



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
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.*



Kids in Parks Founding Partners



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 Checklist:
Can you find a...

Seed? _____

Seedling? _____

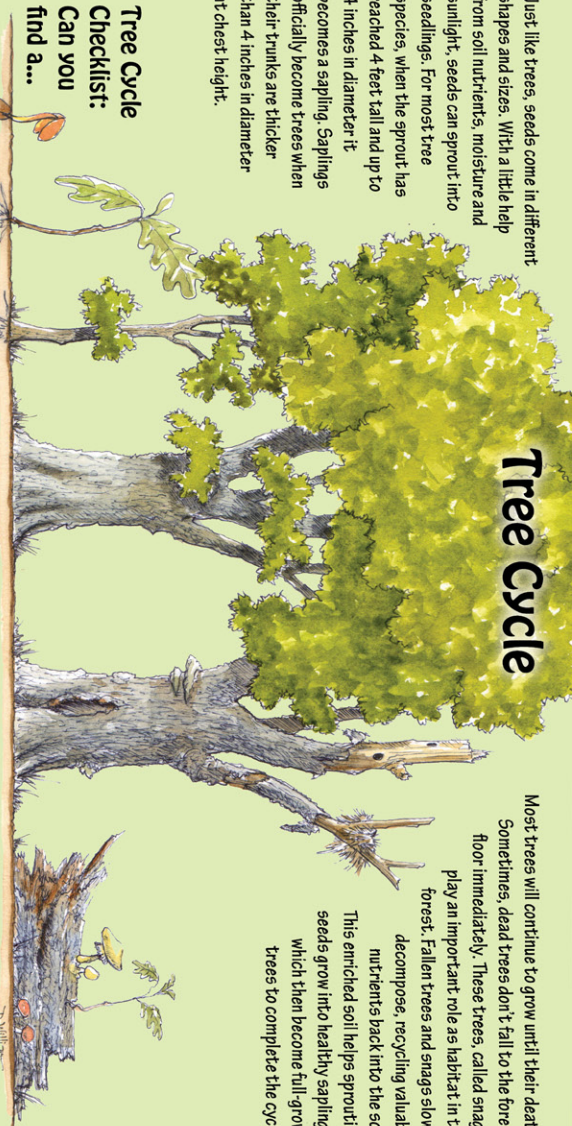
Sapling? _____

Tree? _____

Snag? _____

Fallen Log? _____

Tree Cycle



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.

White Oak



The leaves of white oak have rounded lobes, and the bark is light gray and scaly on older trees. The acorns are elongated with a shallow cup, and have a sweet taste, which makes them a preferred food of 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.

Eastern Hemlock



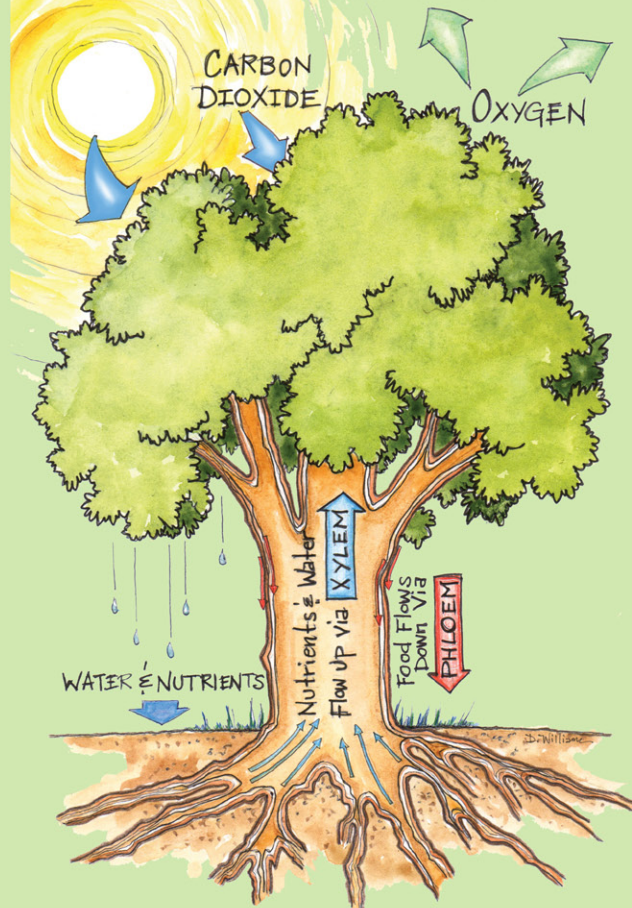
A very shade-tolerant tree, eastern hemlock has short, rounded needles and cones about the size of a nickel. Over the past several decades, eastern hemlock has been in decline due to the hemlock woolly adelgid, a tiny sap-sucking insect that was accidentally introduced from Asia. The woolly adelgid makes egg sacks that look like tiny tufts of wool on the tree's twigs.

Sassafras



Sassafras is a small tree that can be easily identified by its three distinct leaf shapes (entire, mittened and three-lobed). Although the soft, brittle wood is of little value commercially, its resistance to rot makes it good for use as fence posts and outdoor furniture. In the past, people used the spicy-scented sap to flavor candy, tea and root beer. Their fruits are also a favorite food for many birds.

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

White Pine



With an extremely straight trunk, needle leaves in fascicles (bundles) of five and long skinny cones, 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.

Red Maple



Able to grow in almost any soil condition, 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.

American Holly



As you walk down the trail, look for the sharp, spiny, evergreen leaves of the American holly. It is also known as the Christmas holly because the red fruits appear in winter and are used for Christmas decorations. If eaten, the berries can make people very sick but they are a valuable winter food source for deer and a variety of bird species.