

Eastern Red Cedar



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.

Black Walnut



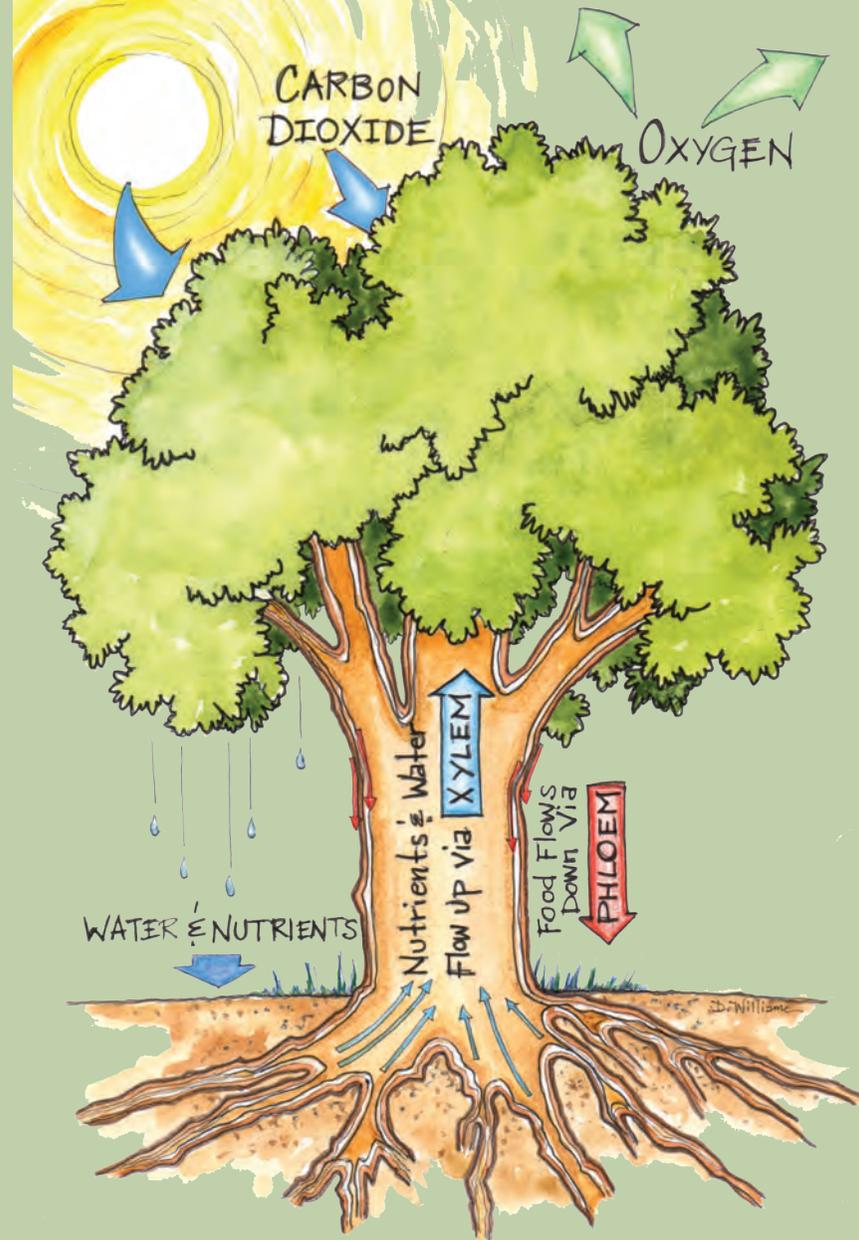
Black walnut trees grow best with lots of water and sunlight. They have dark brown or blackish bark and **compound leaves** (many leaflets on one stem). The nuts fall from the tree in autumn and are a favorite food of wild animals and humans alike, though removing the nut from the husk and shell is a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

Shagbark Hickory



True to its name, the shagbark hickory has rough, shaggy bark that peels in long strips as the tree grows older. The leaves are compound (many leaflets on one stem), and the fruits (hickory nuts) are an important food source for squirrels, racoons, turkeys, and many other animals. Native Americans used the wood to make their bows and harvested the nuts for food, as people still do today.

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

Yellow Poplar



Growing straight and tall with a light gray bark and a large broad leaf that looks like the tip has been bitten off, the yellow poplar is easy to find. Due to its large size and straight growth, this tree provides a lot of useful lumber. Yellow 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.

Red Maple



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.

Southern Red Oak

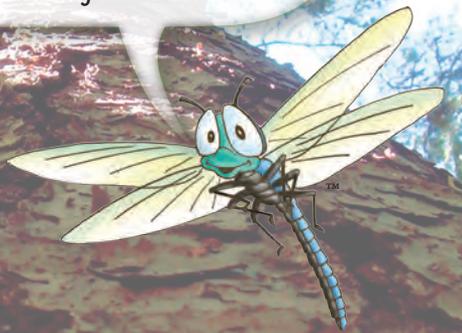


The southern red oak tree has dark brown bark with wide gray ridges. The leaves are shiny green and variable in shape, but usually have long pointed lobes and a distinctive bell shape at the base. The acorns are an important food source for squirrels, deer, turkeys, and many songbirds. Because of its large size and strong wood, southern red oak has long been used by humans for lumber and fuel.



