

Meet the Trees



A Yost Park Learning Adventure



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Adventure Checklist

- ✓ Printed Adventure Guide
- ✓ Crayons (3-4)
- ✓ Sturdy shoes for walking on uneven trails
- ✓ Water and snacks
- ✓ Sunscreen
- ✓ Magnifying glass (optional)



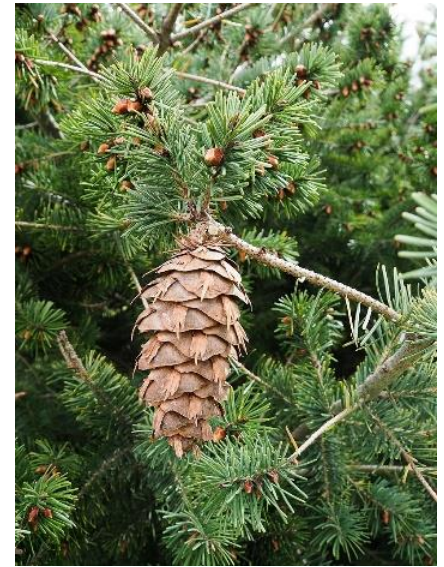


Meet the Trees

Learn how to identify these common trees along the trail.



Red Alder



Douglas Fir



Western Red Cedar



Big-leaf Maple



Western Hemlock

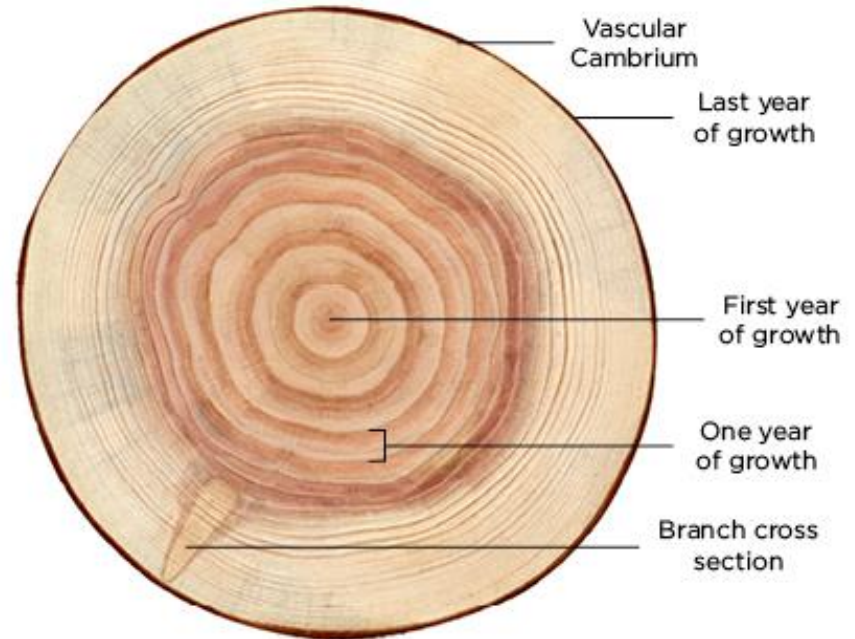


How old is that tree?

Species	Maximum age
Red Alder	100 years
Big Leaf Maple	300 years
Western Red Cedar	1000 years
Douglas Fir	1000 years
Western Hemlock	1200 years

Each year, trees add one growth ring to their trunk. The width of the ring indicates how much the tree grew that year. Growth rings are bigger or smaller depending on environmental conditions such as how much water and/or sun the tree got that year.

When you get home from your trip to the forest, draw YOUR tree ring autobiography on the last page of your Activity Book.



Yost Park Trails

City of Edmonds

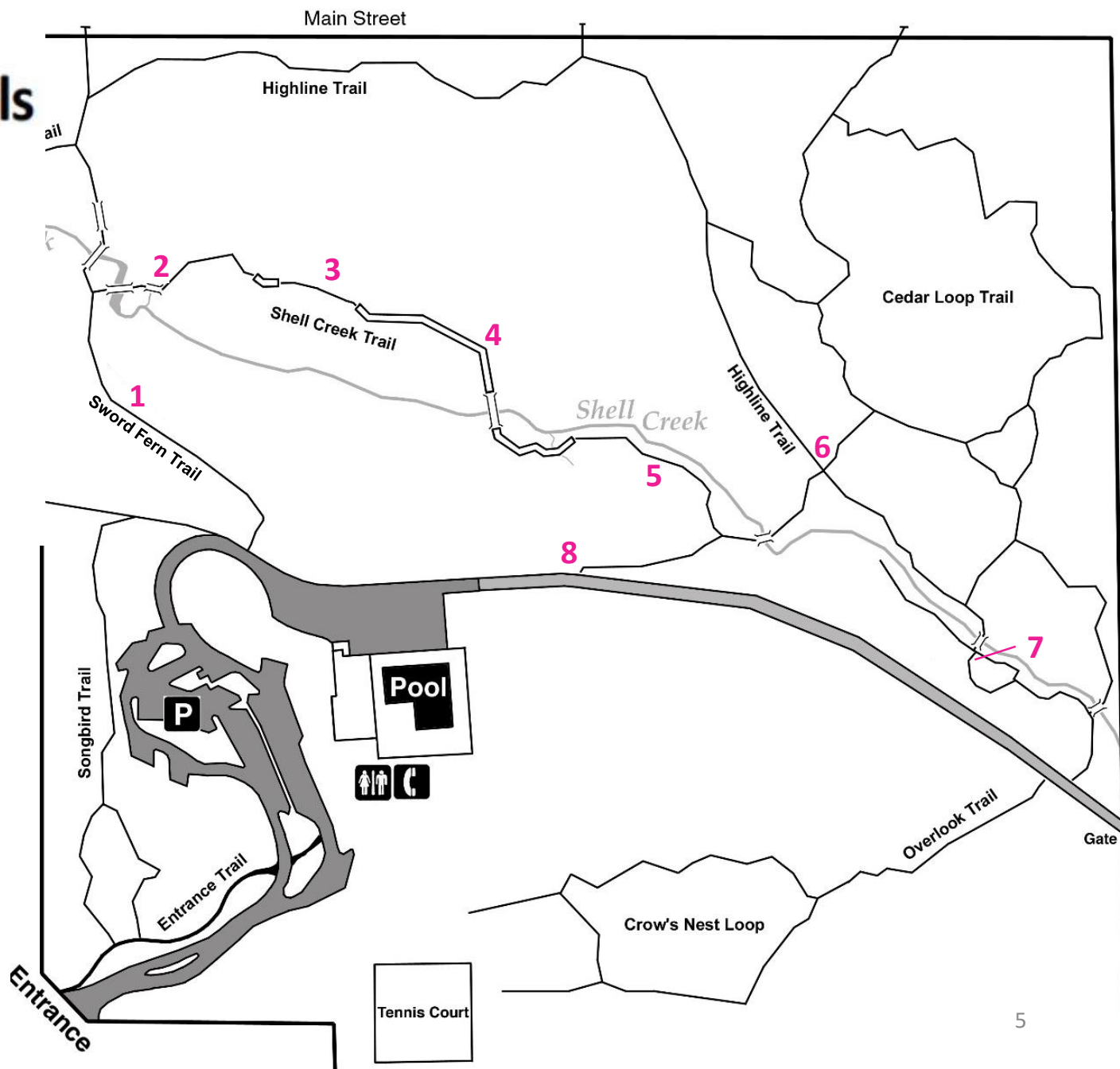
-  Bridge
-  Boardwalk
-  Trail
-  Creek
-  Park Boundary
-  Service Road
-  Pavement

