

# Why Trees Matter

## References

1. National Audubon Society *Field Guide to North American Trees*, 1980.
2. Lanzara, P. and Pizzetti, M., *Simon and Schuster's Guide to Trees*, 1977.
3. Williams, Michael D., *Identifying Trees, an All-season Guide to Eastern North America*, 2007.
4. Sydnor, T.D. and Subburayalu, S., *An Analysis of Street Tree Benefits for Yellow Springs* from the School of Environment and Natural Resources, The Ohio State University, Columbus, Ohio. In cooperation with Green County Extension.



## A special Thanks to:

Paul Saldutte, Medina County Park District  
Medina County Master Gardeners

## Tree Value Analysis calculated by:

T. Davis Sydnor and Sakthi Subburayalu  
School of Environment and Natural Resources



Brought to you by:



### OSU Extension, Medina County

Professional Building — 120 West Washington Street, Suite 1L, Medina OH 44256  
Phones: 330-725-4911; 330-225-7100, ext 9237; 330-336-6657, ext 9237  
TTY: 330-725-9123  
Fax: 330-764-8453  
Web: <http://medina.osu.edu>



OSU Extension, Medina County  
Professional Building — 120 West  
Washington Street, Suite 1L,  
Medina OH 44256  
Phones: 330-725-4911; 330-225-  
7100, ext 9237; 330-336-6657, ext  
9237  
TTY: 330-725-9123  
Fax: 330-764-8453  
Web: <http://medina.osu.edu>

Brought to you by:  
OSU Extension, Medina

## Why Trees Matter



In cooperation with the  
Medina County Park District



## Why Trees Matter



The trees that grow around our homes and in our cities and parks are important to us. They add beauty and value to our property, they shade and protect our homes and buildings, thus reducing energy costs. Trees help to improve our air quality, reducing air pollution. Yes, trees are beautiful and important. Take some time, as you walk the trails in the Schleman Nature Preserve, to enjoy a variety of trees that grow in our area. These trees make Buckeye Woods Park a special Part of the Medina County Park District.

1. **White Pine:** In 1979, the first Arbor Day was celebrated in Buckeye Woods Park. On that day children planted these white pines as small saplings. Many of them are still growing around you today. Yearly value: \$59.40.
2. **Black Cherry:** This is our largest and most important native cherry tree. Its wood is used for fine furniture, toys and scientific instruments. Jelly and wine may be made from the fruit of this tree. Cherry cough syrup was once made from its bark. Yearly value: \$166.86.
3. **Bur Oak:** This oak tree may grow to be over 100 feet tall. Its name is derived from the burlike fringe on the acorn cup that grows on this tree. Its lumber has many commercial uses. It is one of the "white oak" group of trees. This tree was a sapling in 1850. Yearly value: \$276.24.
4. **Sugar Maple:** The deep shade provided by the leaves of this large tree make it a popular yard tree. Maple sugar and syrup production from this tree was started by the early settlers and continues today. Its wood is used for furniture, flooring and paneling. Yearly value: \$94.02.
5. **Ohio Buckeye:** We are the Buckeye State and this is our state tree! Parts of this tree are poisonous. The tree provides shade and beautiful fall foliage. Its lumber is used for furniture, flooring and musical instruments. Yearly value: \$42.84.
6. **Fire Cherry:** This tree is named because its seedlings appear right after forest fires. It grows quickly and provides shade as a "nurse tree" for other tree seeds that may take root after such a fire. Yearly value: \$29.52.

7. **White Ash:** This very large tree may reach over 100 feet. In a forest such as this the tree grows tall and slender with an oval crown of leaves at the top. These valuable and popular trees are facing widespread destruction in the Northeast from an insect called the Emerald Ash Borer. Yearly value: \$96.59.
8. **Tulip Tree, Yellow Poplar:** This is the tallest deciduous (loses its leaves in the fall) tree in the United States. Each leaf has four pointed lobes and forms a distinct tulip shape. Because the tree grows rapidly, it is a common shade tree and is widely used in the lumber industry. Yearly value: \$50.78.
9. **American Beech:** Look closely. Are there any initials carved in this tree? The wood from this tree is very hard and is one of the finest fuel woods. The American Beech once grew in large groves and was home to the now extinct passenger pigeon. Yearly value: \$43.15.
10. **Bitternut Hickory:** The nuts from this tree are so bitter, not even the squirrels will eat them! The wood does, however, provide wonderful flavor to smoked meats, bacon for example. In pioneer times the oil from the nuts of this tree was used to fuel oil lamps. Yearly value: \$109.26.
11. **White Oak:** These are among the largest trees in the United States, reaching over 150 feet in height and more than 4 feet in diameter. The tree is widely used in the lumber industry and when the pores of the wood are sealed, staves are made to manufacture wine and whiskey barrels. Yearly value: \$107.70.
12. **Red Maple:** Its great value today is as a shade tree in urban areas. In the fall, its leaves may range from bright yellow with red flecks to solid red. In the forest, its twigs are a favorite of the white-tailed deer. Yearly value: \$271.88.
13. **Apple Tree:** When growing in the wild, this tree often goes unrecognized. In the fall, after harvest, its fallen fruit is a favorite of the wildlife who live in the woods. Yearly value: \$45.68.
14. **Shagbark Hickory:** Notice the outstanding long, narrow peeling bark scales from which the tree gets its name. The wood of the tree is very resilient, lending it popular for uses which require teaming and bending to form. Hickory nuts provide nourishing food for wildlife. Yearly value: \$62.26.
15. **Austrian Pine:** One of the firs trees planted by homesteaders for protection from the sun, this tree continues today as a popular urban tree because of its tolerance to salt and sulfur dioxide damage. Yearly value: \$49.34.

