber trees in North America.

**Sourwood** (*Oxydendrum*)



Due to their deeply furrowed, chunky bark and curvy branch growth, sourwood trees are easy to find. In spring, their white flowers hang in clusters from the branch tips, and in fall the leaves turn crimson red. Sourwood lumber is of little value commercially, but sourwoods are an important source of nectar and pollen, which bees use to make a light-colored honey that is prized in the mountains.





# 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!



**TRACK** your hike at [kidsinparks.com](http://kidsinparks.com) and get **FREE** prizes!



Thanks for joining us on the trail today!

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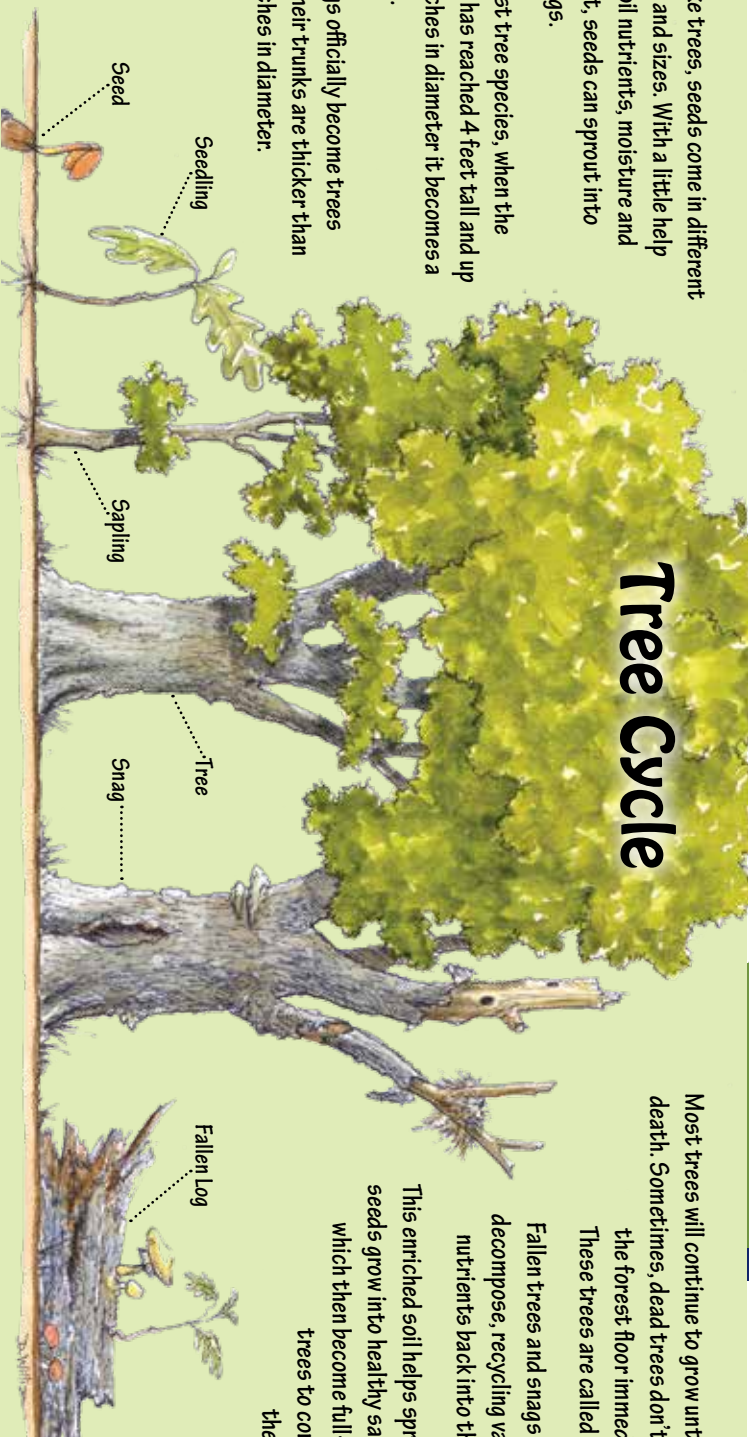
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Just like trees, seeds come in different shapes and sizes. With a little help from soil nutrients, moisture and sunlight, seeds can sprout into seedlings.  
For most tree species, when the sprout has reached 4 feet tall and up to 4 inches in diameter it becomes a sapling.

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

## Tree Cycle



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? \_\_\_