

# A Walking Exploration Around Moody Pond

## The Green Handbook



Kary Johnson and Margaret Worden

---

---

A Walking Exploration Around Moody Pond

---

---

The Green Handbook



Common Crow (*Corvus brachyrhynchos*)

Photo: Kary Johnson

Kary Johnson

Margaret Worden

## FRIENDS OF MOODY POND (FMP)

Friends of Moody Pond is a Not-for-Profit “committed to preserving and protecting Moody Pond and the surrounding neighborhood as a treasured resource for the enjoyment of the Saranac Lake community”.

Kary Johnson and Margaret Worden are members of FMP. We have undertaken this “A Walking Exploration Around Moody Pond” project to support the Mission of FMP. The goal of this project is to document and share the beauty in the biodiversity of life around Moody Pond. We hope that others who enjoy walking around Moody Pond will join us.

In 2021 Friends of Moody Pond was made up of 22 members who are shore owners or nearby residents. Our goal is to increase our membership to include more of our neighbors. Please consider joining us.

Here are some links for FMP:

[Friends of Moody Pond Facebook](#)

[Friends of Moody Pond Website](#)

To contact Kary:

[Wild Sow Studio Website](#)

[Wild Sow Studio Facebook Page](#)



Great Blue Heron (*Ardea Herodias*)

Photo: Kary Johnson



Starflower (*Trientalis borealis*)

Photo: Kary Johnson



Cow Vetch (*Vicia cracca*)

Photo: Kary Johnson

## The Project

“A Walking Exploration Around Moody Pond—The Green Handbook” aims to provide a self-guided opportunity for people walking around Moody Pond to notice, identify, and report the diversity of species that live around Moody Pond.

The method we used to identify locations used in this project was to reference the 40 telephone poles around Moody Pond, take their GPS coordinates, and assign Site numbers to the space between them. This Green Handbook contains the odd numbered Sites—walking clock-wise around the pond, on the left against traffic. (The Blue Handbook for even numbered sites will be forthcoming.) There are a total of 80 Sites.

Each odd numbered Site, 1-79, has a dedicated page in this handbook. The page lists some of the species found on the site, photographs, a “FEATURED SPECIES” and a few interesting facts.

Over time, we hope that fellow nature lovers will help us to expand the species lists for each site. This continuing work will support FMP’s “commitment to preserving and protecting Moody Pond and its surrounding neighborhood as a treasured resource for the enjoyment of the Saranac Lake community” by documenting the diversity and monitoring for potential threats caused by invasive species, climate change, human impact, etc.

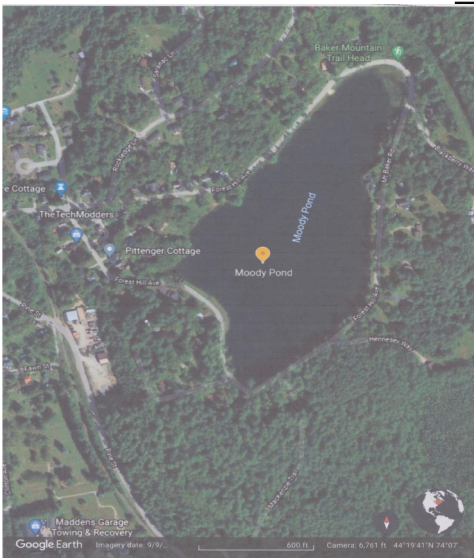
### **A few housekeeping items:**

- All observations were made from the road. Please stay on the road during observation to respect landowners’ rights, while, in this case, walking clockwise around the pond to observe the forest side.
- Park in designated parking areas only. Please be certain to park completely off the road.
- Please leash and clean up after your canine family member at all times.
- Leave no trace.
- Share your thoughts, observations, and discoveries on the Friends of Moody Pond Or Wild Sow Studio Facebook Page.
- Enjoy your walk!

## Overview of Moody Pond and surroundings. Rendition of “The Green Handbook” sites. Some benefits of walking.

Some thoughts on walking from In Praise of Walking by Shane O’Mara, 2019.

- Hearing, sight and reaction times all improve during active movement.
- Writers are among the best at recognizing walking’s virtues and rewards.
- The author proposes **EASE** for city planners:
  - E—easy to walk
  - A—accessible to all
  - S—safe for everyone
  - E—enjoyable for all
- Hippocrates said: “Walking is the best medicine.”
- Activity in nature has a long-lasting impact on happiness and well-being.
- Per the American Journal of Psychiatry, exercise is a safe and moderately effective medicine for depression.
- Aerobic exercise facilitates growth of new brain cells critical to learning and memory.
- Walking improves your mood and brings with it problem-solving powers.



Moody Pond - Goggle Maps



Moody Pond Green Handbook Site Locations Rendition:: Kary Johnson

## Site Numbers, Telephone Poles and Featured Species—Green Route

59	NG 12–NM 11	Eastern Hemlock ( <i>Tsuga canadensis</i> )
61	NM 11–NM 10	Balsam Fir ( <i>Abies balsamea</i> )
63	NM 10–NM 9	Fall Field Cricket ( <i>Gryllus pennsylvanicus</i> )
65	NM 9–NG 8	Eastern White Cedar ( <i>Thuja occidentalis</i> )
67	NG 8–NM 7	Paper Birch ( <i>Betula papyrifera</i> )
69	NM 7–NG 6	Dog, Human ( <i>Canis familiaris</i> , <i>Homo sapiens</i> )
71	NG 6–NM 5	Ostrich Fern ( <i>Matteuccia struthiopteris</i> )
73	NM 5–NM 4	Spruces (Genus <i>Picea</i> )
75	NM 4–NM 3	Norway Spruce ( <i>Picea abies</i> )
77	NM 3–NM 2	Lilac (Genus <i>Syringa</i> )
79	NM 2–NM 1	Red Maple ( <i>Acer rubrum</i> )
1	NM 1–NM 6	Insects (Class, Insectae)
3	NM 6–NM 7	Common Crow ( <i>Corvidae brachyrhynchos</i> )
5	NM 7–NM 8	Scotch Pine ( <i>Pinus sylvestris</i> )
7	NM 8–NM 9	Mosses (Phylum Bryophyta)
9	NM 9–NM 10	Red Cedar ( <i>Juniperus virginiana</i> )
11	NM 10–NG 11	Occurrence—Inosculation
13	NG 11–NM 12	Tree Review
15	NM 12–NM 13	Lightning Bugs (Family, Lampyridae)
17	NM 13–NM 14	Monarch ( <i>Danaus plexippus</i> ), Milkweed ( <i>Asclepias syriaca</i> )
19	NM 14–NM 15	Bats (Order, Chiroptera)
21	NM 15–NM 16	Orange Hawkweed ( <i>Hieracium aurantiaca</i> )
23	NM 16–NG 17	What do you see? (Observation and nature journals)
25	NG 17–NM 18	Rabbit Foot Clover ( <i>Trifolium arvense</i> )
27	NM 18–NM 19	Beech ( <i>Fagus americana</i> )
29	NM 19–NM 20	Lichen (Family, Parmeliaceae)
31	NM 20–NM 21	Winged Euonymus ( <i>Euonymus alatus</i> )
33	NM 21–NM 22	Speckled Alder ( <i>Alnus irugosa</i> )
35	NM 22–NM 23	Tamarack ( <i>Larix laricina</i> )
37	NM 23–NM 24	Cinnamon Fern ( <i>Osmunda cinnamomea</i> )
39	NM 24–NM 25	Wintergreen ( <i>Gaultheria procumbens</i> )
41	NM 25–NM 26	Goldenrod (Genus, <i>Solidago</i> )
43	NM 26–NM 27	What grows on a rock? (Observation and nature journals)
45	NM 27–NM 28	Maples (Genus, <i>Acer</i> )
47	NM 28–NM 29	Red Pine ( <i>Pinus resinosa</i> )
49	NM 29–NM 30	Marsh Marigold ( <i>Caltha palustris</i> ), Coltsfoot ( <i>Tussilago farfara</i> )
51	NM 30–NM 31	Ginkgo ( <i>Ginkgo biloba</i> )
53	NM 31–NM 32	Large-tooth Aspen ( <i>Populus grandidentata</i> )
55	NM 32–NM 12–1	Twinflower ( <i>Linnaea borealis</i> ), Bunchberry ( <i>Cornus canadensis</i> )
57	NM 12–1–NM 12	White Pine ( <i>Pinus strobus</i> )

## SITE 59 NG 12 – NM 11

### FEATURED SPECIES: Eastern Hemlock (*Tsuga canadensis*)

HEIGHT: 40'-100'

NATIVE

LIFESPAN: 150-200 years, some reach 500-600 years. One is said to have reached 988 years.

NEEDLES: 3/8-5/8", dark green with 2 whitish parallel lines below on a lighter colored surface; similar to, but shorter than, balsam fir needles.

CONE: 1/2"-1"

USES: RR ties, dyeing, and tanning which by 1900 left the supply of bark in the Adirondacks exhausted. Pioneers used for tea and brooms. Deer "yard up" in hemlock groves.