## Before Your Hike

Did you know breakfast is really the most important meal of the day? Breakfast gives your body the energy it needs to start the day and get you through the morning. It's been 8 to 12 hours since your last meal or snack. Research shows that breakfast improves both mental and physical performance. This quick, small meal provides nutrients often not eaten at other meals—like Vitamin C. Hot or cold foods are great breakfast choices.

Breakfast can be as simple as a whole grain bagel with peanut butter and juice or milk. Try a fruit smoothie with 1 cup skim milk, 1/2 cup strawberries and 1/2 of a small banana. Choose breakfast foods that are high fiber, high nutrient choices. If you start the day off with healthy choices, you will be less likely to grab high calorie sweets mid morning to pacify hunger pangs. Here are more simple ideas to get your day started:

- ☼ Cook an egg in a mug in the microwave and eat with a slice of whole wheat toast along with a glass of fat-free milk and fresh fruit.
- ☼ Stir raisins or other dried fruit and fresh or frozen berries or canned fruit into low-fat yogurt. Layer or stir whole grain cereal into the yogurt. Add nuts if you wish.
- ☼ Serve a whole grain, low sugar cereal with fat-free milk and add fruit.
- ☼ Eat a toasted cheese sandwich with reduced-fat cheese and fruit.
- ☼ Serve a slice of cheese pizza with juice or fruit.



## Smart Snacking

Children need snacks to get the energy they need. Making good decisions about snacks is important. Try not to snack or eat in front of the television. Eat snacks while sitting down at a table. This way children will not eat more than their bodies need, as they are less distracted and can better listen to their body signals.

Snack time is a great time to get more fruits and vegetables into your children's diet. Cut up fresh vegetables and serve with a dip or salad dressing. Offer seasonal fruits. The best drinks are milk and water. Sugary drinks such as sodas and juice are "empty calories" that fill you up, but don't supply any nutrients. Teaching smart snacking will give your child good habits for a healthy life.

The best snack for your walk in the woods is simple: A piece of fruit and a bottle of water!



## Why Trees Matter

### Did you know?

After a "*green moment*" (time spent around trees), people have a sense of renewal, which results in better concentration, more effective life functioning, more patience on performance measures for delayed gratification, better impulse control, more effective life course, greater well-being and life satisfaction.

Your time in the woods is helping your family's mental and physical health!

Observing wildlife in community nature parks is one of the fastest growing forms of outdoor recreation in the United States. Trees provide homes for many wildlife species. Hiking can be a fun, learning experience for families. What wildlife do you see? Look for squirrels, birds (what kinds?), chipmunks, spiders and other insects.

The trees that grow around our homes and in our cities and parks are important to us. They add beauty and value to our property, they shade and protect our homes and buildings, thus reducing energy costs. Trees help to improve our air quality, reducing air pollution. Yes, trees are beautiful and important. Take some time, as you walk the trails in the Schleman Nature Preserve, to enjoy a variety of trees that grow in our area. These trees make Buckeye Woods Park a special part of the Medina County Park System.

### Why Trees Matter ...

Trees have a powerful impact on outdoor space and in human well-being. Trees draw upon our senses as a natural resource, while scenic beauty and trees add value to our landscapes through the environmental services they provide. Urban parks and greenways, academic, business and industrial campuses and residential gardens are corridors linking up to the natural world and enhancing the whole ecosystem. Why do trees matter in your life?

The Why Trees Matter Program is one of Ohio State University Extension's six Signature Programs. It is an interdisciplinary program of the University that focuses on the economic, environmental and social benefits of trees and community forests. Using U.S. Forest Service models, it quantifies the sustainable environmental services trees provide, such as storm-water remediation, air quality benefits, energy savings, and carbon sequestration. For example, the annual value of a 12 inch diameter silver linden is \$98.





# Buckeye Woods Park

Medina County Park District



## Schleman Nature Preserve

DUE TO THE SENSITIVE NATURE OF THIS AREA, BICYCLES ARE NOT PERMITTED

- Park Entrance
- Rest Rooms
- Fishing
- Drinking Fountain
- Playground
- Picnic Area
- Picnic Shelter
- Scenic Overlook



Medina County Park District

6364 Deerview Lane • Medina, Ohio 44256  
(330) 722-9364 • 336-6657, Ext. 9364  
225-7100, Ext. 9364  
[www.medinacountyparks.com](http://www.medinacountyparks.com)

*Chippewa Inlet Trail*  
(1.75 miles)

See back panel for Chippewa Inlet Trail map

- YELLOW TRAIL (1 MILE)
- GREEN TRAIL (1.5 MILES)
- SCHLEMAN NATURE PRESERVE BOUNDARY
- LAKE INLET CONNECTOR (1/4 MILE)
- LARGE LAKE LOOP (1/2 MILE)
- SMALL LAKE LOOP (1/4 MILE)
- CHIPPEWA INLET TRAIL (1.75 MILES)

15