

Station 1: Staghorn Sumac

Rhus typhina, grows with many stems or trunks, occurs in groups. In winter, the bare forked branches resemble the antlers of a deer in velvet, giving rise to the common name. Several Native tribes in North America have used the plant medicinally.

Can you find...

- a shrub with gray berries on red stems? It's a Red-panicle Dogwood, also know as Gray Dogwood, *Cornus racemosa*. Great for birds, not for humans to eat.
- a shrub with dark blue berries? It's a Silky Dogwood. The twigs are red-purple (may be green-tinged) and bear silky gray hairs. Great for birds, not for humans to eat.

Station 2: Native grasses and wildflowers Future site of a native grass and wildflowers planting.

Station 3: Eastern White Pine

Pinus strobes, is the largest eastern conifer (cone-bearing tree) and the only native conifer with five needles per bundle. It can live for over 400 years and reach 110 feet. Many formerly extensive stands have been decimated by an introduced fungal disease.

Station 4: Stop & Listen

Stop and listen in this wonderful spot. *How many different natural sounds can you hear?* Be sure to repeat this several times along the trail. *Will you hear the same number and types of sounds at each stop?*

Station 5: Woodpeckers

Woodpeckers find their food by feeling the vibrations made by insects moving about in the wood. They also can hear insects chew on the wood. When looking for a site to make a nesting cavity, woodpeckers favor the white pines.

Station 6: Christmas Ferns

Can you find an evergreen fern with little green "stockings" composing the fronds? Christmas fern, *Polystichum acrostichoides*, was used by early European-American settlers as a Christmas decoration. It's one of four evergreen ferns in Northeastern PA.

Station 7: Boulders

Here you will find mosses, ferns, Virginia creeper vines, remains of an old stone wall, and an animal's burrow. *See if you can find and name them all!*

Station 8: Spicebush

Lindera benzoin, is a common shrub in moist forests from New England south. The strongly spice-scented berries and leaves have been used as an allspice substitute as well as in folk medicine. Its tiny yellow flowers fill the forest with color in the early spring before the leaves return. This moist area continues into the wetlands to the east.

Station 9: The bridge

This bridge protects the fern moss growing on the rocks and walkers feet from flowing water in the spring and fall.

Station 10: Interrupted Fern

Here you find another type of fern. The interrupted fern, *Osmunda claytoniana*, is a close relative to sensitive fern and marsh fern. Observe and think about why this type of fern is growing in this area of the forest. Can you find the interruptions (bare spots) on some of the fronds?



Station 11: Virginia Creeper

This climbing vine can grow up to 50 feet high. It is identified by its leaves, which have five leaflets rather than three, like poison ivy. Many moth caterpillars eat the leaves, and because of its thick foliage, this plant is great cover for small animals. The berries are an important food source for hundreds of bird species.

Station 12: Poison Ivy

Rhus radicans, a quick description of the common poison ivy plant is "leaflets-of-three", green in color and egg-shaped. Edges can be nearly smooth or highly notched. This plant is native to America, suggesting that this plant evolved millions of years ago. No matter what time of the year, or how much foliage is still lingering on the plant, the poison ivy plant is poisonous, and can cause an allergic reaction by contacting the oil or sap. Burning will cause the oil to float in the air.



Station 13: Northern Red Oak

Quercus rubra, can be found throughout the East. Its leaves are hairless and with pointed lobes, rather than the rounded lobes of the Eastern White Oak. The color names of these oaks was derived from the lumberman who named the trees after the color of the wood.



Station 14: Black Cherry

Prunus serotina, a primarily eastern species with narrow, blunt-toothed foliage. The flowers and fruits are in slender clusters. The bitter fruits are eaten by many wildlife species. The lumber is highly valued for furniture and house interiors. Deer browse on the seedlings and saplings. *Can you find any?*

Station 15: Decomposing Log

Although this might look like a "rottin' place to live", many organisms depend on dead trees for food, shelter, and/or nesting sites. Fungi, bacteria, and wood-eating insects such as termites and some beetles are usually the first to move into a dead tree. As they feed the wood softens, and the insect tunnels provide access routes through which water can enter the tree. *Can you observe at least one creature on the log or around the log?*

Station 16: Bark Beetles

Check out the designs on this barkless tree trunk. The designs were made by bark beetles. *Can you follow one of the lines from beginning to end?*

Station 17: Swamp Dewberry

Swamp dewberry, *Rubus hispidus*, is commonly mistaken for poison ivy due to the similar leaf structure, but poison ivy doesn't have thorns and has coarse teeth on the edge of the leaflets. Dewberries have fine teeth. The texture of the leaflets also vary.

Station 18: Multiflora Rose

Rose multiflora, an alien-invasive plant was introduced to the eastern United States in 1866 as rootstock for ornamental roses. Beginning in the 1930's, the U.S. Soil Conservation Service promoted its use for erosion control and as "living fences" to confine livestock. More recently, its tenacious growth habit was recognized as a problem in pastures and unplowed lands, where it disrupted cattle grazing and, more recently, as a pest of natural ecosystems.

How many of the plants mentioned in earlier can you find before you get to the next point?

We hope you enjoyed this first trail and return many times during the year. Each walk will be a new adventure. Future plans for this site include a boardwalk across the wetlands, a native grass meadow, picnic area, playground, and several more trails. If you would like to work on these projects by building the boardwalk, picnic tables, or benches; fundraising; and/or trimming the trail, please contact George Yuhás at 499-2739 or Rebecca Lesko at 836-7202 / EMNCinfo@yahoo.com.

PLEASE, DON'T CLIMB THE STONE WALL



lichen

Station 19: Lichens

This rock wall is well suited for lichens, composite, symbiotic organisms. Algae produced food through photosynthesis, while the fungi provide the structure and holds water.

Lichens release chemicals which SLOWLY breakdown the minerals in

the rock or tree. The minerals are eventually returned to the soil to be reabsorbed by plants.

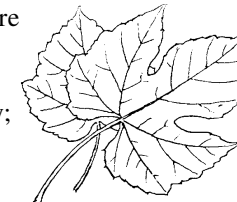
Station 20: Flowering Dogwoods

Here your are surrounded by dogwood trees. In the spring enjoy the beautiful white flowers it produces. From the bark of the smaller roots, the Native Americans made a red dye. The split ends of the small branchlets can be used as a toothbrush, it is said they whiten the teeth exceptionally.

Station 21: Grapevines

Native vines are found throughout the forest. Their fruit provides food for birds, rodents, fox, raccoons, opossums and many other animals. You can identify the type by the texture of the bark...

- grape vines: long flakes;
- poison ivy: usually hairy;
- Virginia creeper: rough.



Station 22: Ferns

Hay-scented fern, *Dicksonia punctilobula*, is a lighter green than the intermediate wood fern. In autumn it becomes yellow and brown, unlike the evergreen intermediate wood fern, *Dryopteris intermedia*. *Feel the differences in the fronds (leaves).*

Ferns have been on earth for more than 300 million years and grow in many different habitats around the world. About 12,000 species live in the world today.