**Did you know?** Hemlocks were a favored nesting place for the now extinct passenger pigeon, with one tree holding up to 30 - 40 nests.

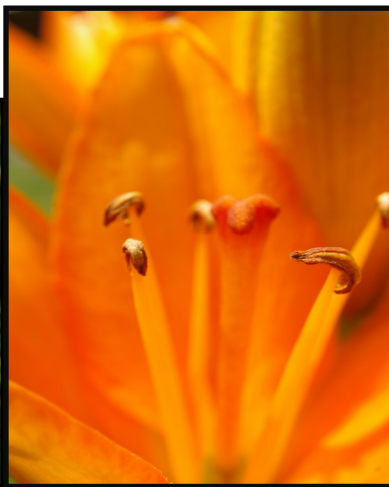
#### Other Species SITE 59 (ongoing)

- White Pine
- Beech
- Lily-of-the-Valley
- Orange Day Lilies
- Hay-scented Fern
- Black-capped Chickadee
- White-throated Sparrow
- Partridge Berry
- American Crow
- Birch
- Eastern Hemlock



Eastern Hemlock (*Tsuga canadensis*)

Photo: Kary Johnson



Orange Day Lily  
(*Heemerocalilis fulva*)

Photo: Kary Johnson



White-tailed deer (*Odocoileus virginianus*)

Photo: Kary Johnson

## SITE 61 NM 11—NM 10

### FEATURED SPECIES: Balsam Fir (*Abies balsamea*)

SIZE: 20'–60'

NATIVE: Only native fir in the Northeast.

SHAPE: Distinct conical shape when seen from a distance.

CONES: 2"–4", purple brown when young, located at the top of the tree. The cones release seeds to the wind.

NEEDLES: 1/2"–1 1/2", dark green with 2 white stripes below, aromatic. Needles are similar to, but longer than, an Eastern Hemlock.

LIFESPAN: Up to 200 years.

ALTERNATIVE NAMES: Canada Balsam, Eastern Fir

USES: Popular as Christmas trees and wreaths as Balsam Fir retain their aromatic needles. Balsam pillows are popular souvenirs. Also used for knotty wood paneling. Algonquin people used the resin to treat burns.

**Did you know?** Balsam Fir are among the Adirondacks' most symmetrical tree. They live from sea level to 5,000' above sea level, including swampy ground and the high peaks. Blisters on the bark can be "popped", releasing sticky resin. The resin from Balsam Fir is used by the optical industry to cement microscopic slides.

#### Other Species SITE 61 (ongoing)

- Bugle Weed
- Christmas Fern
- Eastern Hemlock
- Lily-of-the-Valley
- Striped Maple
- Narrow leaf Bittercress
- Paper Birch
- Eastern White Pine
- Dandelion
- Mosses
- Lichen
- Balsam Fir

- Orange Day Lily



Balsam Fir (*Abies balsamea*)

Photo: Kary Johnson



## SITE 63 NM 10—NM 9

### FEATURED SPECIES: Fall Field Cricket (*Gryllus pennsylvanicus*)

**DESCRIPTION:** 0.6 –1.0 ", Color of black coffee—dark black to dark brown. Sometimes a little reddish.

**NATIVE**

**DIET:** Omnivore (plants and animals). A Fall Field Cricket will eat small invertebrates. They will also eat smooth crabgrass, lamb's quarters, plantain, switchgrass, common ragweed, and chicory.

**SOUND:** A male Fall Field Cricket makes his iconic chirping sound by opening and closing his front wings. This chirping sound is the mating call to females for reproduction and to repel other males. They are silent when scared.

**LIFE CYCLE:** Like most insects, fertilized eggs (laid into a food source for young), larvae and adulthood. They are mature within a few weeks. A Fall Field Cricket's life span is approximately 2-3 months from egg to the end of the adult stage.

**HABITAT:** Burrows into soil in fields and forest edges.

**Did you know?** Crickets breathe through holes in their bodies called spiracles. They listen for chirps through auditory organs on their forelegs. A Fall Field Cricket will chirp faster when it is hotter outside, and it is said that you can estimate the outside temperature by counting the frequency of cricket chirps.

#### Other Species SITE 63 (ongoing)

- Mosses
- Common Yellow Hawkweed
- Dandelion
- Strawberry
- Thyme
- Grasshopper
- Butterflies
- White Cedar
- Fall Field Cricket



Genus: *Thymus* with pollinator

Photo : Kary Johnson

## SITE 65 NM 9—NG 6

FEATURED SPECIES: Eastern White Cedar (*Thuja occidentalis*)

SIZE: 20'–65', 80' maximum

NATIVE

LIFESPAN: 150–200 years, some up to 400.

NEEDLES: 1/8", aromatic when crushed, scalelike and fan shaped, closely overlapping.

BARK: Narrow ridges

USES: Hedges, ornamental trees. Once used for birch bark frames. White-tailed deer browse them, thus the term "browse line"

ALTERNATIVE NAMES: Northern White Cedar, Swamp Cedar, Tree of Life (*Arbor Vitae*)

**Did you know?** In 1535, Jacques Cartier's crew was saved by White Cedar. Tea prepared from foliage and bark, now known to be high in Vitamin C, cured the crew of scurvy. Also, it was probably the first North American tree introduced into Europe.

### Other Species SITE 65 (ongoing)

- Dandelion
- Strawberry
- Mosses
- Thyme
- Eastern White Cedar
- Mouse-eared Hawkweed



Strawberry blossom (*Fragaria virginiana*)  
Photo: Kary Johnson



Eastern White Cedar (*Thuja occidentalis*)  
Photo: Kary Johnson

# SITE 67 NG 8—NM 7

## FEATURED SPECIES: Paper Birch (*Betula papyrifera*)

HEIGHT: 40'–80'

NATIVE

LIFESPAN: 80–100 years

LEAF: 2"–4", oval or heart shaped, dark green above–paler below, turns yellow in the autumn, finely and irregularly toothed, petioles are grooved, downy.

BARK: chalky white, stripping, curling. Bark of old trees is gray and rough around the base.

USES: The Paper Birch furnished bark for the Abenaki (among other Indigenous peoples) for early canoes, thus its alternate name, Canoe Birch. The bark, being waterproof, was also used for water containers, baskets, cups, spoons, and shelters. Additionally, paper was made from the bark. The inner bark has been used to make flour, snow–shoe frames, and for fuel. Birds use strips of bark for their nests.

**Did you know?** Stripping bark from a live Paper Birch will injure or can kill the tree. The white bark color will rub off on your clothing.

### Other Species SITE 67 (ongoing)

- Red Maple
- Dandelion
- Grasses
- Mosses
- Paper Birch



Grasshopper  
Photo: Kary Johnson



Birch catkin  
Photo—Kary Johnson



Paper Birch (*Betula papyrifera*)  
Photo: Kary Johnson

## SITE 69 NM 7—NG 6

**FEATURED SPECIES:: DOGS (*Canis familiaris*) HUMANS (*Homo sapiens*)**

Dogs and their humans are a big part of community life around Moody Pond. Nearly every day of the year humans can be seen being led by their dog, tethered to a leash, and carrying a small opaque bag of unknown contents (don't ask). Many of these humans patiently wait as passers-by converse with the dog by name, and offer them tasty treats. Sometimes the human may get an obligatory greeting. FMP cherishes our dog friends (and their humans). There are complementary waste bags and a trash bin for the refuse conveniently located around the pond. Our respectful request is that these be used for disposal at all times. Humans are also requested to be tethered to their dogs at all times due to the traffic on Moody Pond as well as to allow the other numerous species of animals that live around the Moody Pond to exist without fear of being chased by dogs.

Studies show that dogs split from gray wolves as early 32,000 years ago and most studies suggest full domestication in human society about 10,000 years ago. The findings suggest a more ancient origin for dog domestication than previously suggested. Since then, domestic dogs' brains and digestive organs have evolved in ways very similar to the brains and organs of humans.

**Did you know?** 7 Things Dogs And Humans Have In Common

- #1 – They're social
- #2 – They're furniture hogs
- #3 – They love food
- #4 – They're intelligent
- #5 – They have personal preferences
- #6 – They have unique personalities
- #7 – They are emotional



Other Species SITE 71 (ongoing)

- Red Maple

## SITE 71 NG 6—NM 5

### FEATURED SPECIES: OSTRICH FERN (*Matteuccia struthiopteris*)

**FROND:** Large, ostrich-feather shaped fern, often growing in large colonies.

**NATIVE**

**STALK:** The stipe (stalk below the leafy part) is deeply grooved with a rounded back. This can help distinguish it from other species. The rachis (the stalk within the leafy part) is green with whitish hairs.

**BLADE:** The leafy part of the frond can be up to 50" long and as wide as 5"-14".

**PINNAE:** The leaves along the blade are shorter toward the base of the blade and widest above the middle. There are from 20-60 pairs per blade.

