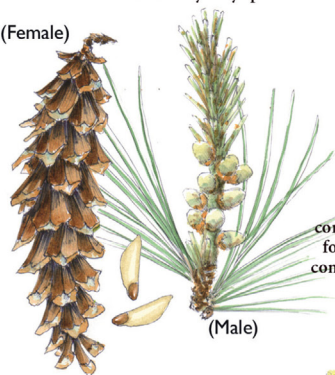


## Here are some of the common flowers and fruits you might see.

### Red Maple

The small, "fire-truck" red flowers of the red maple are some of the first to be pollinated in the spring. Their paired fruits are called maple keys or samaras, but to most kids they're better known as "helicopters" because of the way they spin when falling.

(Female)



### White Pine

The flowers of pine trees are the cones, which come in male and female forms. The small, yellow-green male cones appear in spring, while the larger female cones remain on the tree through the summer and fall.

(Male)



### Dandelion

The yellow flowers of the dandelion produce hundreds of tiny seeds, each with its own fuzzy "parachute" to carry it in the wind. Have you ever blown on a dandelion stalk and watched the seeds float away?



### Redbud

The beautiful purplish-pink flowers of the redbud tree last only a couple weeks in spring. The pea-pod shaped fruits remain throughout summer, fall and winter, providing food for many different animals.

How many flowers and fruits were you able to find?  
Which was your favorite?

**TRACK** and **KIP**  
want You to become a  
Trail **TRACKer**



Thank you for joining us on the trail today. We want you to join the Trail **TRACKer** Team. It's fun, healthy and free. Best of all, you can earn prizes by walking TRACK Trails and TRACKing them on our website. For more information about the Trail TRACKer Team, other TRACK Trail adventures near you, or for general information about the **Kids in Parks** program, please visit our website at:

[www.kidsinparks.com](http://www.kidsinparks.com)

## Your Opinion Matters!

We would like to hear about your adventure on the trail today. Your feedback will help us improve the TRACK Trail program and will help us build more and better TRACK Trail Adventures in the future. Please visit our website ([www.kidsinparks.com](http://www.kidsinparks.com)) and give us your opinion about the quality of your experience.

*Kids in Parks...*

*for the Health of our Kids and our Communities.*

New River State Park's TRACK Trail Partners



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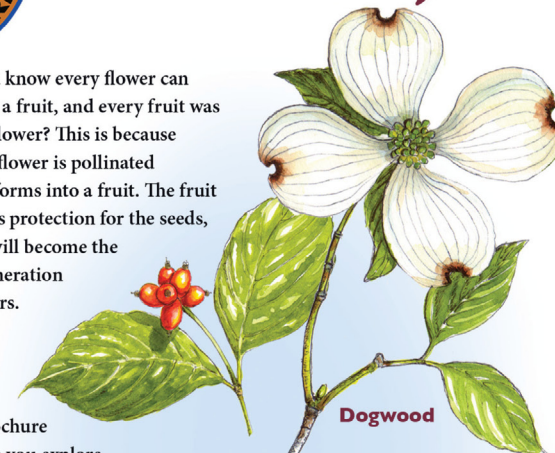


New River State Park

## Flowers Become Fruit



Did you know every flower can become a fruit, and every fruit was once a flower? This is because when a flower is pollinated it transforms into a fruit. The fruit provides protection for the seeds, which will become the next generation of flowers.



Dogwood

This brochure can help you explore the parts of flowers and discover some of the commonly found flowers and fruit of the Blue Ridge Mountains.



Wild Cherry

It is important to note that in nature there are many types of fruits and not all are edible!

**For your safety, DO NOT EAT any fruits that you find on this trail.**



## Parts of the Flower

As you walk the trail, look for fruits and flowers on trees and plants. How many flower parts can you identify?

*Note: Not all flowers have both male and female parts.*

Blackberries are pollinated by bees that move from flower to flower collecting pollen to make honey.

The bees transfer pollen grains from the male part (**stamen**) of one flower to the female part (**pistil**) of the next flower.

The pollen grains land on the stigma and grow down through the style into the ovary where they fertilize the egg (**ovule**). Once the egg is fertilized, it matures into a seed, and the surrounding ovary matures into a fruit.

Designed and Illustrated by David Williams/Wingin' It Works