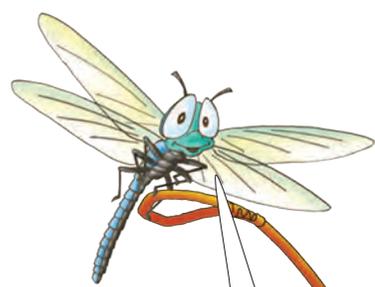
The Need for Trees

Trees are very important to people, animals, insects, fungus, 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 and get **FREE** prizes!



Thanks for joining us on the trail today! Visit our website to find more TRACK Trail™ adventures near you!



The next generation of stewards will help preserve the world's plants, animals, natural lands and our heritage. What will you do to make a difference?

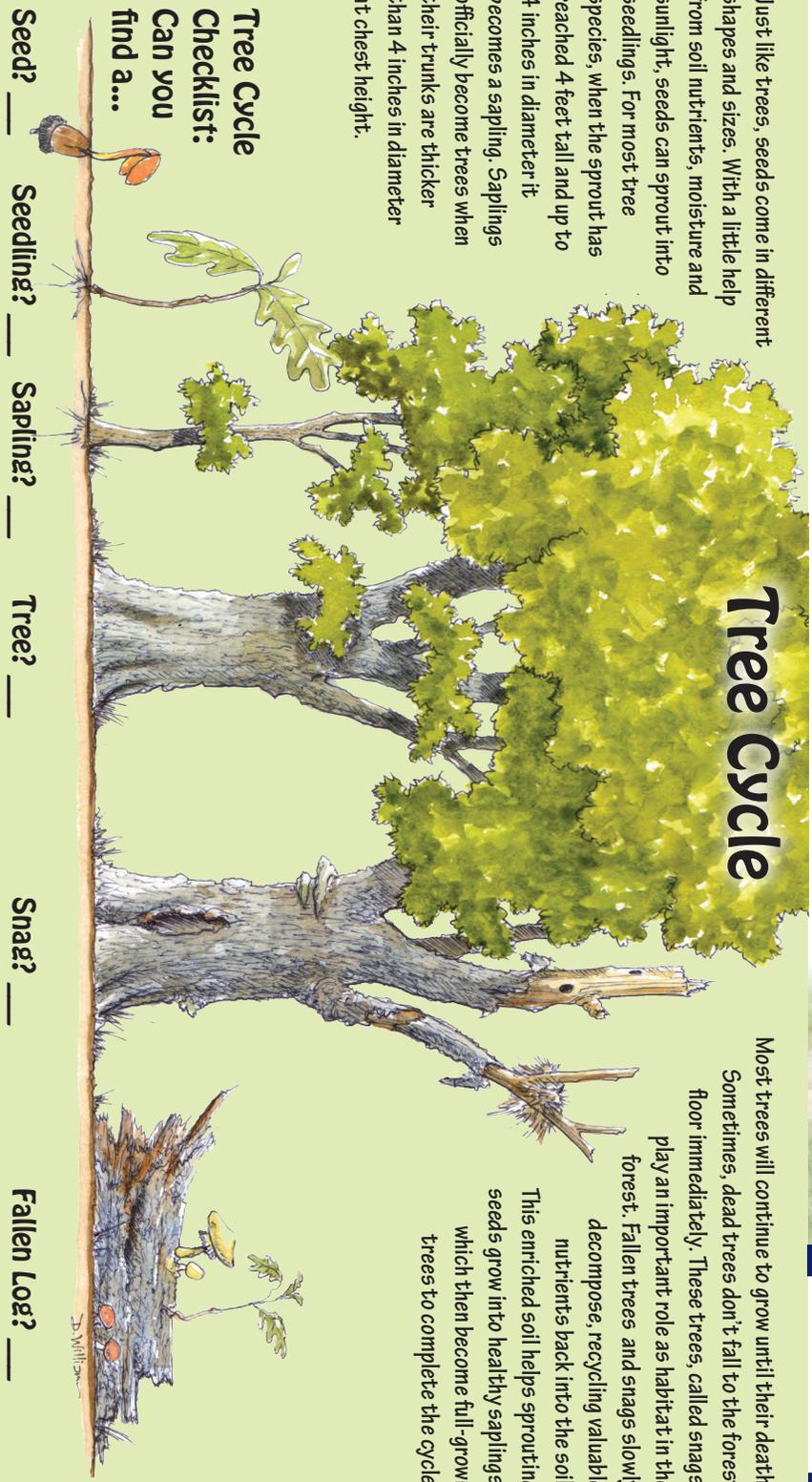
Kids in Parks... Providing a network of fun-filled adventures that get kids and families active outdoors and connected to nature.



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 4 inches in diameter at chest height.

Tree Cycle

Tree Cycle Checklist:
Can you find a...



Most trees will continue to grow until their death. Sometimes, dead trees don't fall to the forest floor immediately. These trees, called snags, play an important role as habitat in the forest. 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.

Fallen Log?