0 100 200
Feet



Learning Stations

1

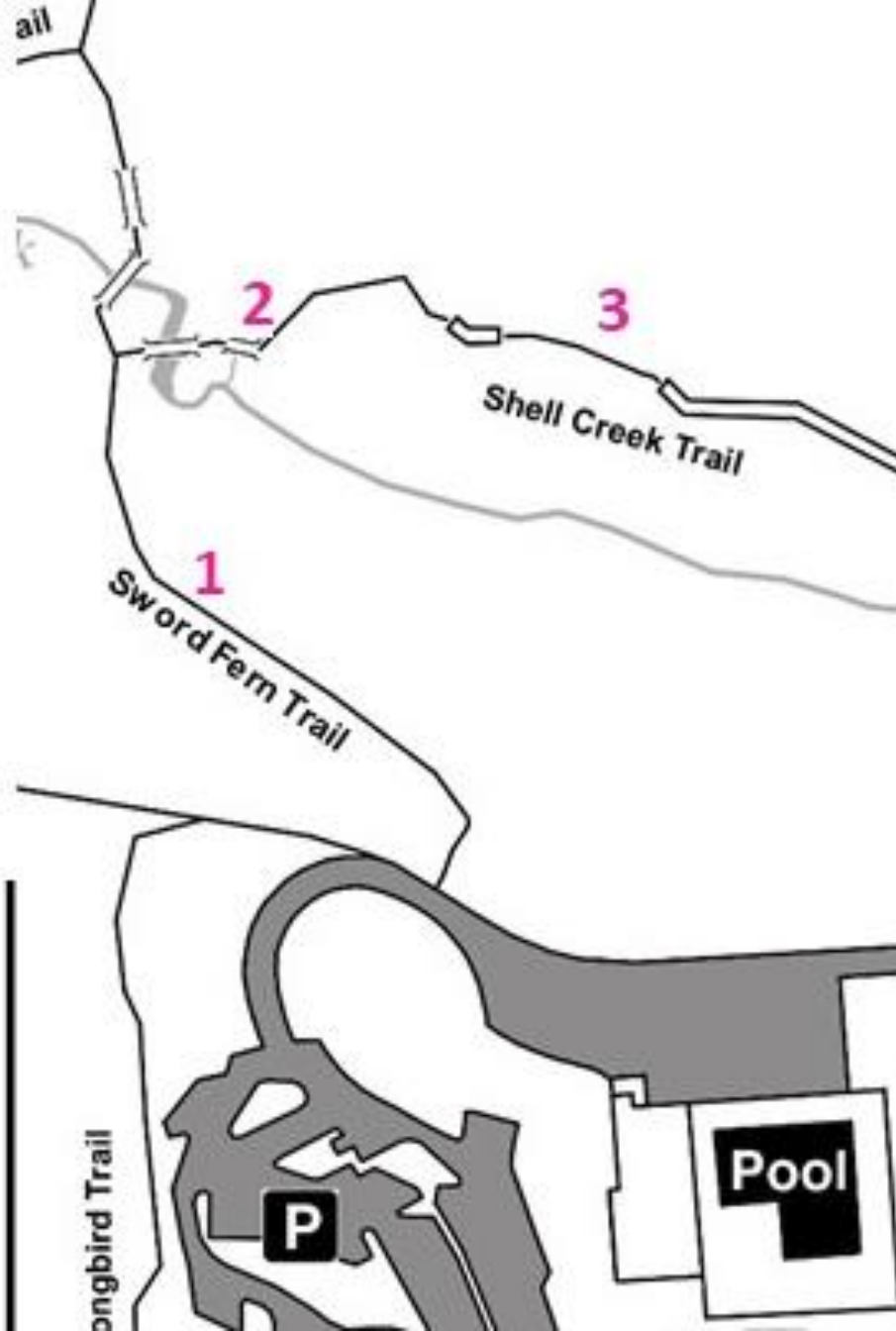


Station 1



As you descend into the Shell Creek corridor, look for the large red cedar tree stump on the right side of the trail.

Read about the history of this former giant on the next page.



Our Logging Past



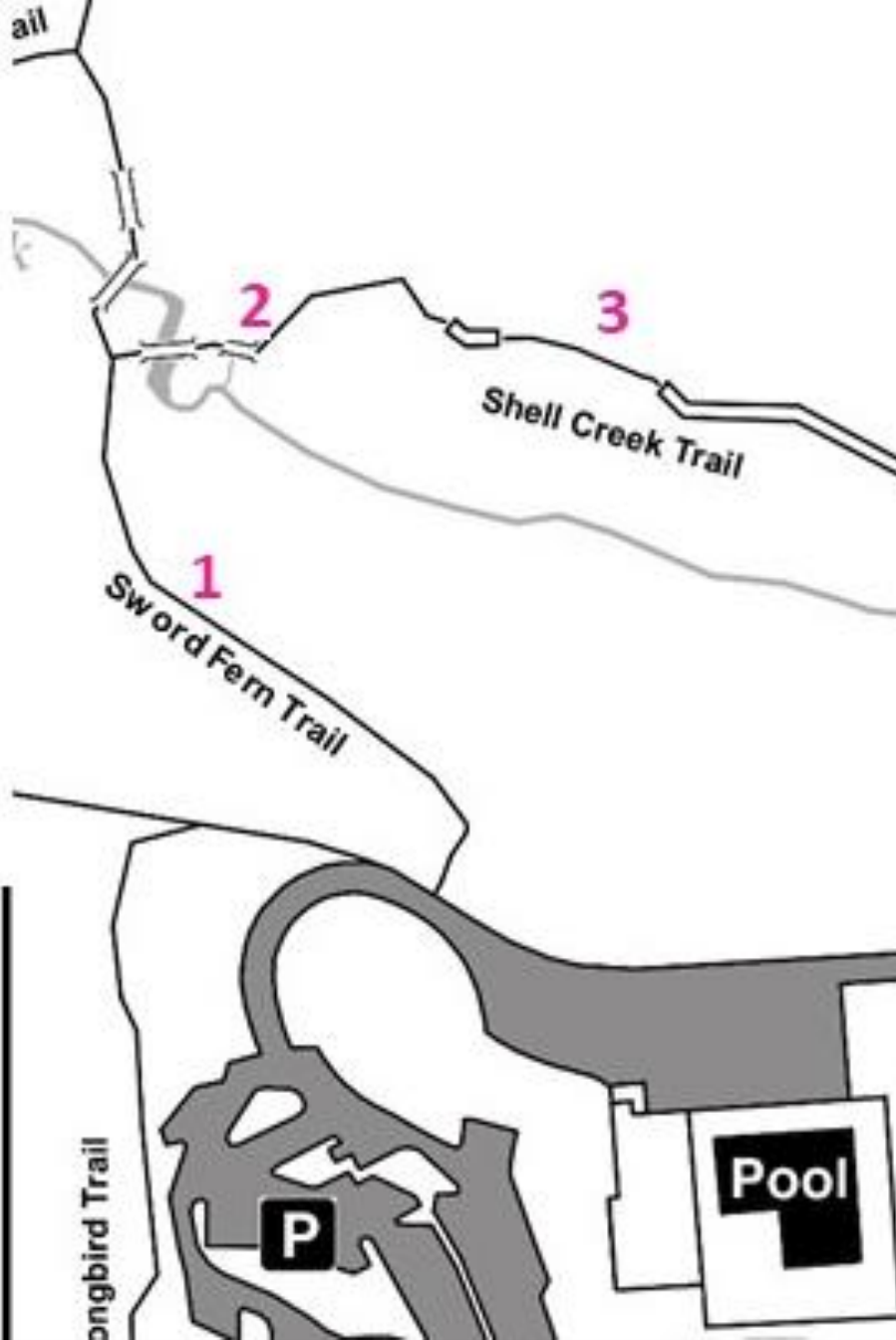
Trees in Yost Park were logged in the early 1900's to feed Edmonds' shingle and lumber mills that lined the waterfront. This Western Red Cedar stump still bears the rectangular scars from where the loggers placed their planks to stand on.

Station 2



Red Alder trees tower above the Shell Creek corridor. Red Alders are often the first trees to grow in a new forest, and help improve soil quality for other trees to grow by collecting and storing nitrogen around their roots.

Learn how to identify Red Alder trees on the next page, then stop in front of a Red Alder that you can touch from the trail.



