

DURAND TRAIL GUIDE

TO THE FLORA & FAUNA WITHIN THE PRESERVE



THE NORTH SALEM
OPEN LAND FOUNDATION

THE JOHN DURAND NATURE TRAIL

Welcome to our Durand Preserve. In 1996, John Durand, a longtime resident of North Salem, generously donated this bucolic nine-acre parcel to the North Salem Open Land Foundation for all to enjoy.

This guide is for your education, awareness and added appreciation of this land. We have identified many of the trees and plants, but certainly not all of them. Please use this knowing that the trail is ever-changing, seasonally as well as environmentally, evolving due to growth as well as natural destruction, and the infiltration of invasive species that keep our conscientious stewards on their toes.

As you walk, also look and listen for the numerous birds that inhabit this area such as sparrows; black, white and blue-winged warblers; blue jays; cardinals; brown creepers; titmice; pileated woodpeckers, and more. Don't forget to look skyward (best when not walking at the same time!); you may catch a glimpse of a red-tailed hawk or a turkey vulture. Gaze about and you may spy the wildlife that abounds - red and gray squirrels, wild turkeys, turtles, cottontail rabbits, white tail deer and many more.

Go forth with respect for this habitat and its inhabitants, and have a wonderful and safe walk through Durand Preserve in all its beauty.



WARNING! Poison Ivy, *Rhus radicans*. Clever rhymes such as, “Don't be a dope, don't touch the hairy rope” and “Leaves of three, let it be,” warn us to keep away from poison ivy. You'll see it near the pathway and climbing trees. All parts of the plant contain *urushiol*, a chemical that causes severe skin inflammation. Surprisingly, its fruit provides valuable winter forage for wildlife and is eaten by many songbirds and game birds without harm. Poison ivy is commonly confused with other plants such as poison oak and poison sumac (also smart to avoid!), box elder, and red raspberry. Its key distinctions are (1) center leaflet on a longer stalk; (2) white, waxy berries along the stem; and (3) leaves alternating on stem.



Tartarian Honeysuckle, *Lonicera tatarica*. You'll see this multi-stemmed, upright, deciduous (sheds its leaves annually) shrub as you enter the trail. It grows up to 10' tall, with leaves that are opposite, ovate, long and blue-green. Often one of the first shrubs to leaf out in spring, its flowers are tubular and range from white to pink to red. Its small abundant berries ripen to an orange-red color and often last through winter. Birds that eat the fruits primarily disperse the seeds.



Multiflora Rose, *Rosa multiflora*. Seen throughout the preserve, this invasive perennial shrub has thorns, arching stems and leaves divided into 5 to 11 sharply toothed leaflets. Beginning in May or June, clusters of showy, fragrant, white to pink flowers appear, then give way to small bright red fruits called rose hips in summer that remain on the plant through winter. Originally introduced to the eastern U.S. in 1866 as rootstock for ornamental roses, its tenacious growth is now considered a pest of natural ecosystems, though, ironically, rose hips are used in herbal teas and remedies.



Concord Grape Vines. You'll see an abundance of Concord grape vines at the trailhead and more along the way, especially on the South Loop. You can smell their sweetness when they ripen in early September and, *though we ask that you leave ours untouched*, they can be eaten raw, used for making jam or jelly, juice, vinegar, wine, grape seed extracts and oil, and confectioneries. The Concord grape was developed in 1849 by Ephraim Wales Bull in Concord, Massachusetts.



Morning Glory. This is a common name for over 1,000 species of flowering plants in the family *Convolvulaceae*. It is so named because most morning glory flowers bloom in the early daylight hours. When flowers start to fade, the "petals" visibly curl. The invasive species of this plant is called Bindweed.



Wild Black Cherry, *Prunus serotina*. Just before the first stone wall, you'll see a wild black cherry to your right. It's the largest of the native cherries. Also called rum cherry and mountain black cherry, its bark is dark, reddish-brown to black and marked with short horizontal lines. Leaves are long and narrow; white blossoms appear in May or June, and blackish fruit grows in long clusters from June to October. Its versatile wood is used commercially



Stone Walls. Take a moment to admire the abundance of beautiful stone walls here. Most of this land is second growth forest, having once been cleared (of rocks that were then piled to form walls) for farming in the 17- to 19- centuries. These walls contained or prevented livestock in the fields and were more permanent than wooden fencing. The farmland was abandoned when western lands became available and the open fields were transformed to forest by the successive growth of shrubs and trees.



