

Black Cottonwood – *Populus trichocarpa*
These are fast growing, large deciduous trees commonly found on damp soils.

10 Native Americans ate the sweet inner bark of the tree in spring. The large, sticky buds were used for a variety of ointments and as glue for arrow heads and feathers. The leaves and bark also had medicinal uses. Black cottonwoods and other native deciduous trees keep the black-headed grosbeak returning to the northwest from its wintering grounds in Mexico and Central America.



Big Leaf Maple – *Acer macrophyllum*
This large, deciduous tree grows with multi-stemmed trunks. Cut or fallen trees will often re-grow from the stump.

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Native Americans used the wood to make paddles and other implements. Today its wood is used to make furniture and guitars. Maples and other deciduous native trees provide nesting habitat for the western tanager (*Piranga ludoviciana*).

Devil's Club – *Oplopanax horridus*
This sprawling, large leafed shrub is covered in spines on both the stems and the undersides of the foliage. It thrives in shady, moist conditions. Its white flower cluster develops into red berries which provides food for native wildlife. Native Americans used the roots and inner bark to make medicines for numerous ailments.

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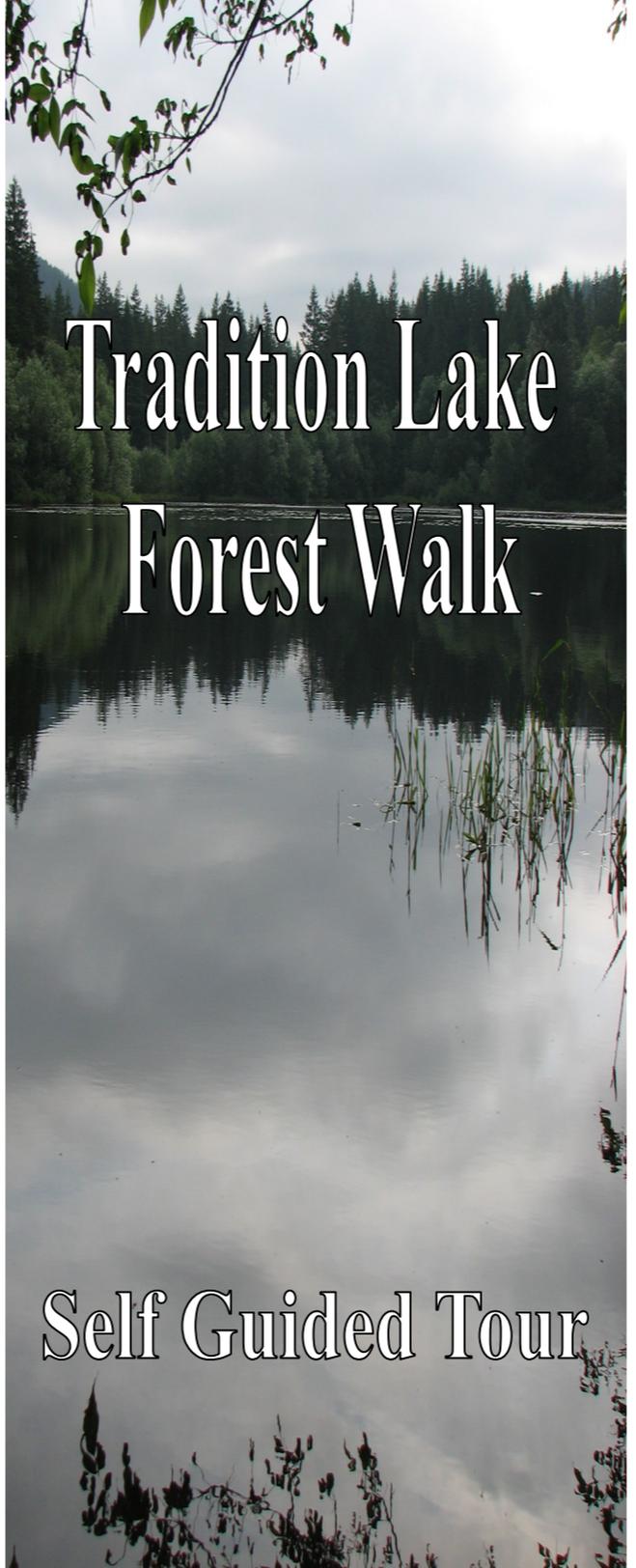
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Please come visit us again!

