

Syon Park Pocahontas Tree Trail

Pocahontas came from Virginia, USA. There are many types of trees in our gardens that she would have known as a child. By the age of 12 she would have needed to recognise different trees and plants in order to gather food, wood for fires, baskets, and leaves, berries and bark for medicines. Can you find these trees in the gardens? Look for the **silver signs with feathers!**

<p>NAME: Sassafras Sassafras Albidum</p> <p>USE: The leaves were used to treat wounds, acne, urinary disorders. The bark was used as a dye, and as a flavouring (rootbeer) and to cure meats. The wood was also used as a fire-starter because of the flammability of its natural oils.</p> 	 <p>NAME: Bald Cypress Taxodium Distichum</p> <p>USE: The odorless wood of bald cypress has long been valued for its water resistance, and could be used for canoes. The roots also attracted small animals and birds.</p>	<p>NAME: Green Ash Fraxinus Pennsylvanica</p> <p>USE: lightweight wood, The winged seeds (samaras) are eaten by a number of birds and mammals including wild turkey. Deer would eat the bark and roots. This was useful to know for hunting.</p> 	 <p>NAME: Tulip Poplar Liriodendron Tulipifera</p> <p>USE: The bitter inner bark has powerful effects on the heart and nervous system. Tea is for indigestion, dysentery, rheumatism, coughs, fever. Also used as a wash and a poultice on wounds and boils.</p>
<p>NAME: Red maple Acer Rubrum</p> <p>USE: Native Americans used red maple bark for pain, a wash for inflamed eyes and a remedy for hives and aches. Tea was used for coughs and diarrhoea.</p> 	 <p>NAME: Sweet Gum Liquidambar Styraciflua</p> <p>USE: Made into baskets. The hardened sap or gum is antiseptic. It is chewed for sore throats, coughs, and is applied to sores, wounds</p>	<p>NAME: Northern Red Oak Quercus Rubra</p> <p>USE: The acorns were eaten after they were soaked for days to remove bitter tannins. The bark was a medicine for heart troubles and bronchial infections or as an astringent, disinfectant, and cleanser.</p> 	 <p>NAME: Canada Serviceberry Amalanchier Canadensis</p> <p>USE: Native American tribes used the root-bark to cure diarrhoea, indigestion. The fruit can be eaten fresh or dried, cooked for jams, or made into wine.</p>