

## *A Walk in the Woods*



### Town Forest Nature Guide

Can you spot the plants and animals shown in this guide? As you hike through Groveland's Town Forest and West Newbury's Brake Hill, check off all the plants and animals you can find.

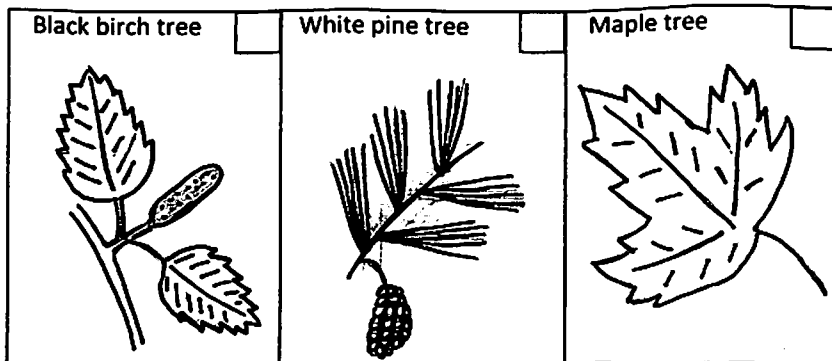
garter snake



star flower in front of a Canadian mayflower



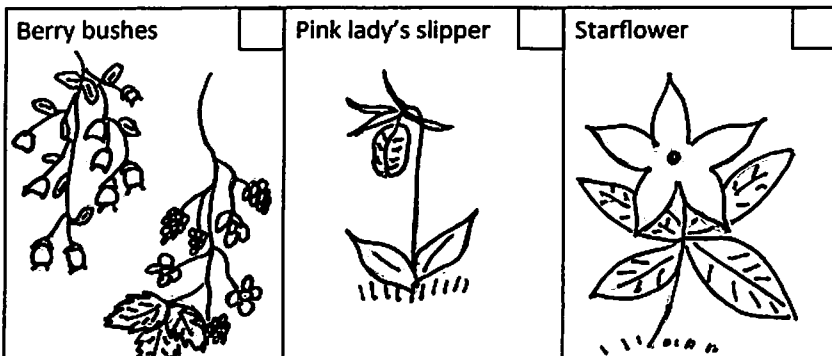
## Plants



**Black birch tree**  
Black birch trees can grow up to 50 feet tall in full sun or partial shade. In the summer time, the oval leaves are green, and in the fall, the leaves are yellow gold. Black birch trees have a smooth gray bark.

**White pine tree**  
White pine trees are found in eastern North America. You can tell a white pine tree by looking at the number of needles in a bunch. A white pine has five needles per bunch. One needle for each letter in the word white.

**Maple tree**  
Seven kinds of maple trees are found in New England. Most maples look like moist soil. Their hand shaped leaves have pointed lobes. Sap from the maple tree is used to make maple syrup.

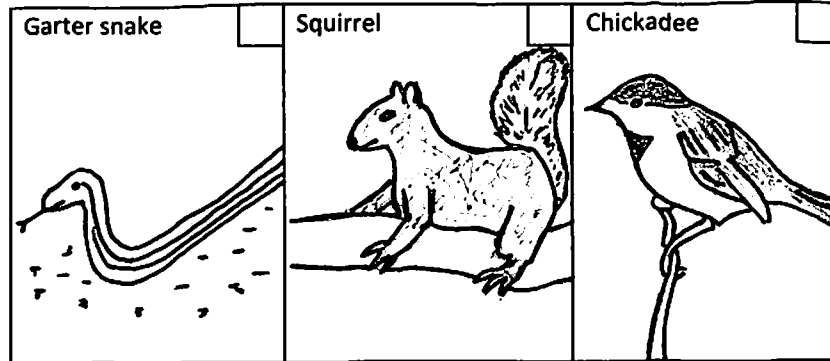


**Berry bushes**  
Wild blueberries and raspberries grow in Town Forest. Blueberry bushes have bell shaped flowers and raspberry bushes grow as a bramble. Blueberries and raspberries ripen in mid to late summer.