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Wildlife photos are courtesy of the Washington Department of Fish and Wildlife



Tradition Lake Forest Walk

Self Guided Tour

Welcome to the West Tiger Mountain and Tradition Plateau Natural Resources Conservation Area (NRCA). The purpose of the NRCA is to protect native ecosystems and provide controlled opportunities for low impact public use, emphasizing environmental education. This brochure has been developed to provide visitors with insight into some of the features seen along the accessible "Around the Lake Trail" and "Bus Trail" loop.

Please return the brochure when done.
Thank You!

Salmonberry – *Rubus spectabilis*

1 A deciduous, thicket forming bramble with magenta flowers and brown, lightly thorned



stems. The fruit is amber to red and is an important food source for birds and mammals.

Look for the spotted towhee (*Pipilo maculatus*), a large ground-dwelling sparrow, in open spaces under the salmonberry.



Salal – *Gaultheria shallon*

An evergreen shrub with small, white urn shaped flowers that produce blackish purple berries. The berries provide food for

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birds and mammals and were eaten fresh and dried by Native Americans.

Douglas Fir – *Pseudotsuga menziesii*

3 A large, thick barked, evergreen tree with needle-like foliage that commonly grows to 100-150' tall. It is the most common tree in Pacific Northwest forests and is commercially valuable as a source of lumber. Native Americans used the wood for spears and harpoon shafts, plus the pitch was used as a salve and to caulk canoes.



Western Red Cedar – *Thuja plicata*

A large, evergreen tree with scale-like foliage and thin, reddish brown bark. The wood is very decay resistant and is used in construction for shakes, shingles and siding. Native Americans referred to it as the "Tree of Life." The bark was used to make clothes, baskets and mats, and the wood was used for canoes and house construction. The western red cedar and other native conifers are specific favorites of the red breasted nuthatch (*Sitta Canadensis*).



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Vine Maple – *Acer circinatum*

5 This large shrub/small tree is generally multi-stemmed and is found in the filtered light of the forest understory. Each fall it is the most colorful plant in the forest when it turns various shades of yellow and red.



Nurse Stump/Log



Decaying wood plays an important role in forest ecosystems. Stumps and logs serve as seed beds for a variety of trees and shrubs. Insects nest and feed on the wood and in turn woodpeckers and other birds and animals feed on them. Terrestrial amphibians, like toads and salamanders, can often be found under decaying wood, as it provides a cool, damp habitat for them. The decomposed wood eventually returns its components back to the soil, enhancing it through nature's own recycling process.

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Laminated Root Rot – *Phellinus weirii*

This naturally occurring soil fungus is a serious disease problem on Douglas fir and several other conifer species. Infected trees slowly decline due to loss of roots. It is common to see "pockets" of the disease where several trees are standing dead, some have fallen over, others are in decline with reduced annual growth and thin, poorly colored foliage. Douglas firs are killed off in these locations and don't regenerate. Resistant species



like western red cedar or red alder typically move in to replace the firs as part of the forest succession process. Woodpeckers gravitate to distressed conifers in search of insects that infest weakened trees. Look for large square holes of the pileated woodpecker (*Dryocopus pileatus*).



Tradition Lake

8 Tradition Lake was formed by the retreat of the glaciers at the end of the last ice age. Large stranded blocks of ice melted in place to form kettle lakes, such as Tradition Lake. Two unnamed streams feed the lake. The level of the lake drops significantly every summer and then refills with the rains of autumn and winter.



Bus

The Bus Trail is named after an old abandoned bus. It is thought to be a Kenworth split level bus that was built in the 1930s. It was probably used to transport work crews on the logging roads of Tiger Mountain. The picture below is how the bus may have looked during its use on the Tradition Plateau.

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Photo courtesy of the Issaquah Historical Society