Red Alder



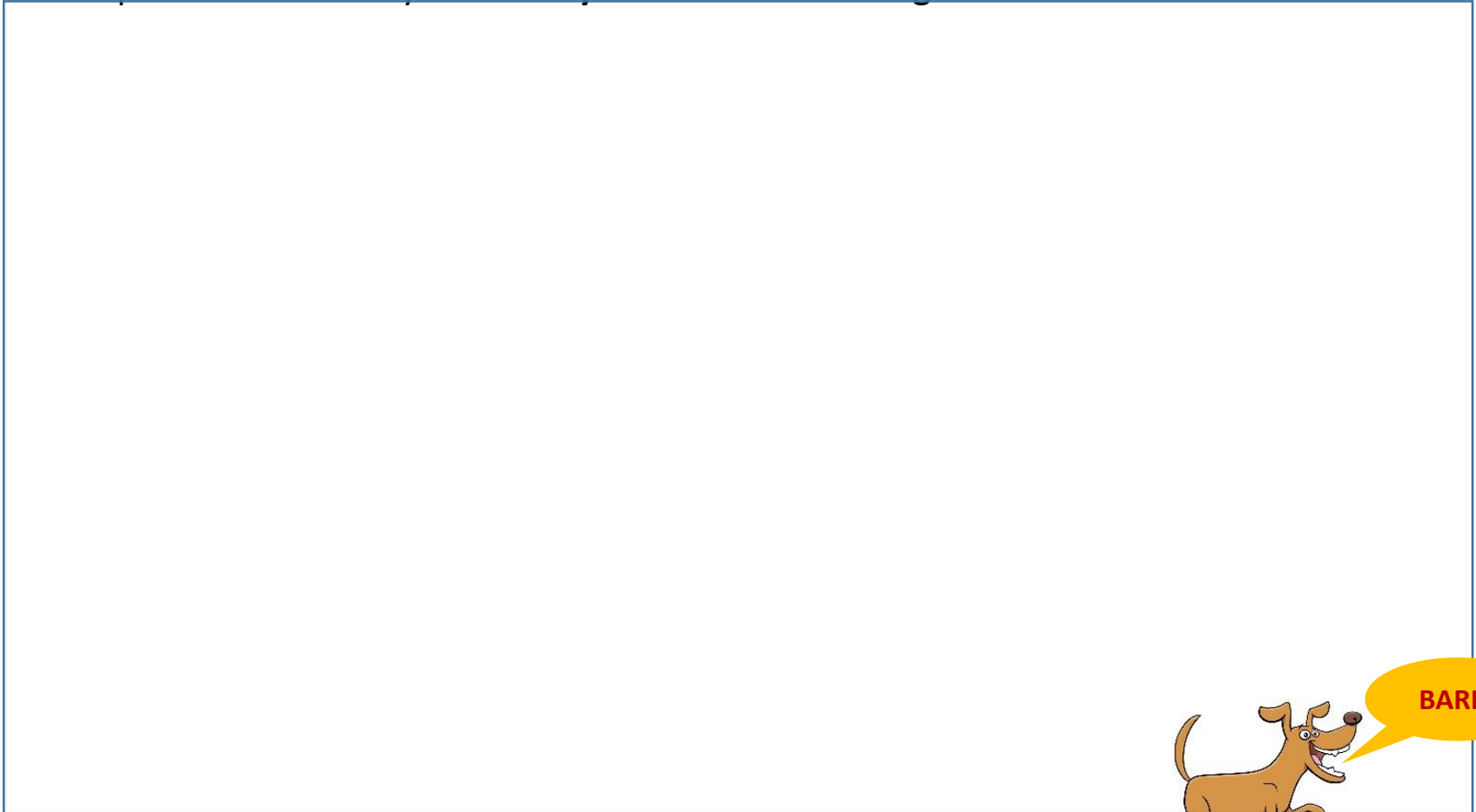
Bark: Thin, grey, often covered with white lichens.

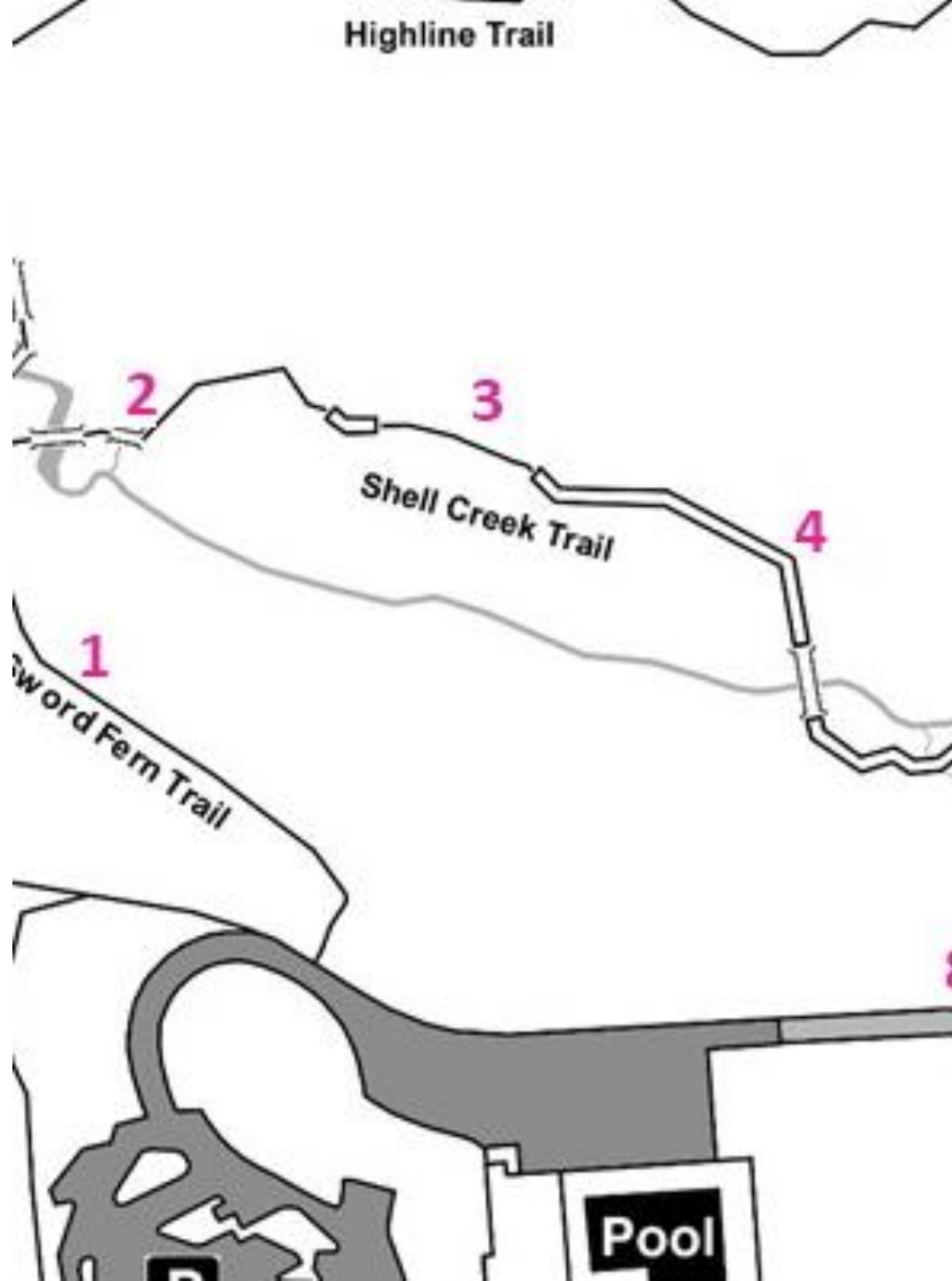
Leaves: Deciduous, wavy with toothed edges.

Flowers: Long thin 'catkins' release pollen in spring.

