



AUMC Wonder Walk #1

Find the Big Leaf Maple tree grove



Bigleaf maple

The big leaf maple is king of the northwest woodland. It grows faster than competing conifers but tends to die sooner, letting the conifers take its place. The leaves are huge and can be up to ten inches wide. The trunk is host to moss and many woodland birds and insects. The leaves provide nourishment for forest floors. It is well covered by large hanging clusters of blooms in the spring

Maple syrup can be made from the sap of Bigleaf Maple trees. While the sugar concentration is about the same as in Sugar maple, the flavor is somewhat different.



AUMC Wonder Walk #2

What is growing here that does not belong?



English Ivy

This evergreen vine is widespread in western Washington, both as an intentionally planted ornamental and as an invasive plant in woodlands and parks throughout the region.

The King County Noxious Weed Board strongly encourages control of English Ivy where possible and containment of spread if control is not feasible. Also, planting English Ivy is discouraged and it is recommended that non-invasive alternatives be used to reduce further negative impacts of this plant in King County.



AUMC Wonder Walk #3

Find the Licorice Fern, what is it growing on?



Licorice Fern

Licorice Fern is often found growing on the trunks and branches of deciduous trees, particularly Bigleaf Maple. The fern can also be found on rocks, logs, and wet, mossy humus.

Licorice fern acquires its name from its licorice-flavored rhizome, which was chewed for flavor by numerous Native American groups.



AUMC Wonder Walk #4

What is growing here that does not belong?



Himalayan Blackberry and Evergreen Blackberry

Himalayan blackberry and evergreen blackberry were just this year added to the Washington State Noxious Weed List. Himalayan and evergreen blackberry are European species that are highly invasive and difficult to control. Originally introduced for fruit production, they are now naturalized and widespread throughout the Pacific Northwest.



AUMC Wonder Walk #5

Find the willow bushes, what is their medicinal use?

Willow

There are 12 species and several varieties of willow native to Washington. Most are relatively small trees or shrubs and are found in wetland and aquatic sites.

The medical use of willow bark dates back thousands of years, to the time of Hippocrates (400 BC) when patients were advised to chew on the bark to reduce fever and inflammation.

Researchers believe that the chemical salicin, found in willow bark, is responsible for these effects. Some studies have shown willow is as effective as aspirin for reducing pain and inflammation (but not fever), and at a much lower dose.

SPONSORED BY GREEN TEAM, THE WE CAMPAIGN AND THE CLIMATE PROJECT

See Pictures on Back...



SPONSORED BY GREEN TEAM, THE WE CAMPAIGN AND THE CLIMATE PROJECT



AUMC Wonder Walk #6

What is growing here that does not belong?



Reed Canarygrass

Reed canarygrass is a tall wetland grass that forms dense, single-species stands. It chokes out streams and ditches increasing flooding and impeding salmon and other fish. It is classified as a Class C weed in Washington State and control is strongly recommended where possible, especially in restoration projects where wetland functions are being re-established.



AUMC Wonder Walk #7

Find the native Trailing Blackberry patch



Trailing blackberry

Trailing Blackberry is a Pacific Northwest leggy native groundcover that will often trip you and catch on your clothes as you walk through the woods. It has flowers with 6 long narrow white petals and small oblong blackberries. The berries were a main food staple of many indigenous peoples and are highly prized by all people for pies and jams. Leaves and roots were used to treat diarrhea, dysentery, excessive menstruation, fevers, and mouth sores.

This is not the big brambly invasive bully blackberry lining area rivers and roadways. Although our native blackberry likes to spread, it does not form self-supported brambles. Instead it rambles about the landscape as a vine-like ground cover.



AUMC Wonder Walk #8

Where would we find Salamanders or Newts?



Salamanders & Newts

Washington is home to 14 species of salamanders (all native). Two species of salamanders occur only in Washington and nowhere else in the world! Many of the other local amphibians are unique to the Pacific Northwest. In fact, three entire families of amphibians (Dicamptodontidae, Rhyacotritonidae, and Ascaphidae) are endemic to the Pacific Northwest (that is, the entire family is found only in the Northwest). All of the amphibian species in these three endemic families are specialized for life in the clear, cool streams of Pacific Northwest forests.



AUMC Wonder Walk #9

Where might we build a butterfly garden?



Butterfly Garden

Butterfly watching ranks as high as viewing birds and wildflowers in the Pacific Northwest, all parts of which are home to some butterfly species.

A wonderful and effective way to watch butterflies is to entice them with plants that they and their larvae (otherwise known as caterpillars) use as food. No site is too small to create a butterfly garden. You can begin to meet the needs of butterflies by adding flowers and herbs to an existing flower bed or container garden. Butterflies also use trees, shrubs, and ground covers and these can be included in areas throughout your landscape. A colorful grouping of butterfly-attracting plants will help butterflies locate your garden when they are flying through the neighborhood.



AUMC Wonder Walk #10

Find the old cedar stump, what's growing on it?

Old Growth Cedar Stump

Every stump left by a fallen (or cut) tree serves as a source of nutrients for new growth. Western Red Cedar stumps are noteworthy because they take so long to decay and host a variety of plants. Western Red Cedar is one of the important species in our state. How old do you think this stump is?

Native people of coastal Pacific Northwest made extensive use of red cedar. Wood served for house planks, house posts, roof boards, various kinds of boxes, and canoes. It is easy to split and was often used for bentwood boxes. Bark was made into skirts, capes, and complete dresses for women, and roots and limbs were used for baskets and rope. Various medicines were derived from the tree by native Americans.

SPONSORED BY GREEN TEAM, THE WE CAMPAIGN AND THE CLIMATE PROJECT

See Pictures on Back...



SPONSORED BY GREEN TEAM, THE WE CAMPAIGN AND THE CLIMATE PROJECT



AUMC Wonder Walk Treasure Hunt Stations

A. Find the Big Leaf Maple tree grove. What about it is good to eat? _____

B. Find stake #2, what is growing there that does not belong? _____

C. Find the Licorice Fern, what is it growing on?

D. Find stake #4, what is growing there that does not belong? _____

E. Find the willow bushes, what is their medicinal use?

F. Find stake #6, what is growing there that does not belong? _____

G. Find the native Trailing Blackberry patch. What is the stake # _____

H. Find the place where we might build a butterfly garden. Stake # _____

I. Where would we find Salamanders or Newts?
Stake # _____

J. Find the old cedar stump, what's growing on it?
