

What Grows in Cabrini Woods?

At Fort Tryon Park

Ages 5-13

Cabrini Woods at Fort Tryon Park is home to a wide variety of plant life! The trees, vines, and flowers create a beautiful landscape and provide important habitats and food sources for birds, insects, and mammals. Some plants in Cabrini Woods are native to New York and some have been brought to the region by humans, either deliberately or by accident. Some plants are also spread by birds, which may eat a plant's berries and pass them through their system, dropping them somewhere else!

Many of the non-native plants are also invasive, meaning that they prevent native plants from growing and hurt the forest's biodiversity (diversity of life). NYC Parks works to control the growth of invasives, but these plants can be hard to eliminate completely.

The Cabrini Boulevard sidewalk (between 190th Street Margaret Corbin Circle) is a fantastic spot to identify the plants, trees, and flowers that make Cabrini Woods a rich habitat (home or environment for a plant or animal). Plan a trip to trip to Cabrini Woods and see what you can spot. Remember to bring this booklet and your field journal with you!



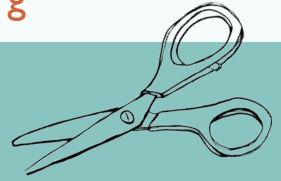
Oak leaf illustration by Trudy Smoke; Virginia Creeper photo by Pablo77 / Shutterstock. Activities, drawings, and design by Eva Neves and ecological content by Fort Tryon Park Trust.



Make Your Own Field Journal!

Create your own field journal so you can take notes and draw the plants and animals you find in Cabrini Woods! *This Activity requires the help of a parent.*

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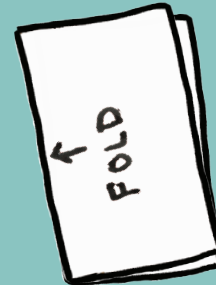


Materials

- 1) Colored construction paper, card stock, or any nice paper for your cover
- 2) White computer paper for inner pages
- 3) Scissors and string

Instructions

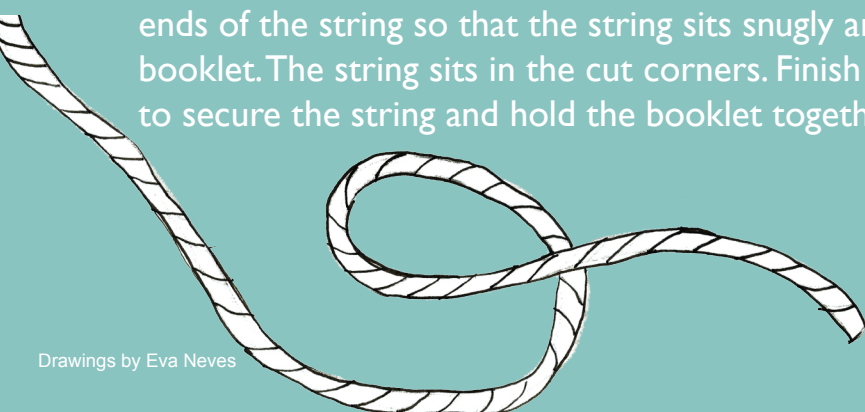
- 1) Fold 5-10 pieces of white 8.5" by 11" paper together. These will be the inner pages of your field journal. Tip: For a smaller journal, cut papers in half before folding.
- 2) Fold the piece of paper you are using for your cover in half. Insert your inner pages into your cover and match up all the edges. Trim edges of the cover page if it is larger than the inner pages.
- 3) Decorate your cover any way you like! Some ideas: make a collage from magazines, draw flowers and trees, or draw a portrait of yourself at Fort Tryon Park!
- 4) Cut both corners off along the fold.
- 5) Cut a piece of string that is at least 3 times the height of your field journal.
- 6) Fold string in half around the fold of the booklet. One side of the string should sit inside the fold and the other half on the outside of the fold. Secure the string by completing the first step of tying an overhand knot. Pull the ends of the string so that the string sits snugly around the booklet. The string sits in the cut corners. Finish tying the knot to secure the string and hold the booklet together. Tie a bow!



Cut Here →

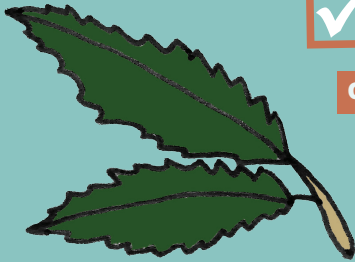


Field Journal!



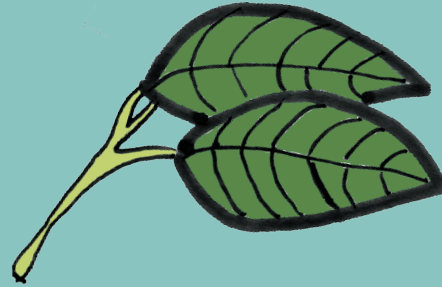
Leaf Hunt!

Cabrini Woods is home to many tree species. One of the easiest ways to identify a tree is by its leaves. Look for these leaves during your visit to Cabrini Woods. Remember not to remove any plants from the ground, only fallen leaves. FortTryonParkTrust.org



Check here!