Red Alder Bark Rubbing

Northwest tribes use red alder bark to make red and orange dyes, and as an antibiotic to treat tuberculosis, skin infections, and wounds. The inner bark can also be eaten in spring when processed correctly. **Use a crayon to make a rubbing of the bark of this tree.**

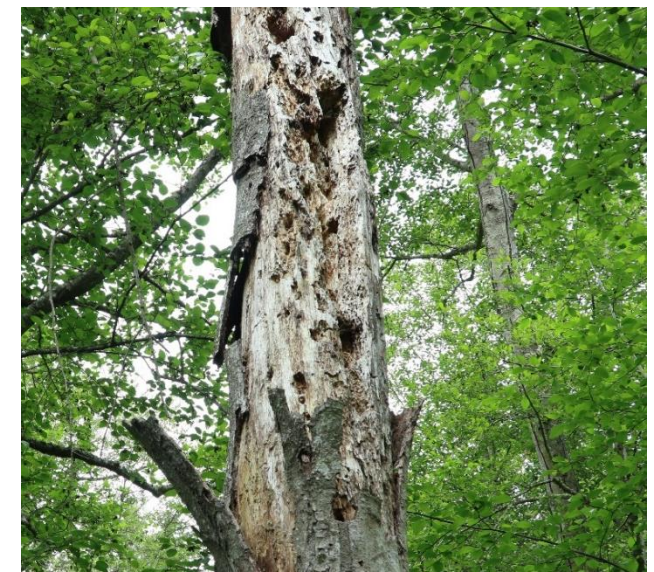




Station 3

Many of the Red Alder trees in Yost Park are nearing the end of their lives. Dead trees that are still standing are called 'snags'.

As you walk along the creek, stop in a place where you can see several snags close to the trail.



Wildlife Trees

Snags are an essential part of life in the forest, where they provide essential food, perching, and nesting areas for many animals.

Most animals aren't visible when people visit their forested home. But you can usually guess who's been around by the size and shape of holes and other signs of drilling.

Learn how to recognize some of the common types of holes on the following page.



Match the drill hole with the bird that made it.



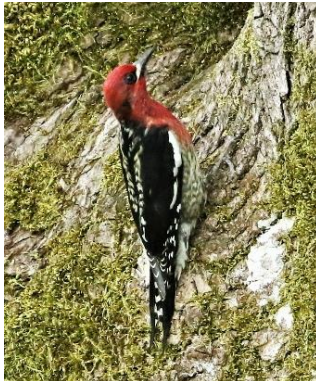
A.



B.



C.



1. Red-breasted Sapsucker



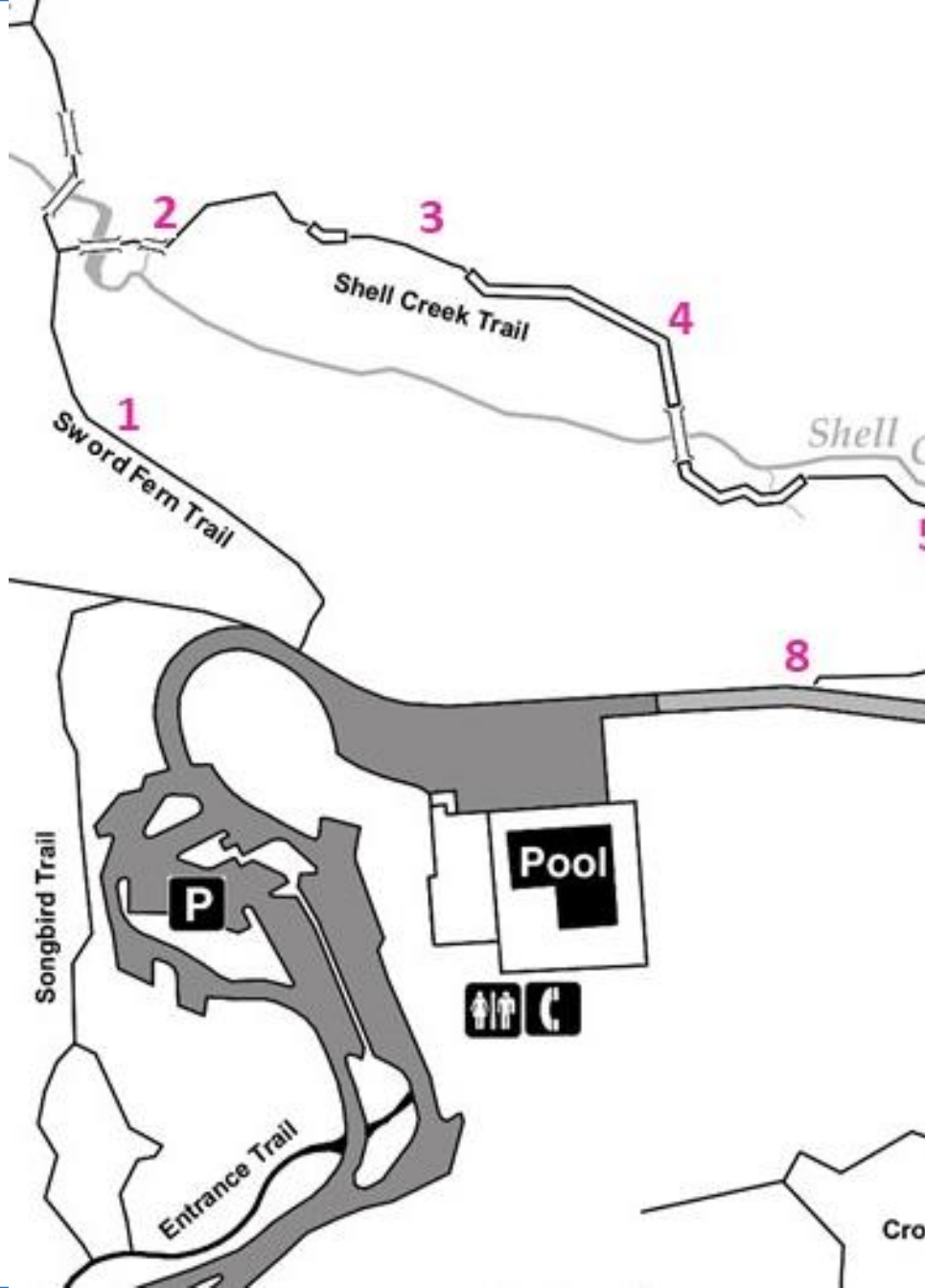
2. Pileated Woodpecker



3. Black-capped Chickadee

Answers: A-2, B-3, C-1

Station 4



Learn how to identify the Western Hemlock on the following page. Then follow the boardwalk to find this tree growing on your left just before you turn to the right to cross the bridge.

Stop here for
the next activity



Western Hemlock



Bark: Grey-brown with small furrows.

Leaves: Short flat needles of varying lengths.

Cones: Lots of small, thin cones with rounded edges.



Western Hemlock



In 1947, the Western Hemlock was designated the state tree of Washington for its importance in the state's forest industry. Western Hemlock grows best on rotted wood from old logs or stumps known as 'nurse stumps'.