**HABITAT:** Prefers damp soils such as stream banks and swamps; partial sun.

**Did you know?** Fiddleheads, or croziers, are the young, spring, unfurling fronds. The only edible fiddleheads in our area are from the Ostrich Fern. They are used for both home and commercial purposes.

#### Other Species SITE 71 (ongoing)

- White Spiraea
- White Cedar
- Ostrich Fern
- White Pine

- Mosquito
- Black Fly



Ostrich fern (*Matteuccia struthiopteris*)

Photo: Kary Johnson



Unfurling frond, species unknown

Photo: Kary Johnson



Mosquito on dandelion, species unknown

Photo: Kary Johnson

## SITE 73 NM 5—NM 4

### FEATURED GENUS: Spruces (*Picea*)

We have Red, White, Blue, Black, and Norway Spruce around Moody Pond. Spruce needles are sharp to touch.



Red Spruce needles  
(*Picea rubens*)

White Spruce needles  
(*Picea glauca*)

Black Spruce needles  
(*Picea mariana*)

Blue Spruce  
(*Picea pungens*)

Photo: Steven Sonnenberg

Photo: Steven Sonnenberg

Photo: Steven Sonnenberg

Photo: Kary Johnson

#### Red Spruce

Native

Cones: 1 1/4" - 1 1/2"

Needles: 1 - 1 1/2", shiny,  
4 angled

#### White Spruce

Native

Cones: 1" - 2 1/2"

Needles: 1/3" - 3/4",  
4 angled.

#### Black Spruce

Native

Cones: 1/2" - 1 1/2", turning

from lavender to brown

Needles: 1/4" - 1", have a  
pleasant scent when  
crushed.

Alternate names: Bog  
Spruce, Swamp Spruce

#### Blue Spruce

Non-Native: Brought from  
the Rocky Mountains

Cones: 2" - 4"

Needles: 1/2" - 1 1/2", bluish/  
silver blue with square  
cross-section.

Alternate names: Colorado  
Spruce, Silver Spruce

## SITE 75 NM 4—NM 3

### FEATURED SPECIES: Norway Spruce (*Picea abies*)

SIZE: 50'–80'

NON-NATIVE: Imported from Europe and Asia

LIFESPAN: 150–200 years.

NEEDLE: 1/2"–1", square in cross section, aromatic when crushed.

CONES: 2"–7"

USES: Popular wind break. Tree oozes burgundy pitch which has been used in varnishes and medicine.

**Did you know?** Norway Spruce is the fastest growing, tallest Spruce in New York and has the largest cones.

#### Other Species SITE 75 (ongoing)



Norway Spruce (*Picea abies*)

Photo: Kary Johnson



Norway Spruce (*Picea abies*)

Photo: Kary Johnson

## SITE 77 NM 3—NM 2

### FEATURED GENUS, LILAC (*Syringa*)

**SIZE:** 12'–16' Height.

**NON-NATIVE:** Naturalized in parts of the US, Native to southern Europe. Brought to America in the early 1700's by immigrants coming from Europe.

**BLOOM TIME:** May—late Spring/early Summer for about 3 weeks.

**BLOOM COLOR:** Most lilacs are purple, however a lilac flower can also come in white, pale yellow, light blue, pink, dark burgundy, and many different shades of purple.

**POLLINATORS:** Hummingbirds and Butterflies.

**USES:** Production of perfumes, soap and candles, food source for some insects, wood for creation of pens, knife handles, and musical instruments. Edible—when crystallized used as candied flowers on pies, cakes, and cookies.

**Did you know?** There are around 26 species of lilacs in the world. A lilac is a flowering shrub.

#### Other Species SITE 77 (ongoing)

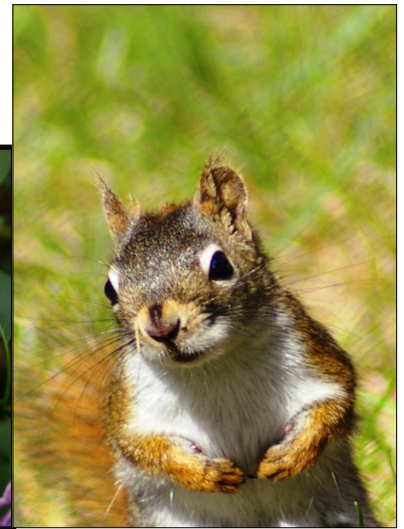
- Shining Bedstraw
- Wild Madder
- Daisy Fleabane
- Blue Spruce
- Common Mugwort



Daisy Fleabane (*Erigeron strigosus*)  
Photo: Kary Johnson



Lilac, Genus (*Syringa*)  
Photo—Kary Johnson



Red squirrel (*Tamiasciurus hudsonicus*)  
Photo: Kary Johnson



## SITE 79 NM 2—NG 6

### FEATURED SPECIES: RED MAPLE (*Acer rubrum*)

HEIGHT: 40'–80'

NATIVE

LIFESPAN: 75–100 years.

LEAVES: 2 1/2" –4 1/2", 3–5 pointed lobes, red leaf and leaf shaft, red in autumn.

USES: Tool handles, oars, furniture, woodenware, firewood and maple syrup from its sap (along with sugar maple). Deer browse, rodents and birds eat the seeds.

**Did you know?** Red maples are aptly named—their flowers, seeds, petioles, leaves, and wood are all red. Alternative names Swamp and Water Maple. This alludes to its preference for stream banks and marshy areas, although they also live in upland and sometimes dry ridges.

#### Other Species SITE 79 (ongoing)

- Birch
- Lilac
- Forget-me-not

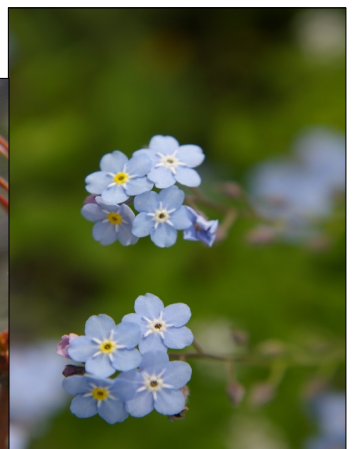
Violets



Red Maple (*Acer rubrum*) tree flower  
Photo: Curt Stagerr



Red Maple (*Acer rubrum*) fruit  
Photo: Kary Johnson



Forget-me-nots  
Photo: Kary Johnson

**SITE 1 NG 6—NM 1****PHYLUM—ARTHROPODA****FEATURED CLASSES: Spiders (Arachnida) and Insects (Insectae)**

## Characteristics of Spiders

- A spider has 8 legs. Many species spin webs, but not all. All spiders are predators and live in a wide variety of habitats.
- Ticks and Mites are spider relatives. They are not insects.

## Characteristics of Insects

- Caterpillars are the young of butterflies and moths.
- Water Nymphs and Larvae are aquatic immature insects.
- Flealike insects include several parasites of animals (including *Homo sapiens*).
- Hopperlike insects include Treehoppers, Leafhoppers, Planthoppers, Stink Bugs, some plant bugs, and Wheel Bug.
- Weevils use their downcurved snouts to bore into plants, seeds, and fruits. They have hard bodies, usually with grooves and pit marks.
- Beetles are not bugs. They have hard, armorlike forewings that usually meet in a straight line down the middle of the back. This is a large and amazingly diverse group of insects.
- Many Grasshoppers, Crickets, and Cicadas are known for their calls. They typically have large hind legs, big flat head with huge eyes and large chewing mouthparts.
- Mantis and Walkingsticks have long, slender bodies and long legs. All can camouflage well in their habitats.
- Ants and Termites are small soft-bodied insects that live in colonies composed of queens, workers, soldiers, and mating males and females.
- Lacewings and other long-winged Insects are medium to large, green or brown insects that have long, slender antennae and long wings, often with visible veins and cross-veins.
- Dragonflies and Damselflies are often found near water. They have two sets of long, transparent wings, often iridescent bodies, and huge compound eyes.
- Flies are easily distinguished from other flying insects by their single pair of functional wings.
- Bees, Wasps, and kin are brightly colored. Many insects in this group can inflict a painful sting.
- Moths have four delicate wings that are covered with scales. Most fly at night but some fly during the day.
- Butterflies fly during the day and are often seen feeding and nesting on flowers. Their wings are also covered by scales.

**Did you know? Here are 5 reasons they are important to humans:**

- 1. They recycle plant and animal material
- 2. They pollinate flowering plants. 75% of flowering plants rely on insects for fertilization, that's one third of all food and beverages.
- 3. They can help to control species that humans find undesirable.
- 4. Some plants are stronger when spiders and insects are in their neighborhood. Insecticides damage the natural state and health of the plants.
- 5. They are the only food that sustains certain species of birds, fish, and amphibians.

## SITE 3 NM 1–NM 7

### FEATURED SPECIES: American Crow (*Corvus brachyrhynchos*)

Size: Length—15"–21", Wingspan—35"–37".

Nesting Season: April–May, 4–7 eggs, bluish green with brown spots. Twig and stick nests, usually located high up in tall trees.

