

● **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.

● **Tulip Poplar** (Liriodendron tulipifera)



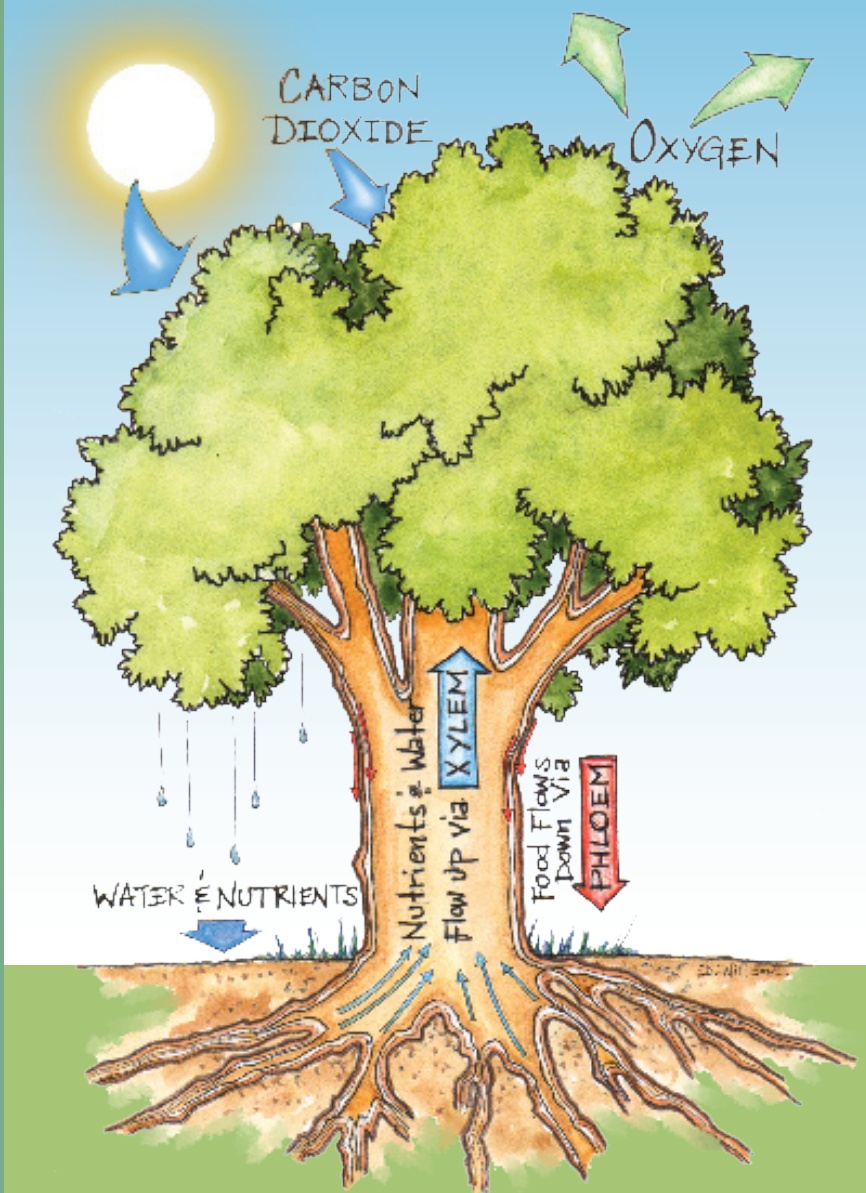
Growing straight and tall with a light gray bark and a large broad leaf that looks like the tip has been bitten off, the tulip poplar is easy to find. Due to its large size and straight growth, this tree provides a lot of useful lumber. Tulip poplar is also a very important tree for honey production.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

● **White 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.

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, Wingin' it Works

● **Black Locust** (Robinia pseudoacacia)



Black locust has deeply furrowed bark with ridges that make a criss-cross pattern. The leaves are **compound** (many leaflets on one stem), and the twigs have paired thorns. Native Americans used the sturdy branches to make bows, and early farmers used the trunks for fence-posts. It was said that if you built your fence out of locust, it would stand for 100 years and then turn to stone.