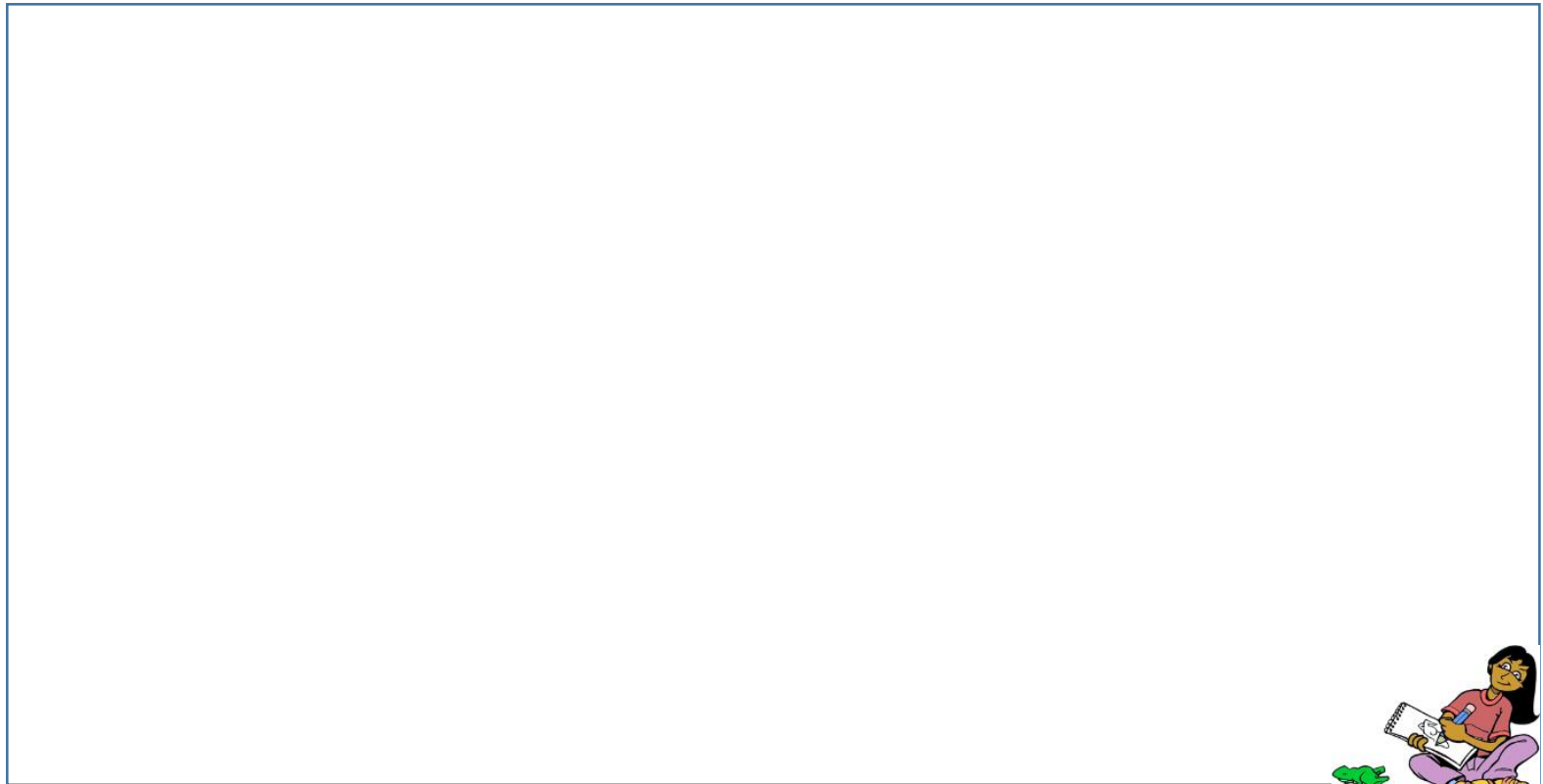


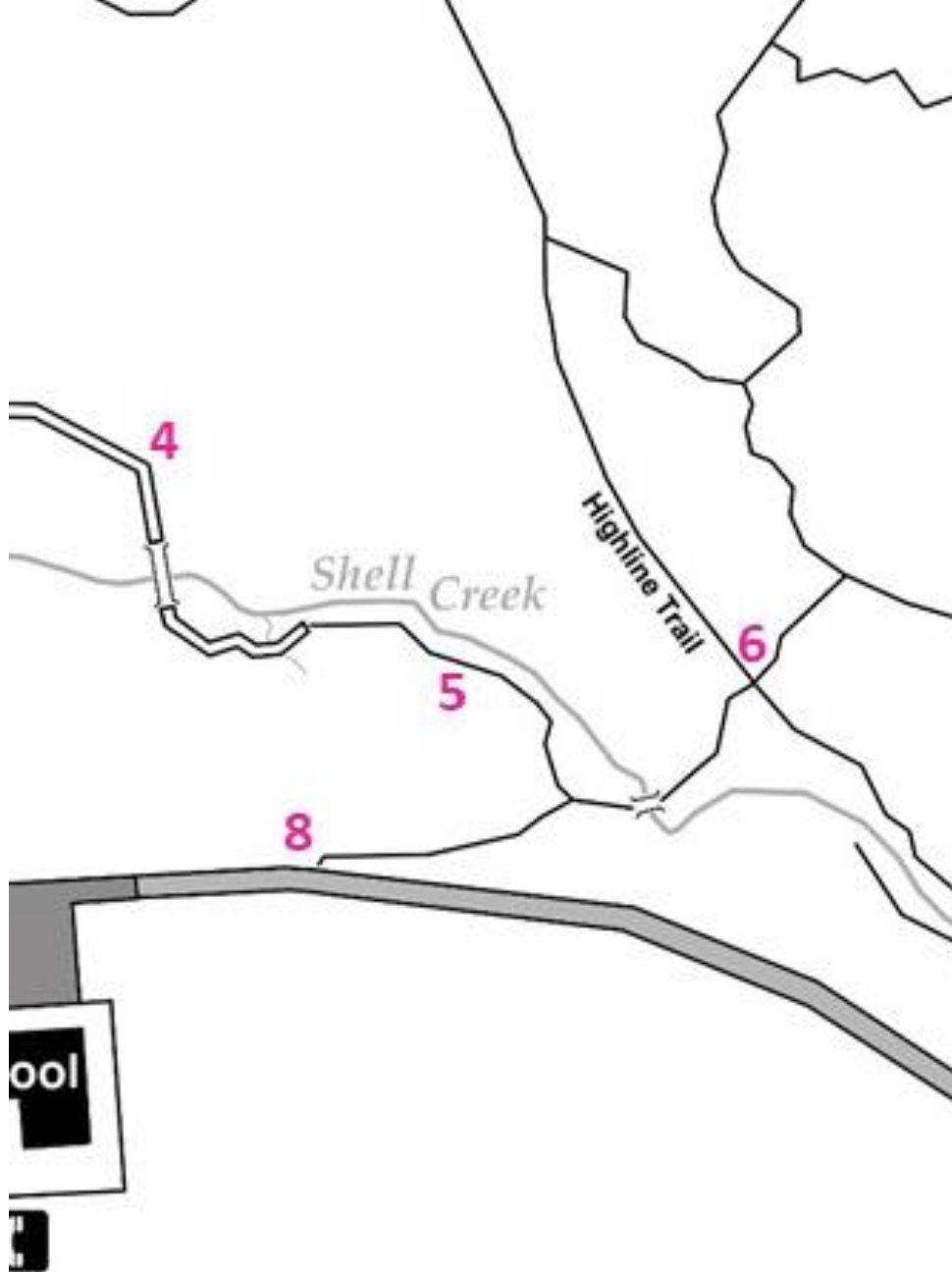


Needle Sleuth

The scientific name for Western Hemlock is *Tsuga heterophylla*.

'Heterophylla' means 'different leaves' in Greek. Draw a picture of the needles on a branch of this tree to see how this tree got its name.





Station 5

Near the end of Sword Fern trail are many large stumps that are remnants of the giant trees logged nearly a century ago. Rotting stumps are often called 'nurse stumps' because they provide essential nutrients for the next generation of trees and many other living things.

Find a good spot to explore these stumps and turn to the next page.