Red Maple, *Acer rubrum*. Immediately after the first stone wall to your left, is a red maple (also known as swamp, water or soft maple). Red maples (so named because of the vivid red they turn in autumn) are very common in the woodlands of North Salem. They're fast growing and can reach heights of 90'. Leaves are 3" to 6" wide and have 3 to 5 lobes (finger-like projections) edged with small teeth and are dull green on top and pale green on the bottom in summer. This maple is a "pioneer tree,"

meaning it's one of the first species to grow in abandoned fields (its fruit has two wings [samaras] that aid the wind in carrying its seeds), and is often an understory tree that grows beneath larger trees. This maple is valued for its numerous commercial uses including furniture, railroad ties, plywood, cabinetry, barrels/crates, while the tree can be tapped to make yummy maple syrup.



American Beech, *Fagus grandifolia*. Just beyond the red maple, again on your left, is an American Beech, a sturdy, imposing shade tree with rounded crown and many long, spreading horizontal branches. It can grow 50' to 70' wide, 90' to 100' tall and may live 300 to 400 years. Its bark is very smooth and light gray in color - a favorite surface for carving

initials and dates, *but please don't!* The beech's dark-green, glossy, prominently veined leaves turn copper in autumn and remain on the tree for most of winter. Its distinctive triangular nuts are edible and are an important food source for wildlife such as squirrels, raccoons, bears, and other mammals, as well as game birds. Woodworkers love beech wood for turning and steam-bending.



Hickory Tree. A member of the walnut family, this canopy tree is prevalent in eastern North America; other species of hickory exist in Europe, Africa and Asia. Hickory produces a dense, strong wood unlike any other commercial wood, making it desirable and commonly used to make tool handles, bows, athletic equipment, and furniture. It's excellent in wood-burning stoves because of its high energy content and is used to "smoke" foods such as fish and meat.



Ferns. As you continue along the trail, take a breather just before the boardwalk to discover several varieties of ferns located on either side of the path. You'll continue to see these ferns as well as many others in the preserve.





Cinnamon Fern, *Osmunda cinnamomea*. This giant fern grows 3' to 6' high and is a native of bogs, meadows and open woodlands. In early spring, the tops of the fronds resemble the curved head of a fiddle, thus they're called "fiddleheads." These can be eaten as a cooked vegetable. As the fiddleheads unfold, the fertile fronds remain "cinnamon" brown while the sterile ones become large green and leafy and envelope them. By early summer the fertile fronds die down, but the green fronds remain until early fall.



Hay-Scented Fern, *Dennstaedtia punctilobula*. This is a rapidly spreading fern that grows easily in almost any location since it tolerates a wide range of soil types, wet or dry seasons, as well as sun or shade. Its light green fronds, when crushed, emit a fragrance reminiscent of newly mowed hay.



Christmas Fern, *Polystichum acrostichoides*, is named for its use as decoration during the Christmas season. The easiest way to identify this fern is to look for the Christmas "stocking" at the base of each pinna (leaf section).



New York Fern, *Dryopteris noveboracensis*. This is a common fern that often grows in large colonies that carpet the forest floor. Notice that the frond tapers toward the base, and the lowest leaflets are very small.



Sensitive Fern, *Onoclea sensibilis*. This fern is also known as the "bead fern" because its fertile frond contains dozens of green, spore-containing, bead-like clusters. It is temperature-sensitive; after a cold spell, the leaves often turn brown. This fern is very prolific and, when it grows in fields, may need to be controlled by cutting. In swampy areas it can grow 3' tall, making the swamp look tropical.



Apple Tree, *Malus domestica*. To the right as you start across the boardwalk, is a tree known as an "orchard" or "table" apple. This small deciduous member of the Rosaceae (rose family) originated in western Asia and is now one of the most widely cultivated fruit trees (there are over 1,000 varieties of orchard apples). It blossoms in spring and bears fruit in fall. Apples were brought to North America by European colonists, and according to the well-known tale, were spread throughout the Midwest by Johnny Appleseed in the 1800s. You'll see a few old apple trees along the trail.



Skunk Cabbage, *Symplocarpus foetidus*. Very early in spring, the greenish-yellow *spadix* (spike with minute flowers) of this plant appears, enclosed by a reddish-brown *spathe* (sheath) that is open on one side. The flowers are able, through a chemical process, to heat the plant to about 59° F, which allows it to melt through snow cover. Skunk cabbage is sometimes called the first flower of spring. As the flowers wilt, a tight roll of fresh green leaves beside the spathe unfolds to form huge, dark green, cabbage-like plant that may carpet an area. The plant has a fetid odor when crushed.



"Cardinal" Red Osier Dogwood, *Cornus sericea*. This small to medium-sized shrub has bright red twigs and branches and makes a great nest site for birds. Its flowers are whitish and appear in flat-topped clusters in late spring. In late summer it is covered with white fruit—a favorite for songbirds. The Latin word "*sericea*" means "silky," referring to the texture of the leaves.