Social Unit: Social and family oriented. Communal learning. The young help with chick rearing for up to two years. Close family units can form for multiple generations.

Diet: Omnivores, eating both plants and animals.

Lifespan: An American Crow can live up to 16 years outside of captivity.

**Did you know?** A Crow is emotional and will display anger, sadness, and happiness. They have a good memory and can remember specific faces and voices after not seeing an individual. American Crows' intelligence and ability to adapt has served them well in the Anthropocene.

#### Other Species SITE 3 (ongoing)

- Grasshopper



American Crow (*Corvus brachyrhynchos*)

Photo: Kary Johnson



Grasshopper—unknown species

Photo: Kary Johnson

## SITE 5 NM 7—NM 8

### FEATURED SPECIES: Scotch Pine (*Pinus sylvestris*)

HEIGHT: 30' – 80', often with a crooked trunk.

NON-NATIVE: Native to the Scottish Highlands. One of the first trees to be introduced to North America, around 1600.

LIFESPAN: 100–150 years

NEEDLES: clusters of 2, 1"–3", twisted

BARK: lower tree is grayish brown, upper is scaly and distinctly brownish orange.

ALTERNATIVE NAME: Scots Pine

**Did you know?** Scotch pine is one of the most widely distributed pines in the world, growing in Asia, Europe and North America, including portions of the Arctic Circle.

#### Other Species SITE 5 (ongoing)

- Birch
- Common toadflax
- Boxelder Maple
- Eastern White Pine
- Black Spruce



Common toadflax (*Linaria vulgaris*)

Photo: Kary Johnson



Boxelder Maple (*Acer negundo*)

Photo: Kary Johnson

## SITE 7 NM 8—NM 9

### FEATURED PHYLUM: Mosses - Bryophyta

Bryophyta (which includes Mosses) are descendants of 400 million year old tiny plants that include 20,000 species growing all over the Earth. There are 1,200 species known in North America.

As you walk around Moody pond you may see Mosses growing on dead tree stumps, rocks, stone walls, fallen branches, tree trunks, telephone poles, roof tops, and lawns.

**CHARACTERISTICS:** Generally with many hues of green as well as tints of silver, rose, and yellow.

**REPRODUCTION:** Mosses send out root-like extensions (rhizoids) that are wispy and down-like. Above ground the plant has a slim stem with tiny leaves, scales, or miniature fronds. As Moss grows it may become a colony. There are no flowers; Mosses reproduce by spores, microscopic motes of life that may travel in air or water currents.

**IDENTIFICATION:** Mosses are challenging to identify and most require the aid of a microscope. Here are some of the mosses that have been identified around Moody Pond: Haircap Moss, Sphagnum, Eastern Haircap Moss, Crisped Pincushion, Matted Feather-moss, Boulder Broom Moss, Hedwig's Fringeleaf Moss, Delicate Fern Moss, and Rough Goose Neck Moss.

**Did you know?** Besides lending their beauty and simplicity to our natural world, Mosses have been used for such things as a heat source, packing material, pillow and mattress stuffing, gardening, wound dressing, and in the production of Scotch whiskey.

### Other Species SITE 7 (ongoing)



Moss— *Sphagnum*  
Photo: Kary Johnson



Moss—Unknown  
Photo: Kary Johnson



Moss—Unknown  
Photo: Kary Johnson

## SITE 9 NM 9—NM 10

FEATURED SPECIES: Red Cedar (*Juniperus virginiana*)

HEIGHT: 20' - 100'

NATIVE

LIFESPAN: Long lived; resistant to heat, cold, and drought, the potential to live over 900 years

CONE: 1/4" - 1/2", blueberry-like

NEEDLE: 1/16", scalelike.

ALTERNATIVE NAME: Eastern Red Cedar

USES: Cedar chests, oil from wood used to perfume soap, moth repellent. Used to make pencils until groves were depleted.

**Did you know?** Cedar Waxwings are named for the tree whose fruit they prefer—the Red Cedar. Individual trees can bear an enormous number of berry-cones, up to 3 million or more. Seeds passing through the birds' digestive tracts help to establish new groves of cedars. 42 different species of insects feed on Red Cedar.

### Other Species SITE 9 (ongoing)

Red Maple



Raccoon (*Procyon lotor*)  
Photo: Curt Stager



Red Cedar (*Juniperus virginiana*)  
Photo: Kary Johnson



Raccoon tracks (*Procyon lotor*)  
Photo: Kary Johnson

## SITE 11 NM 10—NG 11

### FEATURED: White Pine/Paper Birch Inosculation

Inosculation is a natural phenomenon in which trunks, branches or roots of two trees grow together. It is biologically similar to grafting and such trees are referred to in forestry as gemels, from the Latin word meaning "a pair".

It is most common for branches of two trees of the same species to grow together, though inosculation may be noted across related species. The branches first grow separately in proximity to each other until they touch. At this point, the bark on the touching surfaces is gradually abraded away as the trees move in the wind. Once the cambium of two trees touches, they sometimes self-graft and grow together as they expand in diameter. Inosculation customarily results when tree limbs are braided or pleached. Two trees may grow to their mature size adjacent to each other and seemingly grow together or conjoin, demonstrating inosculation. These may be of the same species or even of different genera or families, depending on whether the two trees have become truly grafted together (once the cambium of two trees touches, they self-graft and grow together). Usually grafting is only between two trees of the same or closely related species or genera, but the appearance of grafting can be given by two trees that are physically touching, rubbing, intertwined, or entangled. Both conifers and deciduous trees can become conjoined. Beech trees in particular are frequent conjoiners, as is blackthorn (*Prunus spinosa*).

#### Other Species SITE 11 (ongoing)

- Black Cherry
- European Mountain Ash
- Beaked Hazelnut



Eastern Chipmunk (*Tamias striatus*)  
Photo: Kary Johnson



White Pine/Paper Birch  
Inosculation.  
Photo: Kary Johnson

# SITE 13 NG 11—NM 12

## FEATURED SPECIES—TREE REVIEW



### Other Species SITE 13 (ongoing)

- American Beech
- Maple
- Oak
- Solidago
- Witches Butter





## SITE 15 NM 12—NM 13

### FEATURED FAMILY—LIGHTNING BUGS (LAMPYRIDAE)

Description: Soft-bodied beetles, 3/8"-1/2". Blackish or brownish in color. The beetle's head is concealed from above by the pronotum (like a large shield). The pronotum is often rosy pink with dull yellow edges and black spot in the center.

Habitat: Moist, dark places such as in the soil, under tree bark, and in swampy areas.

Diet: Most adult lightning bugs do not eat—the larvae eat Snails, Cutworms, Grubs, and other small animals.

Life cycle: Egg, larvae, pupate, adult. Lightning bugs can stay in their larval stage for several years before pupating in the spring. Adults live just long enough to reproduce.

Reproduction and adaptations: Most adults glow and use their flash to attract mates.

Alternative names: Firefly, Glowworm

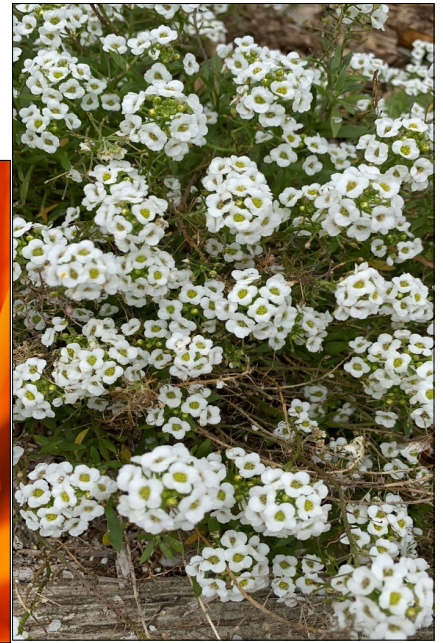
**Did you know?** There are about 2,000 species of lightning bugs known globally. Lightning bug populations are declining, due to harvesting for their luciferin (the chemical that makes the reaction to make the flash), light pollution and habitat destruction.

#### Other Species SITE 15 (ongoing)

- Lamb's Ear
- Orange Day Lily
- Sweet Alyssum
- Cultivated Garden



Unknown: Order Lepidoptera on Orange Day Lily  
(*Hemerocallis fulva*)  
Photo: Kary Johnson



Sweet Alyssum (*Lobularia maritima*)  
Photo: Kary Johnson

## SITE 17 NM 13—NM 14

FEATURED SPECIES: MONARCH (*Danaus plexippus*)COMMON MILKWEED (*Asclepias syriaca*)

## MONARCH

## NATIVE

DESCRIPTION: Wings: 3 1/2" - 4" wingspan, colorful orange, black, and white pattern.

DIET: Milkweed leaves, flowers, and milky juice. There are up to five species of Milkweed in the Adirondacks.

LIFE CYCLE: Egg, Larva (caterpillar), Pupa (chrysalis) Adult butterfly

HABITAT: A Monarch's habitat is wherever milkweeds grow such as meadows and roadsides.