Stump Me Scavenger Hunt

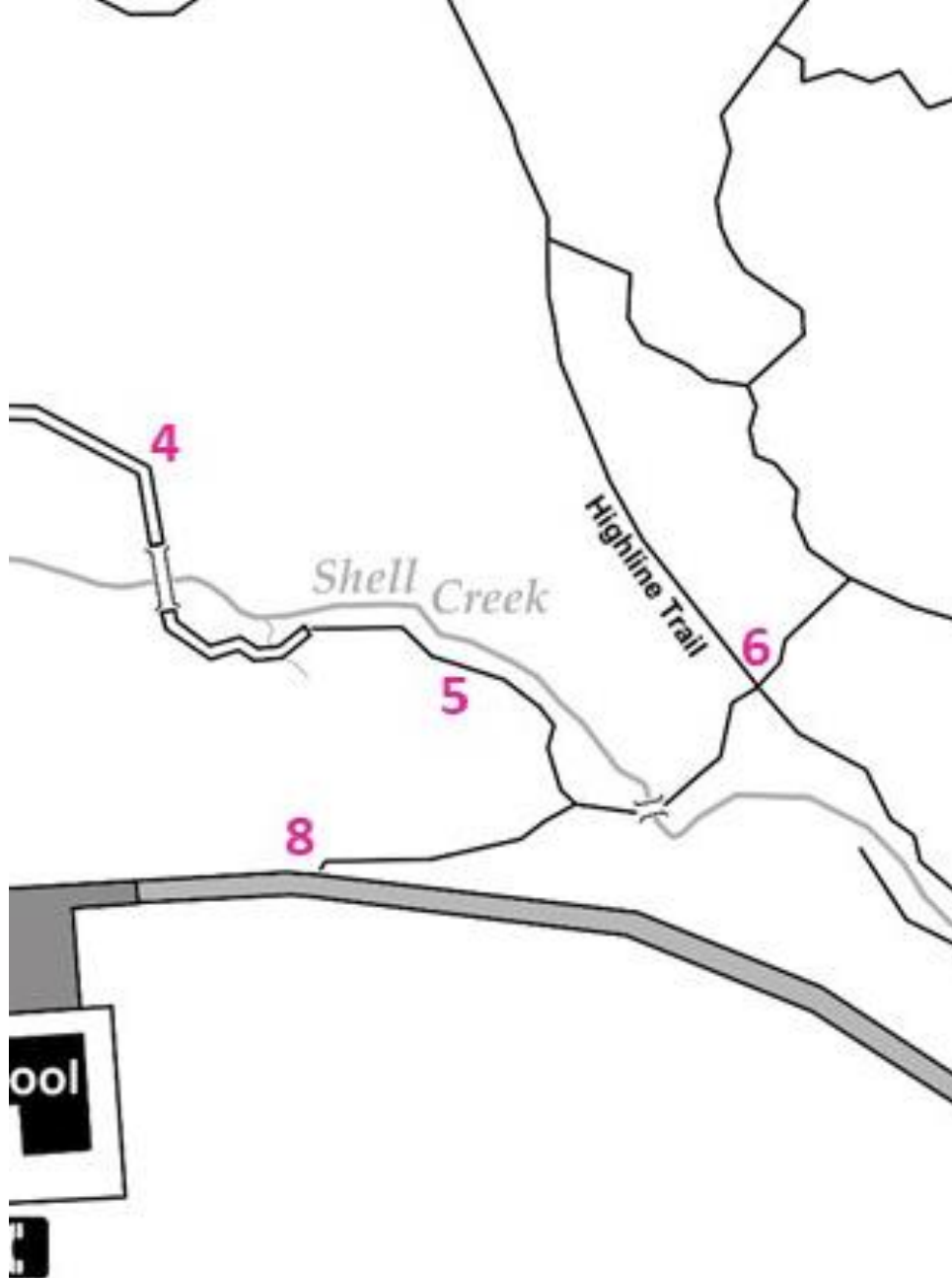
See how many of these life forms you can find growing on these nurse stumps. Use a hand lens if you have one to look at them close up!

Mushroom Shrub Insect
Fern Moss Tree

What else did you find? Write it or draw it here.



Station 6



Learn how to identify the Western Red Cedar on the following page. Then head to the Highline Trail where you'll find one at the intersection.

Stop here for
the next activity



Western Red Cedar



Bark: Brown, thin, and fibrous

Leaves: Flat and scale-like with a pineapple scent when crushed.

Cones: Look like tiny roses on topside of branches.

Western Red Cedar

Western Red Cedar trees have fibrous bark, a trunk that flares near the base, and flat, scale-like leaves.

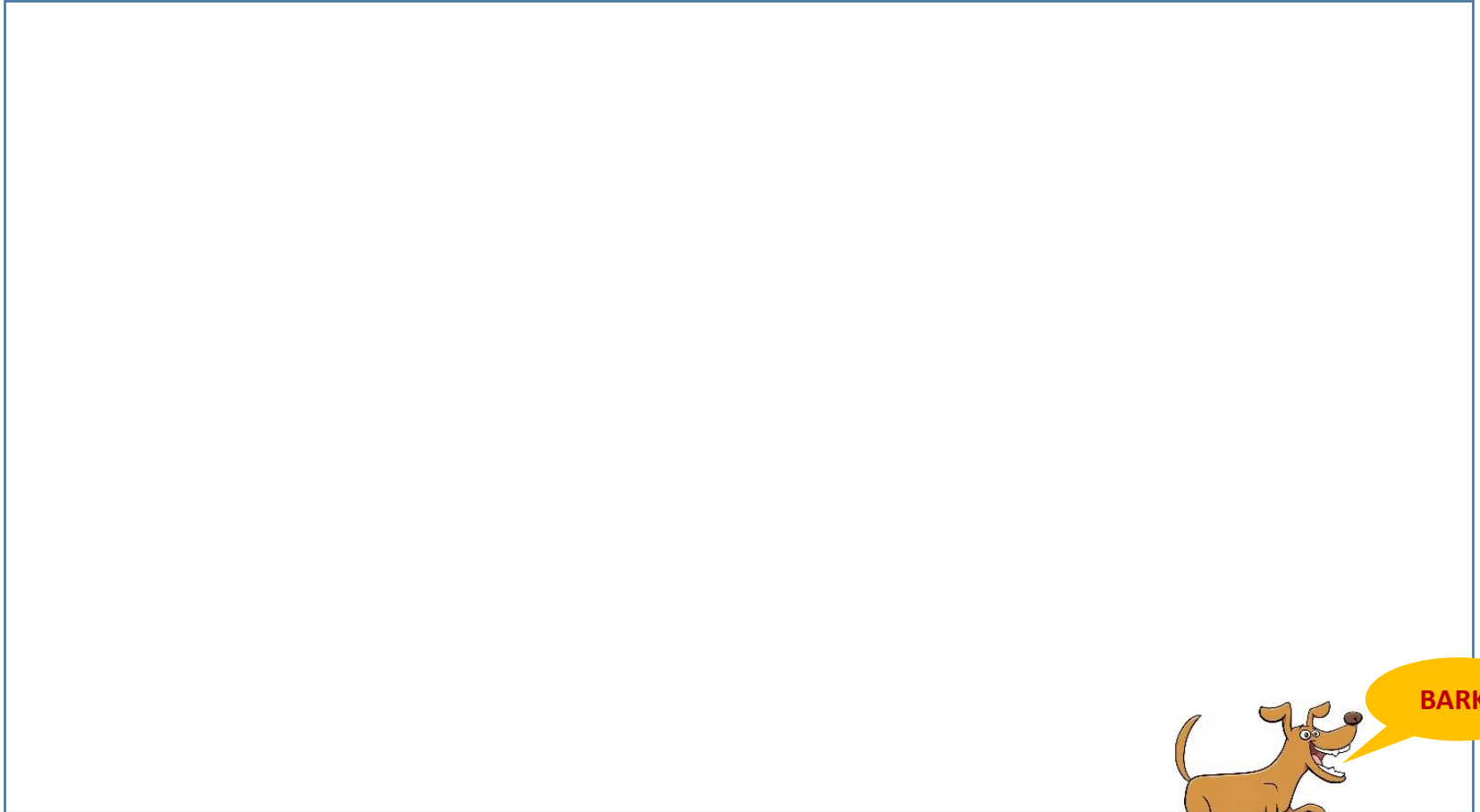
Known to some Northwest tribes as the *Tree of Life*, its lightweight, rot-resistant wood, bark, and roots has hundreds of uses, including housing, baskets, textiles, canoes, ceremonial objects, and more.

Capture this tree's interesting texture in a bark rubbing on the next page.