● **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.

● **Sourwood** (Oxydendrum)



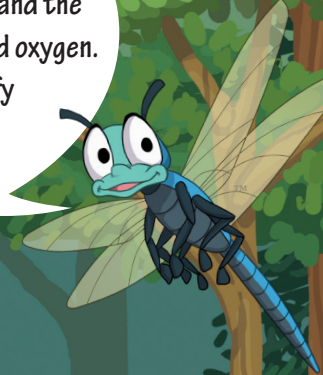
Due to their deeply furrowed, chunky bark and curvy branch growth, sourwood trees are easy to find. In spring, their white flowers hang in clusters from the branch tips, and in fall the leaves turn crimson red. Sourwood lumber is of little value commercially, but sourwoods are an important source of 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 adventure will help you identify six of the most common trees found along this trail

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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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.

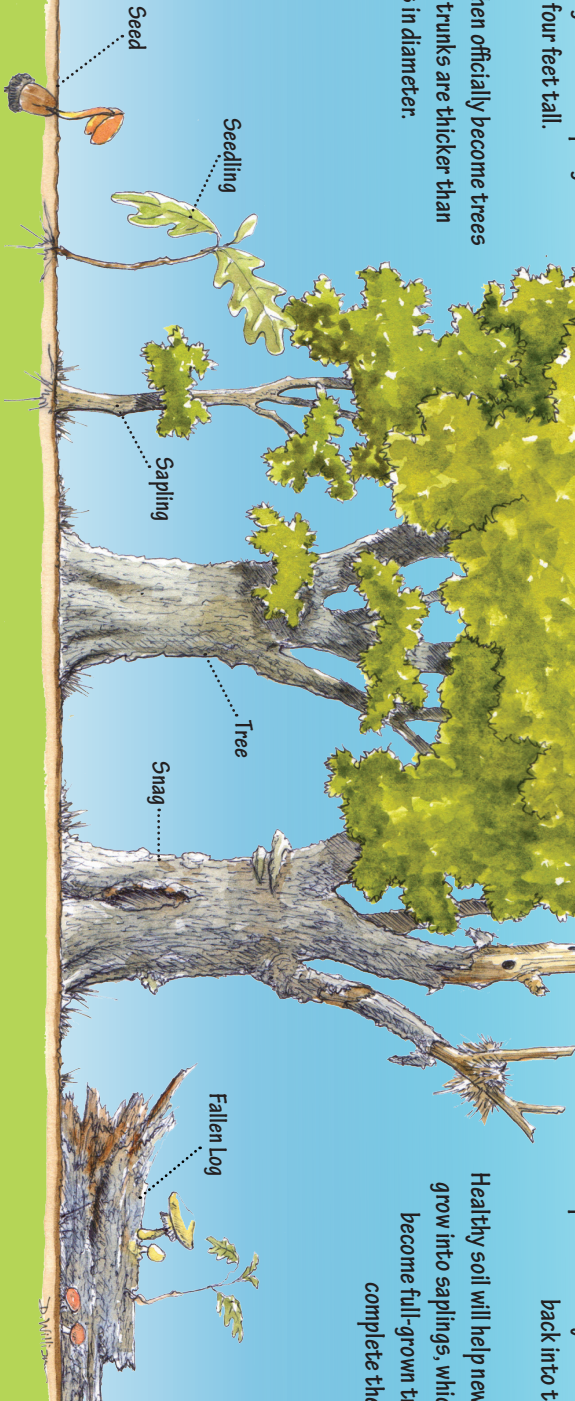
Saplings then officially become trees when their trunks are thicker than four inches in diameter.

Tree Life Cycle

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.



Can you find a...

Seed? ___ Seedling? ___ Sapling? ___ Tree? ___ Snag? ___ Fallen Log? ___