## COMMON MILKWEED

NATIVE: Frequents meadows and roadsides.

FLOWER: Range from pink to lilac, to purple. Blooms from June to late August.

LEAF: Many long, oblong shaped, short stemmed leaves growing opposite up the side of the stalk. The young, tender leaves are the chief food source for the larvae of the Monarch. The leaves and stems exude a milky sap when broken.

**Did you know?** Milkweed plants contain cardiac glycosides used for treating some heart disease. These glycosides, when absorbed by monarch butterfly larvae make the larvae and adult butterfly toxic to birds and most other predators.

Other Species SITE 17 (ongoing)  Creeping Thyme  
 Maple  Common Toadflax



Common Milkweed flower, seeds, leaf. (*Asclepias syriaca*)

Monarch pupa, chrysalis, adult.. (*Danaus plexippus*)

Photos: Kary Johnson

## SITE 19 NM 14—NM 15

### FEATURED ORDER: BATS (CHIROPTERA)

**NEW YORK STATE DISTRIBUTION:** There 9 types of bats that are active in New York State.

#### Cave Bats of New York

- Little Brown Bat: New York State's most common type of bat, small (wingspan of 8"-11"), low-flying species.
- Big Brown Bat: The largest of the cave bats, the Big Brown Bat is known for its size—around 2-3 times heavier than other cave bats and with a 13-inch wingspan. One of the state's most common summer bats.
- Indiana Bat: Endangered species, they live in high concentrations.
- Small-footed Bat: The state's smallest bats. Many reside in just two mines in the Adirondack Region.
- Eastern Pipistrelle: Also called tri-colored bat. This bat has colorings of reddish, black, and yellow-orange.
- Northern Long-eared Bat: Threatened species under both Federal and New York State Endangered Species Law. They have been most severely impacted by white-nose syndrome.

#### Tree Bats of New York

- Hoary Bat: Hoary bats are the largest of all bats who reside in New York State, and are seen most frequently in the Adirondacks. They have a wingspan of up to 16 inches, and typically roost high in trees.
- Silver Haired Bat: Known for their silver tipped hair, used to be the most frequent bat in the Adirondacks, though they are now rarely seen in the Northeast.
- Red Bat: A reddish-gray or reddish-brown color, Red Bats are not particularly frequent in New York. Rarely they can be seen migrating during the daytime.

**THREATS TO BATS:** White-nose syndrome, habitat loss, climate change.

**Did You Know?** Bats are the only mammals with the ability to fly. A single bat can eat thousands of mosquitoes and other flying insects in one night. Little Brown Bats produce a warning sound to avoid mid-air collisions.

#### Other Species SITE 19 (ongoing)

- Lilac
- Digitalis



Little Brown Bat (*Myotis lucifugus*)  
Photo: Sarah Lynn Royalty Free

SITE 21 NM 15—NM 16

FEATURED SPECIES: Orange Hawkweed (*Hieracium aurantiaca*)

FLOWER: Red to orange in color, dandelion-like flowers are up to 1" in diameter and bloom from Spring to Autumn.

LEAF: Lance-shaped leaves are hairy, 2"-5" long, and form a basal rosette. Plants may be up to 3' tall and will exude a milky sap when injured.

NON-NATIVE: Native to Europe, Orange Hawkweed grows in dry fields, pastures, and roadsides.

ALTERNATE NAMES: Devil's Paintbrush, Orange Hawkbit

Did you know? The Roman naturalist Pliny believed that hawks ate this plant to strengthen their vision, hence its genus name *Hieracium*, the Latin word for hawk.

Other Species SITE 21 (ongoing)

- Beech
- Spruce
- Honeysuckle
- Solidago
- Burdock
- Birch

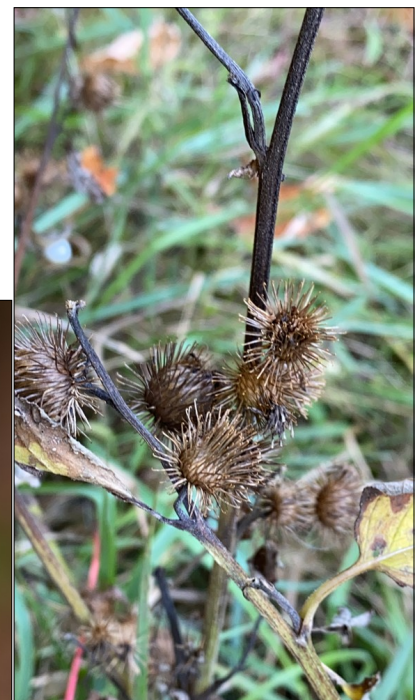
- Mouse Ear Hawkweed
- Dandelion



Dandelion (*Tanacetum officinale*)  
Photo: Kary Johnson



Mouse Ear Hawkweed (*Hieracium pilosella*)  
Photo: Kary Johnson



Lesser Burdock (*Arctium minus*)  
Photo: Kary Johnson

## SITE 23 NM 16—NG 17

### FEATURED: What do you see? Observation and Nature Journals

**WHAT IS OBSERVATION:** the act of noting and recording something that is directly related to your senses. Observation skills refer to the ability to use all of your senses to recognize, analyze and recall your surroundings.

**WHY IS OBSERVATION IMPORTANT:**

- Scientists: Use observation to collect and record data that leads them to create their or test their hypothesis and theories.
- Artists: “The faculty of creating is never given to us all by itself. It always goes hand in hand with the gift of observation.” Igor Stravinsky .
- Mindfulness: Observation is often associated with mindfulness because it encourages you to be present and aware of the details of your daily life.
- For this walking exploration: Observations of species around Moody Pond will help FMP in their commitment to preserving, and protecting Moody Pond and its surrounding neighborhood as a treasured resource for the enjoyment of the Saranac Lake community. Your observations can be of assistance by noticing, identifying, and reporting the diversity of species and their habits during your walk around Moody Pond.

**HOW CAN I RECORD MY OBSERVATIONS?**

- Observation Sheets
- Science Notebook
- Nature Journal
- Sketches
- Photographs

**WHAT INFORMATION IS THE MOST IMPORTANT FOR THE PURPOSES OF THIS GUIDE?**

- Date
- Time
- Site # and any location cues
- Species or Alternative name, if known
- What did you observe
- Take a photo and upload it the Seek/iNaturalist app. if possible
- Your name
- Share your information with us by completing an “A Walking Exploration Around Moody Pond” Observation Sheet.

## SITE 25 NG 17—NM 18

### FEATURED SPECIES: RABBIT FOOT CLOVER (*Trifolium arvense*)

**FLOWER:** The flower is actually only 1/4" long, hidden by hairy sepals so the head is about 3/4" long. It is grayish, pinkish, feathery tipped, fuzzy, and fragrant.

**NON-NATIVE:** Native to Europe

**PLANT:** The plant is from 4" -18" tall. Stalk is soft and silky.

**BLOOMTIME:** May to October

**LEAF:** The leaf is divided into 3 narrow elliptical leaflets, having soft hairs and surfaces above and below, with hairy, silky stems.

**HABITAT:** Prefers open, dry spaces, fields, and roadsides.

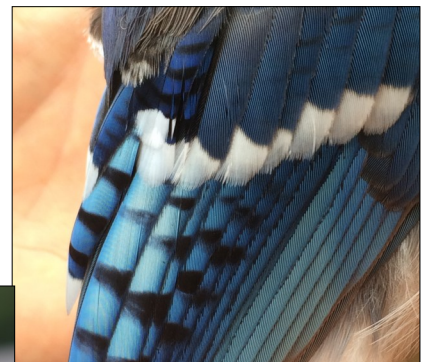
**Did you know?** - This plant is well named as the flower is as furry as a rabbit's foot.

There are many other clovers in our region including the following.

- White sweet clover *Melilotus albus*
- Yellow sweet clover *Melilotus officinalis*
- Red clover *Trifolium pratense*
- White clover *Trifolium repens*
- Hop clover *Trifolium agrarium*
- Lower Hop Clover *Trifolium procumbens*
- Least hop clover *Trifolium dubium*

#### Other Species SITE 25 (ongoing)

- Orange Hawkweed
- Spruce
- White Pine
- Beech
- Plantain
- Cedar



Blue jay (*Cyanocitta cristata*)  
Photo: Kary Johnson



Rabbit Foot Clover  
(*Trifolium arvense*)  
Photo: Kary Johnson

SITE 27 NM 18—NM 19

FEATURED SPECIES: Beech (*Fagus americana*)

HEIGHT: 45'–100'

NATIVE

LEAF: 3"–5", simple, oval, toothed; Leaves turn yellow/coppery in autumn and persist through Winter.

BARK: smooth, distinctive, bluish gray

LIFESPAN: 150–100 years

USES: wood for furniture. Beechnuts (sometimes called mast) provide food to squirrels, raccoons, deer, mice, grouse, turkey, and black bear. Bark used for treating poison ivy sores. Iroquois people pressed oil from nuts for cooking. Settlers roasted nuts for coffee.