Western Red Cedar Bark Rubbing

Western red cedar bark is also used for a variety of dyes and medicines, and can also be eaten in spring when processed correctly. **Use a crayon to make a rubbing of the bark of this tree.**

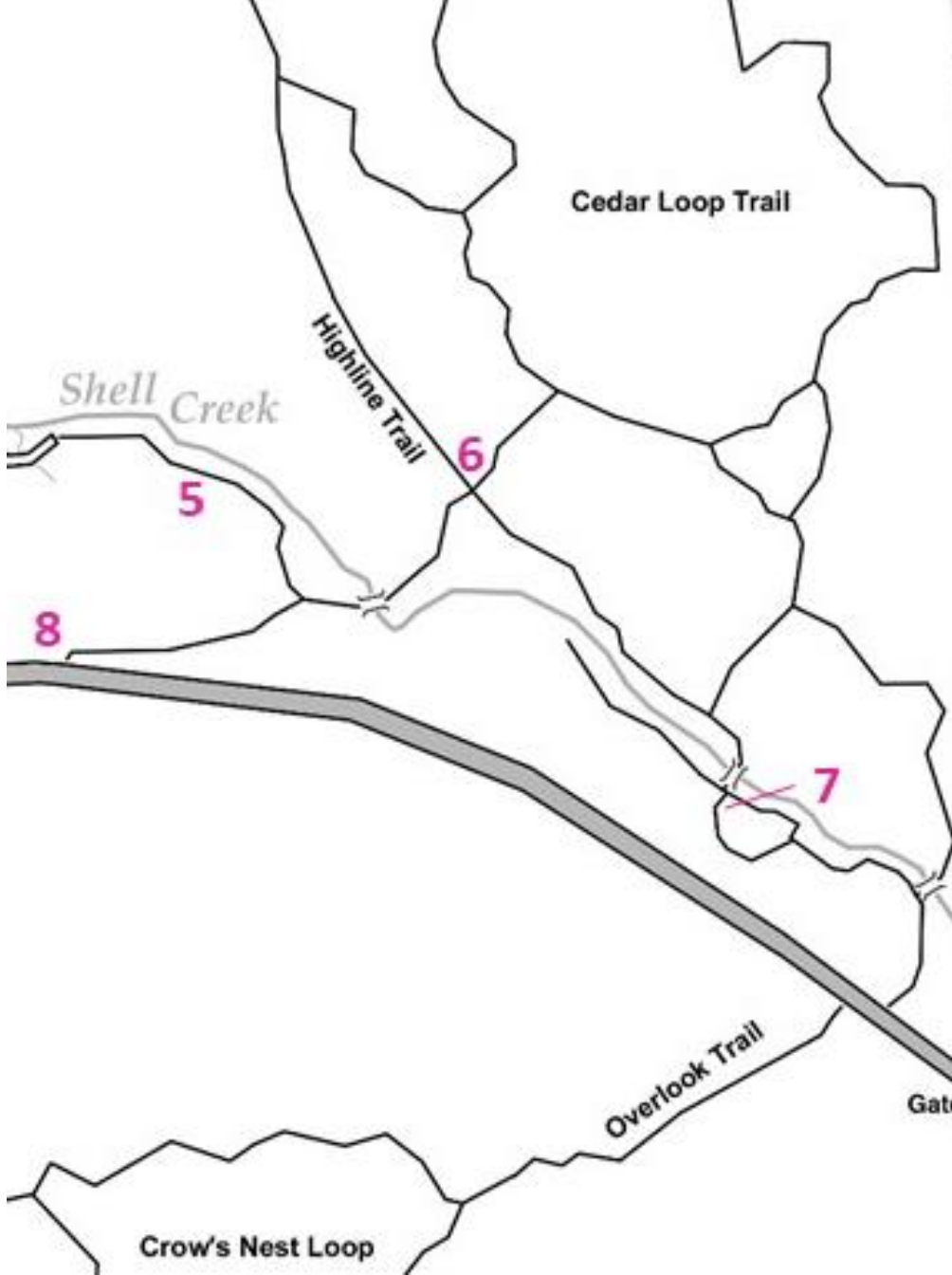


Station 7

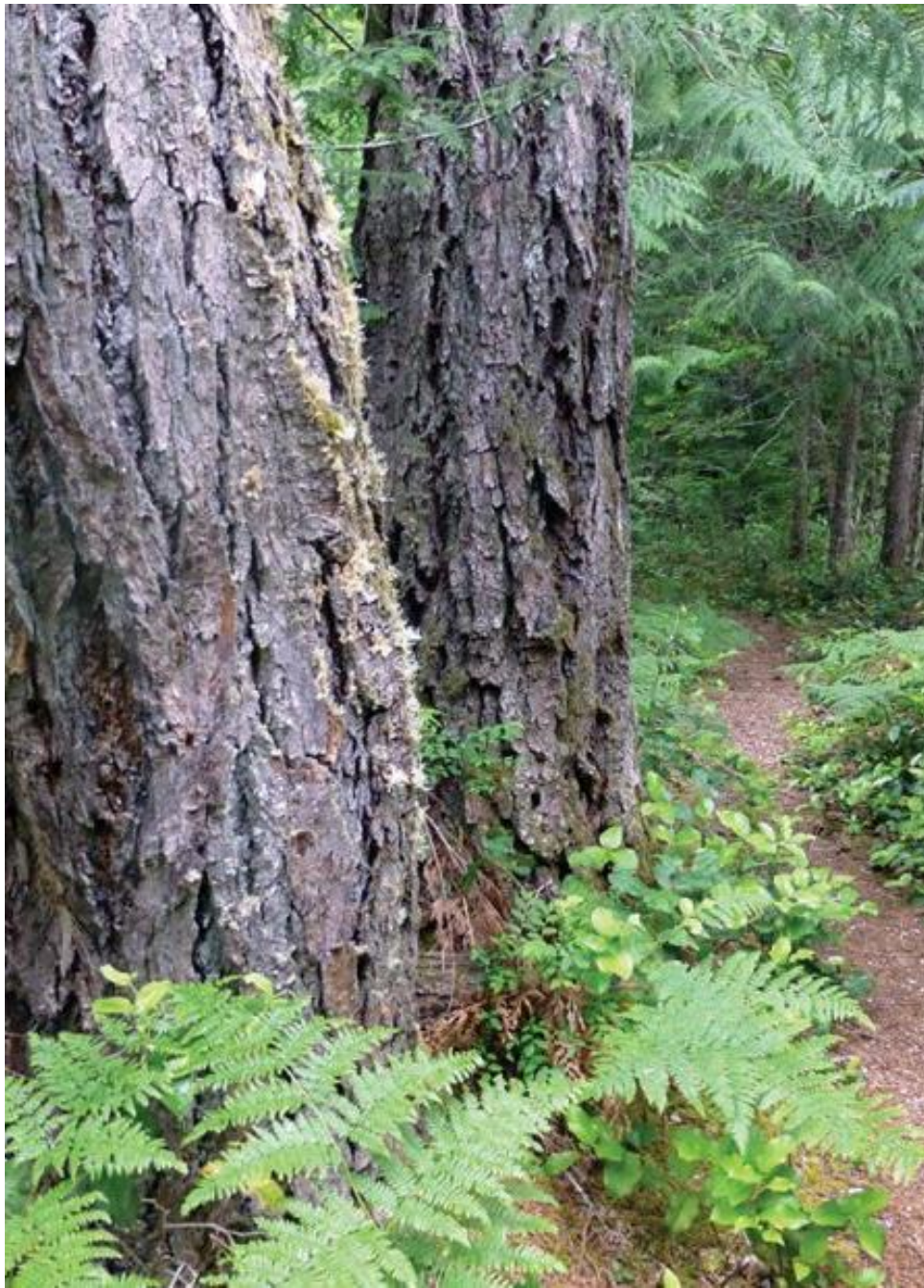


Learn how to identify the Douglas Fir tree on the following page, then head east on the Highline Trail to the bridge over Shell Creek.

Stop at the Douglas Fir just after you cross the bridge.



Douglas Fir



Bark: Thick, deeply furrowed.

Leaves: Thin, pointed leaves attached to all sides of twigs. Leaf buds are brown and pointed.

Cones: Three pointed 'bracts' extend out from cone scales.