Speckled Alder, *Alnus incana*. As you cross over the first bridge, you will see an alder on your right. The alder usually grows as a shrub, but can sometimes reach tree size. Its bark is gray and smooth. The flowers are downy catkins, appearing early in spring before the leaves emerge. Beavers will build their dams and lodges of speckled alder, and fishing rods were once made from this wood.



At this point you'll see that the bank of the brook has been crowded with various invasive species such as multiflora roses and Norway maples. This border between forest and open space is an area of succession. The initial plants and trees exploit this open environment, growing rapidly while the shade-intolerant species frequently die out as the other species, less sensitive to shade, take their place.





Norway Maple Tree, *Acer platanoides*. This deciduous tree can grow from 66' to 98' tall with a trunk size up to 4'11" in diameter, and a broad, rounded crown. The bark is grey-brown and shallowly grooved, unlike many other mature maples that develop a shaggy bark. Its roots grow near the ground surface and starve other plants of moisture while its dense canopy can inhibit understory growth. In the 1930s and '40s, when the streets of many cities lost their shade trees to Dutch elm disease, Norway maples were widely used replacements. The State of New York has now classified this tree as an invasive plant species.



Burning Bush, *Euonymus atropurpureus* (eastern wahoo, bitter-ash). In fall, a season full of brilliant colors, the burning bush is a standout. This shrub/small tree has dark purple flowers in spring, bright red berries in fall, and autumnal leaves that turn neon red and purple. Its twigs are dark purplish-brown, slender, sometimes four-angled or slightly winged, giving it the common name "winged euonymus." Because of the shape and color of the fruit, it has been called, "Hearts of Bursting Love." The fruit, however, is **POISONOUS** to humans, but is eaten by several species of birds that then disperse the seeds in droppings. The powdered bark was used by American Indians and pioneers as a purgative.



Japanese Barberry, Thunberg's Barberry or Red Barberry, *Berberis thunbergii*. This invasive species, native to Japan and eastern Asia, appears as a dense, deciduous, spiny shrub and is now found abundantly throughout North Salem. It grows rapidly and spreads easily; its thorny stems are very sharp! In autumn the leaves turn shades of red, orange and yellow.



Shagbark Hickory Tree, *Carya ovata*. At the second stone wall, you'll find this tree, easily recognizable by its shaggy bark - a characteristic of mature trees; young specimens have smooth bark. This large, deciduous tree can grow to 89' tall and live 200 years. Its nut is edible and has a sweet taste; its wood is hard, strong and elastic, and is used for making handles for tools as well as for athletic equipment. The word "hickory" is said to have come from the Algonquian, "pawcohiccora." President Andrew Jackson was popularly nicknamed "Old Hickory," for his toughness. Hickory makes excellent firewood and is used in smoking meats.



Continue through the opening in the stone wall and left through the Shagbark Hickory Pass on the Ironwood Trail that takes you along the North Loop. Watch for the wildlife mentioned in the intro that makes these woods its home. Of course, please don't feed or approach any.

All along the stone wall, you can see traces of old fence and fallen, heavy-gauge wire — evidence that this was once farmland, perhaps pasture for cattle or sheep. Those open fields have been transformed to forest with birches probably among the first trees and then the more dominant maple, oak and hickory.



Red Oak, *Quercus rubra*. Commonly known as northern red oak, this tree boasts a very large trunk, up to 20" to 30" in diameter, and can grow up to 90' tall. Its leaf lobes are pointed, in contrast to the rounded lobes of the white oak, and wider than those of the black oak. Quality red oak is valued as lumber and for making veneer, flooring, fence posts, interior trim, and furniture; it is also great as firewood.



Tulip Tree, *Liriodendron*. This tree is native to eastern North America and in a genus consisting of two species of characteristically large deciduous trees in the magnolia family (Magnoliaceae). The tulip tree begins producing flowers at about 15 years old. Flowers look similar to tulips, hence the name, but some say they smell like cucumbers.



Spice Bush, *Lindera benzoin*. This common shrub is a member of the Laurel family and appears along watercourses. It's one of the earliest woody plants to flower - its small, yellow, fragrant blooms are visible before leaves emerge. Bright red fruit appears in late summer. The name comes from the lemony odor produced when the leaves are crushed.



Winterberry, *Ilex verticillata*. This deciduous holly shrub, with small white flowers that appear from June through August, is usually found in swamps and damp thickets, although it can adapt to drier locations. During autumn and early winter, its showy red berry-like fruit appears and is attractive to birds.