**Did you know?** Beeches may appear in connected groups because saplings may arise from the roots producing thickets of root suckers. Blue Jays transport and cache beechnuts as stored food; any not eaten may germinate and produce new trees.

Other Species SITE 27 (ongoing)

- White Pine
- Timothy
- Solidago
- Queen Anne's Lace
- Eastern Teaberry
- Mullen
- Dogbane



Gray squirrel (*Sciurus carolinensis*)  
Photo: Kary Johnson



Black bear (*Ursus americanus*)  
claw marks on Beech (*Fagus americana*)  
Photo: Kary Johnson

## SITE 29 NM 19— NM 20

### FEATURED SPECIES—Lichen (Family Parmeliaceae)

- Lichens are partnership plants, they are made up of an algae and a fungus in an extraordinary symbiotic relationship. Their partnership allows them to inhabit places too harsh for either to survive on their own.
- There are 3 types of lichen: crusty, papery, and leaf-like (or shrubby).
- There are up to 20,000 species of lichen with some 3,600 growing in North America.
- Lichens form the dominant vegetation of Earth's terrestrial surface, over 8%.
- They grow on 3 different surfaces; the ground, rock, and trees. Ground substrates might include soil, sand, mosses, and decomposing logs. Rock substrates may include cliffs, boulders, pebbles, concrete, rocks, shingles, and tombstones. Tree substrates include tree trunks, branch tips, dead branches, bark, and tree bases.

**Did you know?** Lichens have many uses. Some birds use them for nest construction. Other animals, as large as a moose and as small as a snail, eat lichen. Lichens provide camouflage for some insects and frogs.

Humans use lichen as bio-indicators of air quality. They also use them to produce dye and some cultures incorporate lichens into their food. Some lichens have medicinal properties and can be found in herbal remedies for sore throats, coughs, and tuberculosis.

- |   |                                  |
|---|----------------------------------|
| <input type="checkbox"/> Day Lily                           | <input type="checkbox"/> Birch   |
| <input type="checkbox"/> Holly                              | <input type="checkbox"/> Grasses |
| <input type="checkbox"/> Cedar                              | <input type="checkbox"/> Ferns   |
| <input type="checkbox"/> Mosses                             |                                  |
| <input type="checkbox"/> Yellow Hawkweed                    |                                  |
| <input type="checkbox"/> Cultivated garden/natural elements |                                  |
| <input type="checkbox"/> Hemlock                            |                                  |



Lichen on a rock  
Photo: Kary Johnson



Dragonfly—unknown species  
Photo: Kary Johnson



## SITE 31 NM 20—NM 21

### FEATURED SPECIES—Winged Euonymus (*Euonymus alatus*) Highbush Blueberry (*Vaccinium corymbosum*)

#### Winged Euonymus

INVASIVE

ALTERNATIVE NAME: Burning Bush

Winged Euonymus is considered an invasive plant. The plant grows quickly and reproduces rapidly. They have beautiful red leaves in the fall and berries which birds eat and disperse.

Here are five things you could consider before planting this invasive.

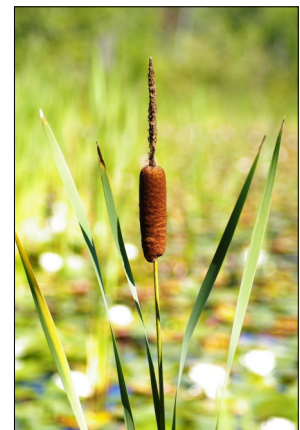
- 1. They are generally only attractive once a year, for a short time in the Autumn.
- 2. They rapidly outgrow their allotted space.
- 3. They have no know competitors in North America. They take over the habitat of native species
- 4. They have an excellent dispersal system.
- 5. They are banned in many places.

#### Highbush Blueberry

This shrub has a similar spectacular red fall foliage showing to the Winged Euonymus. They also display a delicate white flower in early summer. A Highbush blueberry can grow up to 15' tall and supplies blueberries for birds and mammals (humans included). These shrubs are excellent for naturalized landscaping. They could be considered by a gardener as a replacement species for Winged Euonymus.

#### Other Species SITE 31 (ongoing)

- Birch
- Beech
- Hemp Nettle
- Balsam
- Cedar
- Red-twig Dogwood
- Rose
- Cultivated garden w/natural elements
- Cattail
- Hemlock



Cattail

Photo: Kary Johnson

## SITE 33 NM 21—NM 22

### FEATURED SPECIES: Speckled Alder (*Alnus rugosa*)

HEIGHT: Shrub to 20' with white spots and blotches on the bark.

NATIVE

LEAVES: 3-4" long, oval, dull green above, often downy underneath.

FLOWERS: Tiny flowers bloom in April or May before leaves unfold.

CATKINS/CONES: Catkins are 1 1/2" - 3" long, drooping and persisting thru winter; the fruit are small cones, 1/2" - 3/4", oval and dark color, also persisting thru winter. The seeds are round, winged, maturing in Autumn.

USES: Provides cover for wildlife, browsing for deer and moose, seeds for birds. Thriving near water, it is often planted as an ornamental at water's edge.

ALTERNATIVE NAMES: Hoary Alder, Tag Alder, Gray Alder.

**Did you know?** The Latin, *rugosa* meaning wrinkled, refers to the network of sunken veins prominent on the lower leaf surfaces.

#### Other Species SITE 33 (ongoing)

- White Cedar
- Oak
- White Pine
- Beech
- Tansy
- Solidago
- Vinca Vine



Pollinator on Yarrow—unknown species

Photo: Kary Johnson

## SITE 35 NM 22—NM 23

### FEATURED SPECIES: Tamarack (*Larix laricina*)

HEIGHT: 30' - 80'

NATIVE

LIFESPAN: 100—150 years, preferring to live in swamps and bogs.

NEEDLE: 1/2" - 1 1/4" in clusters of 8 or more from green to yellow green/orange in autumn.

CONES: 1/2" - 1"

ALTERNATIVE NAMES: Larch, Eastern Larch, American Larch, Hackmatack.

USES: Used for RR ties, posts, and planks. It lasts for a long time in the ground. Roots used to sew strips of birch bark in building canoes.

**Did you know?** Tamarack is a deciduous conifer; it sheds its needles and reproduces by cones. It is the only conifer to completely shed its needles in the Autumn. Native Americans called it Ka-neh-tens—"the leaves that fall".

**Did you also know?** Tamarack is found well north of the Arctic Circle, and can withstand temperatures of -78° to -100° F.

#### Other Species SITE 35 (ongoing)

- Milkweed
- Speckled Alder



Tamarack (*Larix laricina*)  
Photo: Kary Johnson



Tamarack (*Larix laricina*)  
Photo: Kary Johnson

## SITE 37 NM 23—NM 24

### FEATURED SPECIES: Cinnamon Fern (*Osmunda cinnamomea*)

**FRONDS:** The fronds can be up to 60" long, may be erect or arching and often grow in clumps. Fertile fronds wither entirely in the summer and turn from bright green to bright cinnamon-brown, which helps in identification of this species.

**STALK:** The stipe (the part of the stalk below the leafy part) has pinkish cinnamon colored woolly hairs early in the season as does the rachis (the part of the stalk in the leafy section of the blade).

**BLADE:** The blade may be 6"-10" wide. The leaflets on the blade are opposite.

**PINNAE:** Leaflets are slender and oblong, with pale tufts of wool at the bases.

**HABITAT:** Cinnamon Ferns prefer damp, shady locations such as bogs and steam banks.

**Did you know?** Cinnamon fern relatives existed when dinosaurs roamed the world 230 million years ago.

#### Other Species SITE 37 (ongoing)

- Ferns
- Grasses
- Goldenrod
- Cedar
- Tamarack
- White Pine
- Hobble Bush
- Raspberry
- Winterberry Holly
- Plantain
- Common Snapping Turtle



Grass—unknown species  
Photo: Kary Johnson



Common Snapping Turtle (*Chelydra serpentina*)

Photo: Jay Federman



Common Snapping Turtle (*Chelydra serpentina*)

Photo: Tristin Glanville

## SITE 39 NM 24—NM 25

### FEATURED SPECIES: Wintergreen (*Gaultheria procumbens*)

**FLOWERS:** Flowers appear singly or in groups of 2 or 3, varying from 1/4"–3/8" long. They are small and bell shaped, sometimes obscured by the leaves. The flowers have 5 lobes.

**NATIVE**

**BLOOM TIME:** July and August

**LEAF:** Shiny, dark green. Leaves are 1"–2" long, clustered at the top of the plant which may be from 2"–5" high. Green persists through the Winter.

**FRUIT:** The bright red berry contains a dry capsule and persists into winter

**HABITAT:** Prefers bogs and forests, including those with a hardwood/conifer mix.

**ALTERNATIVE NAMES:** Eastern Teaberry, Checkerberry, Mountain-tea.

**Did you Know?** All parts of this plant are edible and tasty, but can be toxic, even fatal. The extract from this plant is used to flavor teas, candy, gum, and medicine.

