

☐ **Eastern Red Cedar** (Juniperus virginiana)



The Eastern Red Cedar is actually in the juniper family and is not closely related to other cedars. Its tough, stringy bark and waxy, scaly needles are designed for survival in very dry conditions. The berries of the red cedar are an important food source for many songbirds. The wood is prized by builders for its rich red color, sweet smell, and weather-resistant properties.

☐ **Mountain Laurel** (Kalmia latifolia)

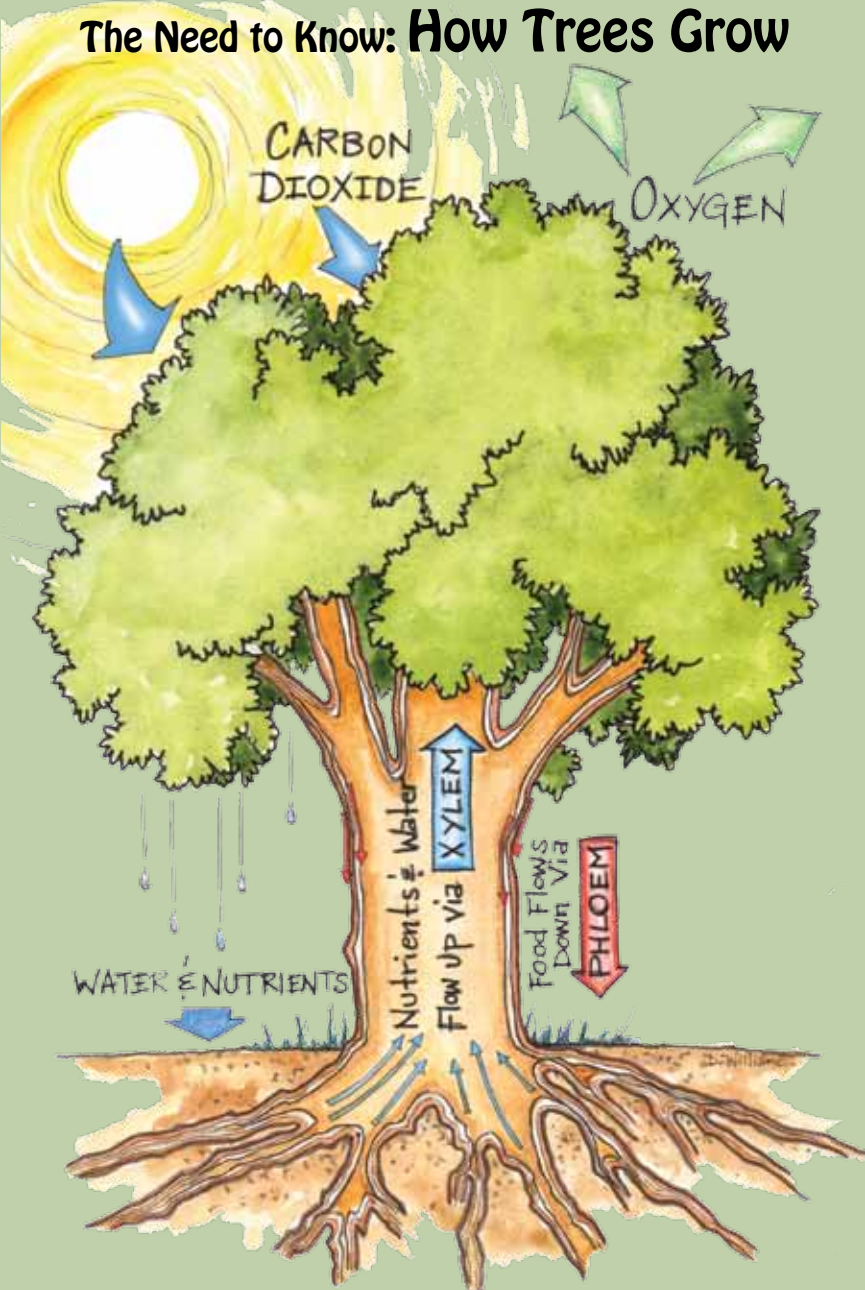


This evergreen shrub can be found in a variety of habitats along Eastern North America. It has a gnarled, multi-stemmed trunk with ridged bark, and typically grows as a rounded, dense shrub of 5-15 feet tall. The leaves are broad with pointed tips, and the mountain laurel's noteworthy cup-shaped flowers bloom in showy clusters during the spring.

☐ **Shortleaf Pine** (Pinus echinata)



The shortleaf pine is a medium-sized tree that usually grows up to 50-60 feet, and has a pyramidal crown. Its short needles are a bluish-green, and can grow from two to five inches in length. The cones are also quite short, growing between one and three inches. Shortleaf pines are used for a variety of purposes, including lumber and paper. Turpentine can also be made from the resin and oils in the tree.



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

☐ **Chestnut Oak** (Quercus prinus)



Although its serrated leaves resemble those of an American chestnut, this tree is actually a species of oak. It is also referred to as rock oak because it likes to grow in rocky areas. The bark of a chestnut oak has vertical rectangular chunks. Good acorn crops are infrequent, but when available, the sweet nuts are eaten by deer, wild turkeys, squirrels and chipmunks.

☐ **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.

☐ **Red Maple** (Acer rubrum)



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. Red maple wood is used to make parts of guitars, banjos, drums, and other musical instruments because of its flexibility, sturdiness, and beautiful coloration.

Can you find a...

Seed? _____

Seedling? _____

Sapling? _____

Tree? _____

Snag? _____

Fallen Log? _____



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.

TRACK your hike at
kidsinparks.com
and get **FREE** prizes!



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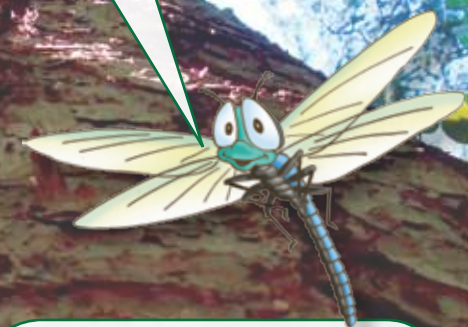
Kids in Parks Founding Partners



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!