**Pink lady's slipper**  
Pink lady's slippers bloom from May to June. The single pink flower grows at the top of a leafless stalk. Lady slippers tend to grow in groups under pine trees. Do not pick lady's slippers!

**Starflower**  
The starflower is a small flower that grows in woods often near Canadian mayflowers. The white flower blooms in late spring and has 5-9 petals. The leaves and flowers look like stars.

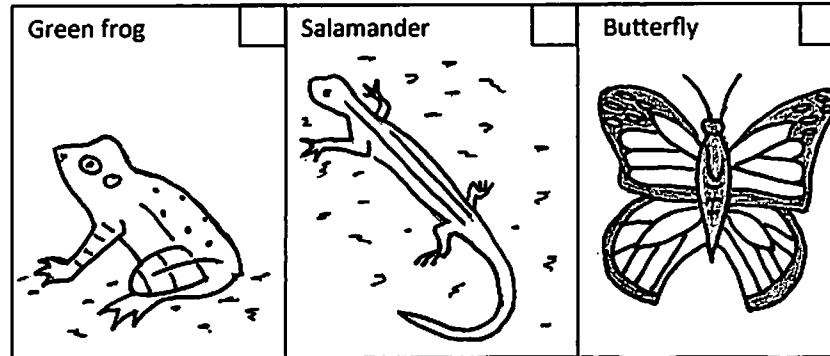
## Animals



**Garter snake**  
Garter snakes are harmless. They have a red stripe on their green or brown body. Garter snakes can be seen lying on the trails in the sun. They eat frogs, earthworms, slugs, and leeches.

**Squirrel**  
Squirrels live in nests made of dead leaves and sticks. You can see them jumping from tree to tree or running on the forest floor. Squirrels eat nuts, acorns, berries, and flowers.

**Chickadee**  
The black capped chickadee is the state bird of Massachusetts. Chickadees can be found in trees and woody shrubs. They are omnivores because they eat seeds, berries, and insects.




**Green frog**  
Green frogs are green, tan, or bronze. They are the largest frogs in New England. Green frogs are excellent jumpers. They are mostly seen on the sides of ponds and streams.

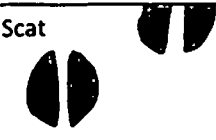
**Salamander**  
Red-backed salamanders live in the woodlands. They can often be found under logs or rocks. Red-backed salamanders don't have lungs. They breathe through their skin. Salamanders eat insects.

**Butterfly**  
A butterfly's life cycle is made up of four parts. Caterpillars are plant eaters. Butterflies drink nectar from wildflowers and shrubs. You are most likely to find butterflies near flowers.


### Animal Tracks and Animal Scat



Coyotes hunt all night long. You can see the meat and berries they eat in their scat. Their scat is often left on logs or bridges.



Deer live in forests and graze in open areas. Deer need to live near a source of water. Deer scat looks like oval pellets.



Rabbits are mostly seen at dawn or dusk. They sleep for 8 hours each day. Their teeth never stop growing. Their scat looks like round pellets.

#### Seasonal Changes

Winter snow, animal tracks and scat are more visible.

Spring flowers, birdsong and bird nests, animals leave winter homes.

Summer flowers, ripening berries, lush green growth.

Fall leaves of many colors, birds fly south, animals prepare for winter.

#### WARNINGS!

**Poison Ivy-** Poison ivy grows on the side of the trails. The plant can grow on the ground or a vine can grow up a tree. Poison ivy leaves are in groups of three. Some leaves are red and some are green. Don't touch any leaves on an unfamiliar plant. If you develop a red rash within a few days of being in the woods, you probably touched poison ivy.

**Ticks-** To avoid ticks, stay on the trail. Also avoid really high grass and brushing against bushes. Some bug spray (DEET) can help keep ticks off of your clothing. Ticks are very small and hard to find so check yourself carefully after hiking in the forest. Some deer ticks can transmit Lyme disease if you don't take them off within 24 hours of attaching.