#### Other Species SITE 39 (ongoing)

- Plantain
- Solidago
- Grasses
- Hawkweed
- Dandelion
- Beech
- Balsam
- White Pine
- Wall Lettuce



Wintergreen (*Gaultheria procumbens*)

Photo: Kary Johnson



Eastern Comma Butterfly (*Polygonia comma*)

Photo: Kary Johnson



Mouse Ear Hawkweed (*Hieracium pilosella*)

Photo: Kary Johnson

## SITE 41 NM 25—NM 26

### FEATURED GENUS: Goldenrods (*Solidago*)

Most of us are familiar with the Genus *Solidago*, commonly known as Goldenrod. There are about 125 species of Goldenrod in the US, and at least 19 in the Adirondack Park.

NATIVE

HEIGHT: Varies from 1' - 7' tall.

LEAF: Vary from 1 1/2" - 6" in length. Variable shapes and margins, depending on the species.

FLOWERS: Small flowers, the heads usually being 1/8"-1/4" long. They usually grow in elongated clusters. Their flowers are generally yellow, except for *Solidago bicolor*, whose common name is Silverrod. Silverrod's flowers are white.

POLLINATION: As suggested by their showy flowers, Goldenrods are insect pollinated.

HABITAT: Fields, roadsides, woods, thickets, and clearings.

BLOOM TIME: July through November

**Did you know?** Goldenrods have been popularly blamed for causing hay fever, but this condition is actually caused by Ragweeds and various other wind-pollinated plants whose wind-blown pollen is abundant when Goldenrods are in bloom.

#### Other Species SITE 41 (ongoing)

- White pine
- Grasses
- Balsam
- Maple
- Birch
- Beech
- Red Pine
- Mosses
- Lichen
- Asters
- Ferns
- Wood Sorrel



Aster: Species unknown  
Photo: Kary Johnson



Goldenrod (*Solidago*) species unknown  
Photo: Kary Johnson

## SITE 43 NM 26—NM 27

# What grows on a rock? (Observation and nature journals)

Not all people will choose to use an observation sheet to document what they notice around the pond. Some people may like to keep a nature journal that records their experiences in a more creative way. Here are some reasons people may choose to use a nature journal to document:

- to become a better naturalist
- to enhance your appreciation of the environment
- to get better at identifying birds, plants & trees
- to experience the mental health benefits of connecting with nature
- interested in documenting the life & behaviors of local wildlife

What is your preference?

Here's a sample you could use.

### "A Walking Exploration Around Moody Pond" OBSERVATION SHEET

YOUR NAME:                      SITE # :                      TIME WITH AM OR PM      MONTH/DAY/YEAR:

SPECIES OBSERVED:

DESCRIPTIONS, DISCOVERIES, SKETCHES, OTHER NOTES:

Did you upload a photo to Seek/iNaturalist?

## SITE 45 NM 27– NM 28

### FEATURED SPECIES: Maples (Genus *Acer*)

There are 13 species of Maple native to North America. Many Maple species are found around Moody Pond. All Maple species' fruit is a paired, long-winged 1-seeded key (samaras).

Here are summaries of a few known Maple trees around Moody Pond:. (See also FEATURED SPECIES Red Maple)

#### **Sugar Maple (*Acer saccharum*)**

Height: 50'–80'

NATIVE

ALTERNATIVE NAMES: Hard Maple, Rock Maple

**Did you know?** Sugar Maple is the state tree of New York.

#### **Mountain Maple (*Acer spicatum*)**

HEIGHT: To about 30'

NATIVE

LIFESPAN: 50–60 years

Leaf stalk: Red

**Did you know?** Mountain Maples are understory trees.

#### **Box Elder Maple (*Acer negrundo*)**

LEAF: Compound leaf

NATIVE

ALTERNATIVE NAMES: Ash-leafed Maple, Manitoba Maple, Box Elder

**Did you know?** Boxelder Maples are fast growing but short lived trees. They are easily broken in storms. Some people call them weed tree.

#### **Striped Maple (*Acer pennsylvanicum*)**

LEAF: 3 lobed leaf, 5"–7" long and nearly as wide.

NATIVE

LIFESPAN: Up to 75 years

ALTERNATIVE NAMES: Moose Maple, Goosefoot Maple

**Did you know?** Striped Maples are among the most shade tolerant trees in the Northeast.

#### **Other Species SITE 43 (ongoing)**

Solidago

Mountain Ash

Mosses

Grasses

Raspberry

Honeysuckle

White Pine

Beech

Birch



## SITE 47 NM 28—NM 29

### FEATURED SPECIES: Red Pine (*Pinus resinosa*)

HEIGHT: 30' – 70'

NATIVE

LIFESPAN: 150—200 years.

ALTERNATIVE NAME: Norway Pine

NEEDLES: 4" – 6", clusters of 2 (similar to Scotch Pine, but longer).

**Did you know?** This species is sometimes called Norway Pine because they occurred in Norway, Maine, founded in 1797. There was also confusion among early settlers who referred to it as Norway Spruce.

#### Other Species SITE 47 (ongoing)

- Beech
- Red Pine
- Cedar
- White Pine



Pileated Woodpecker  
(*Dryocoptus pileatus*)  
Photo: Kary Johnson



Red Pine (*Pinus resinosa*)  
Photo: Kary Johnson

## SITE 49 NM 29

FEATURED SPECIES: MARSH MARIGOLD (*Caltha palustris*)

FEATURED SPECIES: COLTSFOOT (*Tussilago farfara*)

### MARSH MARIGOLD

FLOWER: Resembling a Buttercup, the flower actually lacks petals, having instead 5–9 petal-like sepals, numerous stamens, and pistils. Marsh Marigold flowers are 1"–1 1/2" wide.

NATIVE

HEIGHT: Up to 2' tall.

BLOOM TIME: April to June

LEAF: Round or heart-shaped, waxy, glossy, basal. 2" – 7" wide.

FRUIT: A pod opening one side of a thick, hollow stem.

HABITAT: Prefers marshes, areas along streams and brooks as well as meadows.

**Did you know?** Marsh Marigolds are a true harkening of Spring.

### COLTSFOOT

FLOWER: Having Dandelion-like flowers, Coltsfoot is one of the first Spring flowers. Flowers are 1" wide, solitary, and consist of many narrow rays around a yellow disk. Stalk is stout and scaly.

NON- NATIVE: Introduced from Europe

HEIGHT: 3"–18"

LEAF: Leaves appear after the seeds dispense; are 2"–7" long, slightly toothed, hairy below. The leaf is heart-shaped and is also said to look like a colt's foot.

BLOOM TIME: March–June

HABITAT: Prefers roadside and adjacent ditches, waste places and old fields.

**Did your know?** Tussis is the Latin work for cough. For centuries, leaves and stems were ground to treat cough and chest ailments. Leaves were also steeped for tea.

### Other Species SITE 49 (ongoing)

- Birch
- Solidago
- Speckled Alder
- Grasses
- Mosses
- Large-toothed Poplar



Marsh Marigold (*Caltha palustris*)

Photo: Kary Johnson

## SITE 51 NM 30 NM 31

FEATURED SPECIES: (*Ginkgo biloba*)

HEIGHT: 25' – 70'

NON-NATIVE: Brought to United States from China

LIFESPAN: 100–150 years

LEAF: 1"–3", fan-shape, turning yellow in the Autumn and dropping nearly all at once.

ALTERNATIVE NAME: Maidhair Tree, Ginkgo

USES: The fruit has medicinal properties; in Eastern Asia the seeds are eaten.

**Did you know?** – *Ginkgo biloba* is also called Maiden-hair tree because the unique fan-shapes resemble the fronds of the maidenhair fern (which does not grow here). The Ginkgo comes from an ancient family of trees which flourished millions of years ago. It was considered sacred and possibly preserved from extinction by Buddhist priests on Temple grounds in China, Japan, and Korea.

### OTHER SPECIES SITE 50 (ongoing)

- Solidago
- Birch
- White Pine
- Blackberry
- Bishop's Weed
- Raspberry
- Blueberry



Blueberry blossom (unknown species)  
Photo: Kary Johnson



*Ginkgo biloba* leaf art  
Artists: Margaret Worden and  
Steven Sonnenberg

## SITE 53 NM 31—NM 32

### FEATURED SPECIES: Large-tooth Aspen (*Populus grandidentata*)

HEIGHT: 30' - 70'

NATIVE

LEAF: 3"- 6", egg-shaped with large irregular teeth and flat stalks.

CATKINS: 1 1/2" - 2 1/2"

LIFESPAN: 50—75 years.

USES: Foliage, twig buds and bark are consumed by such wildlife as White-Tailed Deer, Meadow Voles, Red Squirrels, White Admiral Caterpillars. Red-Breasted Nuthatches, Owls, and woodpeckers use the Large-tooth Aspen as nest sites.