Chesnut Oak



Black Cherry



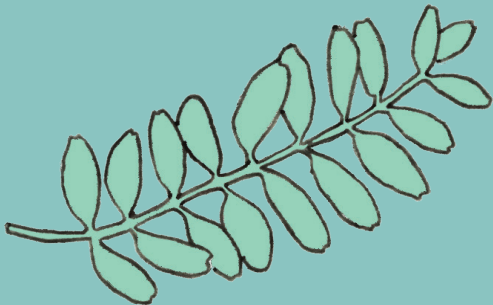
White Oak



Norway Maple



Red Oak



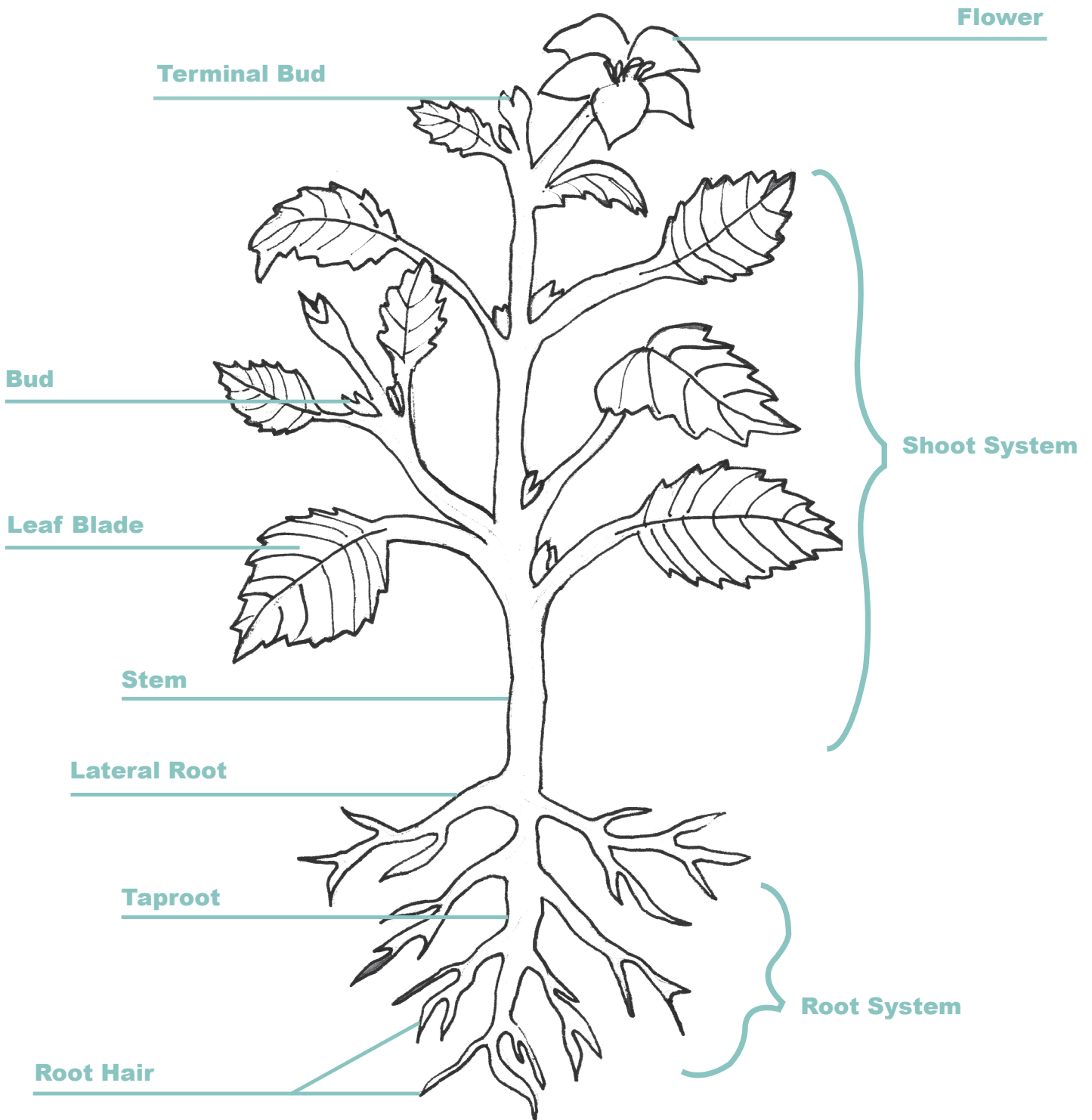
Black Locust



Sugar Maple

Parts of the Plant!

A plant is made of many parts and each part has a role in keeping a plant alive and healthy. Color this diagram and then cut and paste it into your field journal. Use it as a guide during your visit to Cabrini Woods. At the park, draw a plant you find in your field journal and see how many parts you can label using this as a guide. FortTryonParkTrust.Org



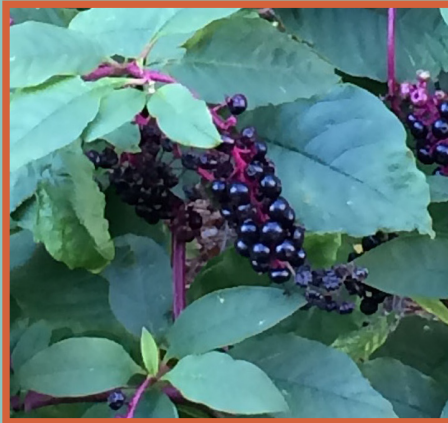
Plant Mystery

Be a plant detective and use the clues to determine which of the plants pictured below are invasive species! Then see if you can spot these invasive and native plants in person during your Cabrini Woods visit. Remember these plants may look different during each season.

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Clue #1

This invasive species can dye your hands blue and purple, climb trees, and has wide heart shaped leaves. This fast growing vines can kill smaller plants by creating too much shade.



Pokeweed



Virginia Creeper

Clue #2

This invasive species has thin spindly vines that are silver brownish in color. Although the colorful berries look beautiful, its vines can choke a tree.



Porcelain Berry



Poison Ivy



Oriental Bittersweet



Aster



Goldenrod

Answers: Clue #1 Pokeweed, Clue #2 Oriental Bittersweet