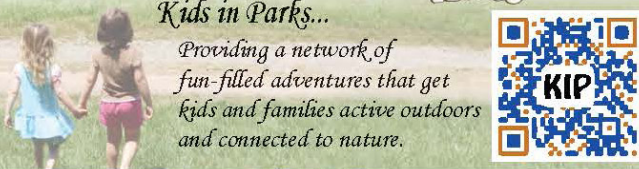
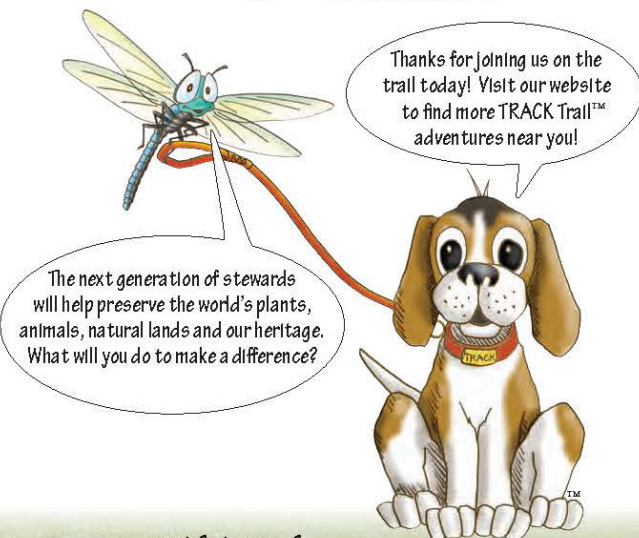


TRACK your hike at
kidsinparks.com
and get **FREE** prizes!



TRACK Trail Partner's



Kids in Parks Founding Partner's



KIDS IN PARKS TRACK TRAIL

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 the pictures and text in this brochure to identify and learn about trees. Just remember, for your safety, stay on the trail and be aware of your surroundings. Poison Ivy likes to climb up the trunks of trees too... so if you see a hairy vine, Don't Hug That Tree!

White Oak



The leaves of the white oak have rounded lobes, and the bark has a scaly appearance 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 trees were valued in olden times for shipbuilding, and white oak is still used today to make barrels.

Yellow Poplar



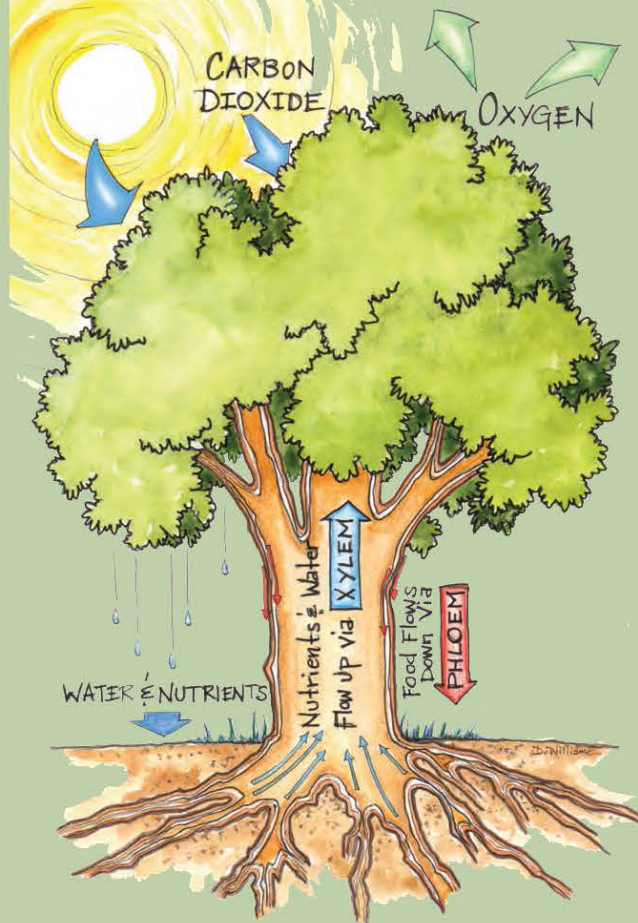
Growing straight and tall with a light gray bark and a large broad leaf that looks like the tip has been bitten off, the yellow poplar is easy to find. Due to its large size and straight growth, this tree provides a lot of useful lumber. Yellow poplar is also a very important tree for honey production.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

Black Cherry



The black cherry's leaves are dark green and shiny with a fine, saw-toothed edge. The smooth bark has horizontal lines called **lenticels**. The black cherry tree is very widespread due to the many birds and mammals that eat the tree's fruits and disperse the seeds. Settlers in the Southern Appalachians used the fruit to make jelly, and the bark of young cherry trees was used to make cough medicine.

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, Wagon & Works

Sassafras



The sassafras is a small tree that can be easily identified by its three distinct leaf shapes (entire, mitten-shaped 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.

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, raccoons, 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.

Eastern Hemlock



A very shade-tolerant tree, the eastern hemlock has short, rounded needles and cones about the size of a nickel. Over the past several decades, the 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.