**Did you know?** The name *Populus* derives from the tree being planted around public meeting places in Roman times.

#### Other Species SITE 53 (ongoing)

- White Pine
- Birch
- Service Berry
- June Berry
- Blueberry

- Bunch Berry
- Mosses
- Fungi



Fungi - Unknown  
Photo: Kary Johnson



Red-breasted Nuthatch (*Sitta canadensis*)  
Photo: Kary Johnson

## SITE 55 NM 32—NM 12.1

FEATURED SPECIES: Twin Flower (*Linnaea borealis*)

FEATURED SPECIES: Bunchberry (*Cornus canadensis*)

### TWIN FLOWER

FLOWER: Two bell-shaped, white, fragrant blossoms; corolla (collective term for the petals of a flower) has five lobes, is crimson pink within 1/2" long on a slender 3"–6" stalk.

NATIVE: The American plant is a variety of the European plant. Twin flowers were first found in Lapland.

BLOOM TIME: June—August

HABITAT: Prefers cool, mossy woods.

LEAF: Evergreen, almost round, under 1" in diameter,

**Did you know?** The Genus *Linnaea* honors Carl von Linne (Carl Linnaeus), considered to be the father of Botany (1707-1778). He gave us the first usable classification of species and the system of naming them. The Twin Flower was a favorite of his; he was so fond of it, he had his portrait painted with it.

### BUNCHBERRY

FLOWER: Looks like a mini Dogwood. The seemingly single blossom, about 1/2" wide, in reality is a cluster of tiny greenish-yellow flowers surrounded by 4 large greenish-white bracts.

NATIVE

HEIGHT: 3"–8"

BLOOM TIME: May—June

LEAF: Oval, opposite, veined, pointed, 1 1/2"–3" long; on top of stem

FRUIT: Flowers become bright edible berries

HABITAT: Prefers woods, bogs, high altitudes

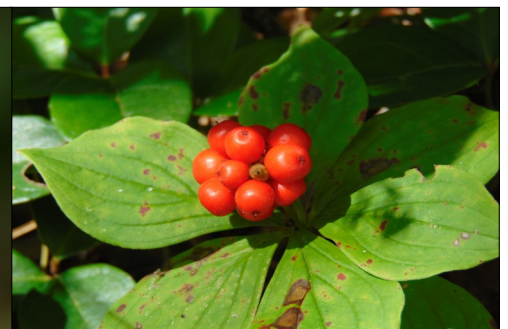
**Did you know?** Pollen leaving Bunchberry has the faster record of movement in any plant—it's faster than the human eye and brain can process.

### Other Species SITE 55 (ongoing)

- White Pine
- Early Azalea
- Painted Trillium
- Wild Sarsaparilla
- Red-eyed Vireo
- Morrow's Honeysuckle
- Fragrant Bedstraw



Twin Flower (*Linnaea borealis*)  
Photo: Kary Johnson



Bunchberry (*Cornus canadensis*)  
Photo: Kary Johnson

## SITE 57 NM 12-1—NM 12

### FEATURED SPECIES: White Pine (*Pinus strobus*) "The Pines"

HEIGHT: 70' - 150', largest northern conifer.

NATIVE

CONES: 4" - 8"

NEEDLES: 3" - 5" in bundles of five.

LIFESPAN: 200—450 years.

ALTERNATE NAMES: Northern White Pine, Soft Pine, Weymouth Pine.

USES: Teas made from the needles which are rich in vitamin C and used to cure scurvy and to soothe sore throats. Resin used to treat rheumatism, burns, sores. Resin also used to caulk canoe joints and cracks. Inner bark used as sugar. White Pines are a favored Bald Eagle nesting sites.

**Did you know?** White Pine trunks once provided masts for the British Navy ships. The best trees were marked with the King's broad arrow and many were exported. Colonists cutting marked trees was one of the first acts of rebellion against British rule. In 1774, Congress prohibited the export of White Pine.

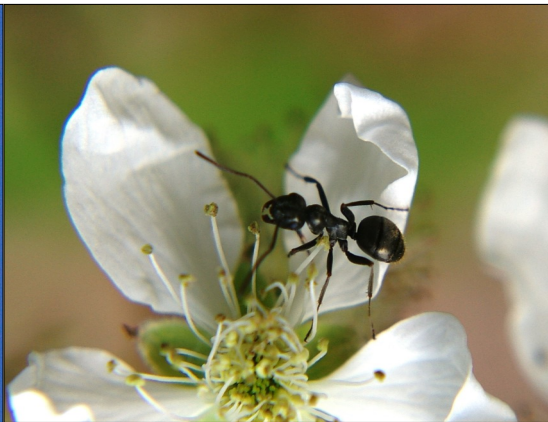
#### Other Species SITE 57 (ongoing)

- Coltsfoot
- Apple Tree
- Blueberry
- Hemlock
- Black-capped Chickadee
- Brown Creeper
- Forget-me-nots
- Coltsfoot
- Raspberry



Bald Eagle (*Haliaeetus leucocephalus*)

Photo: Kary Johnson



Ant on Apple Blossom: Species unknown  
Photo: Kary Johnson



White Pine (*Pinus strobus*)  
Photo: Kary Johnson

## BIBLIOGRAPHY

- Barron, G. 2014. *Mushrooms of Northeast North America*.
- Behler, J.L. and F.W. King, 1979. *National Audubon Society Field Guide to North American Reptiles and Amphibians*.
- Bessette, A.E., W.K. Chapman, W.S. Greene, and D.R. Pens. 1993. *Birds of the Adirondacks: A Field Guide*. North Country Books, Inc.
- Bull, J., and J. Farrand, Jr. 1977. *The Audubon Society Field Guide to North American Birds*.
- Chapman, W. and A. Bessette. 1990. *Trees and Shrubs of the Adirondacks*.
- Collins, H.H. Jr., 1981. *Harper & Row's Complete Field Guide to North American Wildlife, Eastern Edition*.
- Curran, R. 2021. *Goldenrods of NY.*
- Drori, J. 2018. *Around the World in 80 Trees*.
- Druse, K. 1989. *The Natural Garden*
- Facts About Little Brown Bats in the Adirondacks - *Adirondack.net* (Accessed April, 2022, at <https://www.adirondack.net/wildlife/bats/>)
- Gilman, E. F. 1997. *Trees*.
- Hallowell, A. 1981. *Fern Finder*.
- Harrison, L. 2021. *Latin for Gardeners*.
- Hottes, A. 1925. *A Little Book of Perennials*.
- Invasive Solutions Dive Company LLC, 2021. Aquatic Invasive Species Management Report—Moody Pond June 29—July 2, 2021.
- Kings, J. 1934. *Talking Leaves*.
- Little, E.L. 1980. *The Audubon Society Field Guide to North American Trees*.
- Lanner, R.M. 1990. *Autumn Leaves*.
- Leopold, D., and L.J. Musselman. 2020. *Wild Flowers of the Adirondacks*.
- McGrath, A. and J. Treffs. 2000. *Wildflowers of the Adirondacks*.
- Milne, L.M. 1980. *National Audubon Society Field Guide to North American Insects and Spiders*.

## BIBLIOGRAPHY CONTINUED

- Newcomb, Lawrence 1977 Wildflowers Guide.
- National Audubon Society, 2001 Field Guide to Wildflowers.
- Niering, W.A. and N.C. Olmstead. 1979. *The Audubon Society Field Guild to North American Wildflowers.*
- Pope, R. 2016. *Mosses, Liverworts and Hornworts.*
- Reed, C. 1916. *The Flower Guide.*
- Richard, U., J. Neal, and J. DiTomaso. 1997. *Weeds of the Northeast.*
- Robbins, C., B. Brunn, and H. Zim 1966. *A Guide to Field Identification Birds of North America.*
- Rogers, J.E. 1916. *The Tree Guide.*
- Schenk, G. 1997. *Moss Gardening.*
- Slack, N., and A. Bell. 2006. *Adirondack Alpine Summits.*
- Stager, C. 1998. *Field Notes from the Northern Forest.*
- Stager, C. 2021. Management Plan for Moody Pond (Saranac Lake)
- Stokes, D.W.. 1976. *A Guide to Nature in Winter Northeast and North Central North America.*  
Little Brown & Company
- Tekieb, S. 2006. *Trees of New York.*
- Wojtech, M. 2011. *Bark.*
- Walcott, M.V. 1953. *Wildflowers of America From Paintings.*
- Walewski, J. 2007. *Lichens of the North Woods.*
- Walenski, J. 2016. *Ferns and Allies of the North Woods.*
- Whitaker, J.O. Jr. 1980. *The Audubon Society Field Guide to North American Mammals.*
- Wu, M. and D. Kalma 2011. *Wetland Plants of the Adirondacks.*



## NOTES



Friends of Moody Pond  
<https://friendsofmoodypond.org>



Wild Sow Studio  
<https://wildsowstudio.com/>  
401 Forest Hill Ave.  
Saranac Lake, NY US  
+1.518.578.8409  
[kary@wildsowstudio.com](mailto:kary@wildsowstudio.com)