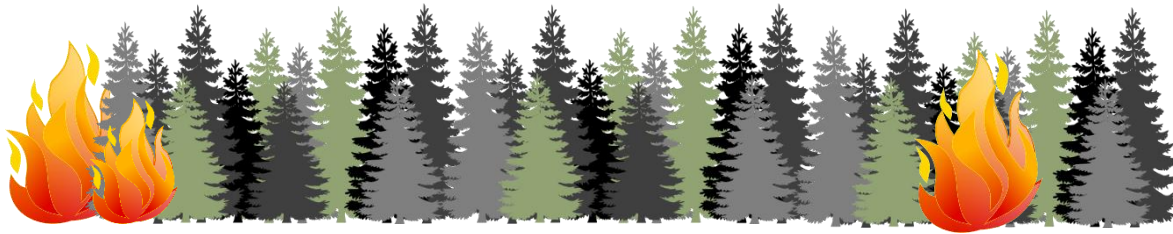
Douglas Fir

Douglas Fir trees are some of the largest trees in the forest, growing more than 300 feet tall. As trees grow older, they develop thick, furrowed bark that makes them able to survive fires.

See if you can find a cone at the base of the tree.



It's
STORYTIME



The Mouse, Douglas-Fir and the Great Forest Fire

A long time ago, there was a great forest fire. Little Mouse ran as fast as he could away from the hot fire but he knew he could not outrace it. He began to run from tree to tree asking them if they could save him.

First he ran to the big leaf maple tree. “Help, help!” he cried. “Can you help me escape this fire?” Big leaf maple tree replied, “No, I’m sorry little mouse, I am afraid that I will not be able to survive this forest fire”.

The mouse then ran to the red cedar tree. “Help, help! Can you help me escape the fire?” “No, I’m sorry little mouse, but I do not think that I can survive this great forest fire, either” said Red Cedar. Mouse ran from tree to tree asking the same question, and getting the same answer.

Finally he came to a great old Douglas fir tree, with its thick furrowed bark. “Help, help, Douglas fir! Can you help me escape this fire?”



Douglas fir replied, “Yes, my thick bark will protect me from the heat of these flames. I may be able to survive this great fire. Climb to the top of my branches, and climb under the scales of my cones for protection.”

So, little mouse climbed way up into Douglas fir tree and hid under the scales its cones. Many other little mice followed him and did the same. And the Douglas fir tree was right, its thick bark protected them from the flames of the fire and they all survived.

To this day, if you look under the scales of the Douglas fir cone you can still see little mice hiding under the scales.

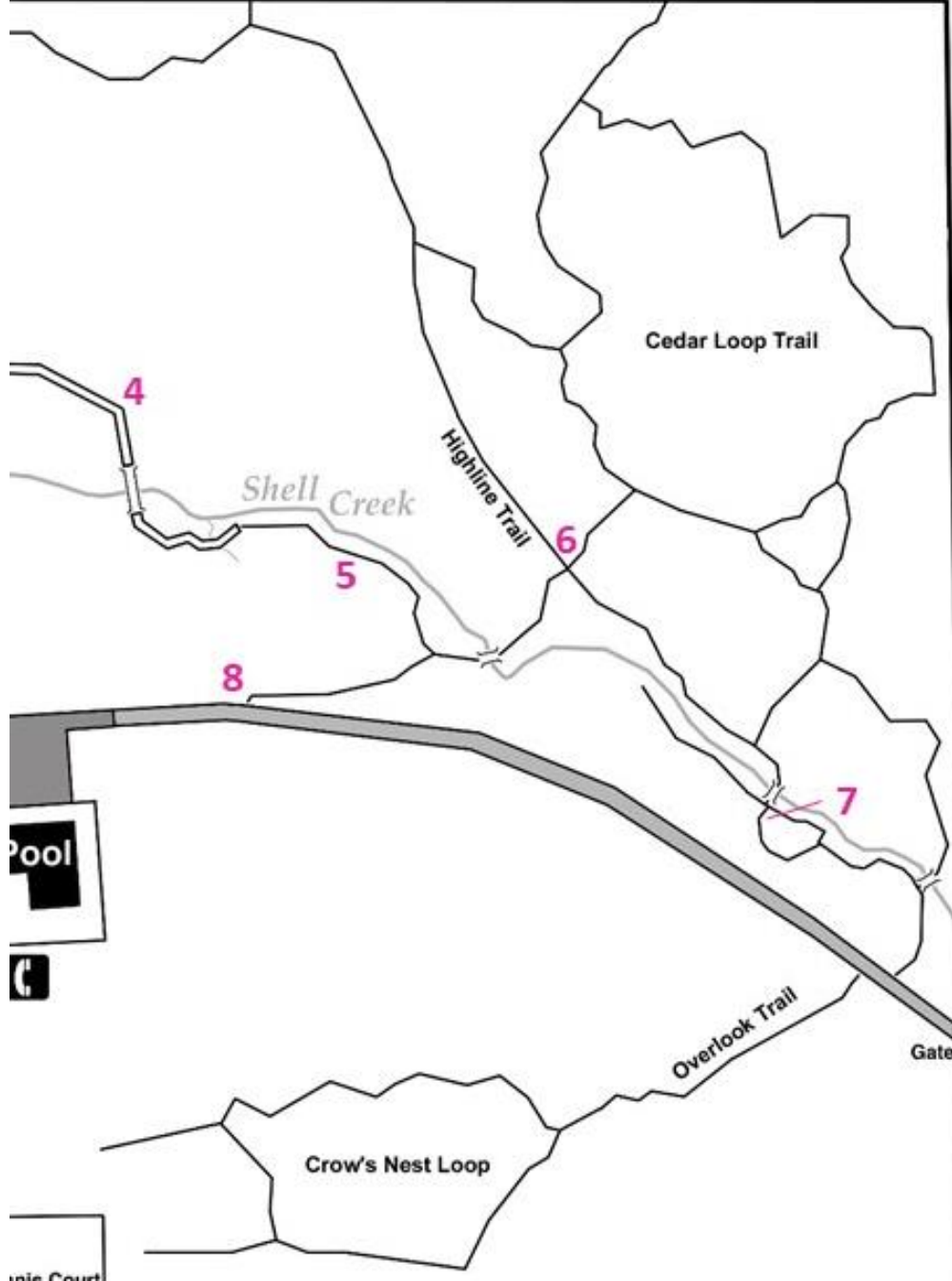


Station 8



Follow Highline Trail to the end and turn right at the paved access road which will take you back to the parking lot.

Learn how to identify the Big-leaf Maple on the following page, then stop at the intersection with the next trail on your right.



Big Leaf Maple



Bark: Greyish brown with tight ridges and furrows.

Leaves: Very large.

Flowers: Clusters of small yellow flowers in spring.

Seeds: Have two wings that spin like helicopters.



Big Leaf Maple

Big Leaf Maple trees have the largest leaves of any maple, measuring up to a foot wide.

Their spreading crowns provides food, shelter, and nesting habitat for many other plants and animals. A whole community lives in its crown!

See what you can find in the activity on the next page.



Big Leaf Maple Community

Circle the plants and animals you find in the crown of this Big Leaf Maple tree.

Licorice Fern



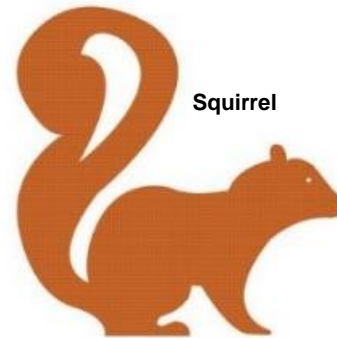
Bird



Moss



Squirrel



How to be a Forest Steward

The plants, trees, and animals that live in Yost Park need your protection. That's what it means to be a Forest Steward!

Here are some things you can do to help.

1. Spend more time in the forest.
2. Stay on the trail to prevent erosion.
3. Pack garbage out, even if it's not yours.
4. Volunteer for a forest event or work party.
5. Share what you know with others.
6. Explore the plants and animals that live there, but leave them where you find them.



What will YOU do to help the forest?
Write your ideas on the next page.

Write down three things you will do to be
a better Forest Steward.



1



2



3



Tree Ring Autobiography

Draw a tree ring autobiography. Draw one ring for each year you've been alive. Did you grow a lot one year, and less in another year? Show that with your rings.

My Life in Rings