Eastern Red Cedar, *Juniperus virginiana*. Red cedars are members of the juniper family and do not grow very large. The heartwood, which is aromatic and rosy-brown, is widely used for cedar chests, cabinets and fence posts, while the oil from the leaves is used in perfumes. Over 50 species of birds consume the fruit of the red cedar, including bobwhite, grouse, pheasant, and mourning dove.



Sweet Pepperbush, *Clethra alnifolia*. This fast growing plant produces white flowers in August that attract bees, butterflies and hummingbirds. It is sometimes called “summer sweet,” as the flowers have an intense, spicy fragrance. Birds that eat the plant’s fruit, aid in the dispersal of seeds.



Red Spruce, *Picea rubens*. One of the more important conifers in the northeastern United States and Canada, this medium-sized tree may live more than 400 years. Its soft wood is light in color and weight, straight-grained and resilient, making it popular for Christmas trees and is important in producing paper pulp. Red spruce is an excellent tonewood and is used to make high-end acoustic guitars, mandolins and violins. Its sap is used to make spruce gum, its leafy red twigs to produce spruce beer.



Black or Sweet Birch, *Betula lenta*. This medium to large-sized tree generally grows 50’ to 60’ tall and up to 2’ in diameter. Its leaves, glossy green, ovate, and double-toothed, turn a pure, brilliant gold in autumn. Its flowers develop on catkins. Sweet birch has attractive, dark shiny red to nearly black bark that may be smooth or, as the tree matures, develop horizontal cracks. This birch, known for its strong wintergreen scent, was once used to produce oil of wintergreen before modern industrial synthesis. Birches were likely among the first trees in this area; however, they’re being replaced by the more dominant maples, oaks and hickories.



Big Toothed Aspen, *Populus grandidentata*. If you hear the rustling of leaves on a perfectly calm day, chances are you are standing near an aspen. This short-lived pioneer species quickly grows on abandoned fields and after fires and logging, and then is often replaced by hardwoods and conifers. It is a medium-sized poplar between 30’ to 60’ tall with a narrow crown. Its name comes from the distinctive tooth-like lobes on the leaves.



White Ash, *Fraxinus americana*. This large upland tree can reach 80’ in height, with leaves comprised of 5 to 9 stalked, dark green leaflets that are whitish beneath. Leaves turn purple or yellow in autumn. The bark is dark gray with deep diamond-shaped furrows. Its fruit is 1” to 2” long with narrow wings. The most valuable and largest of the native ashes, its wood is used for furniture, flooring, musical instruments, baseball bats, tool handles, and lobster traps. It makes an excellent wood-fire fuel.



Sugar Maple, *Acer saccharum*. Sometimes called hard maple or rock maple, this tree is one of the largest of the hardwoods. It is the most abundant of the seven maple species found in New York State, and its historical and economic importance, both in the production of maple syrup and as a timber, has earned the sugar maple its status as the official state tree of New York.



Eastern White Pine, *Pinus strobes*. The needles of the eastern white pine grow in 3” to 5” long bundles. The bark on young trees is smooth and gray; on mature trees it is broken into rectangular blocks. The largest conifer in the Northeast, it grows from 75’ to 100’ tall. During Colonial times tall white pines of high quality were known as mast pines and were reserved for the British Royal Navy. Known as the “Tree of Peace” by the Iroquois nation, weapons were buried beneath the white pine to seal a peace agreement.



Flowering Dogwood, *Cornus florida*. This small to medium-sized tree has stalked flower buds, twigs that are primarily dark purple, and trunk bark that is deeply checked. Four small white (sometimes pink) bracts comprise what we consider the standard dogwood “flower” which blooms from March to June. Red fruit appears from August through November and, although inedible by humans, it is a very important food for numerous song and game birds. This fruit was once utilized in making inks, scarlet dyes and as a quinine substitute. Its hard, dense wood was used for products such as golf club heads, mallets, tool handles, jeweler’s boxes and butcher’s blocks.



American Hornbeam/Blue-Beech/Musclewood, *Carpinus caroliniana*. This native North American tree thrives in deep, moist soils and is usually found along the banks of rivers. Its dark gray bark looks like smooth muscles stretching vertically. Its leaves are egg-shaped, double-toothed, thin and translucent, and create deep shade. Flowers appear in April and the catkins that dangle summer through fall, supply fruit for birds such as grouse, pheasants, and turkeys, as well as gray squirrels. Rabbits and white tailed deer enjoy nipping young roots.



Black Oak, *Quercus velutina*. This tree can grow to more than 100’ tall, with bark that is thick, blackish-brown with a corrugated appearance. Its fruit, the acorn, is no longer than 1” and remains on the tree for two years, not germinating until the second spring. The sharply pointed leaves, 4” to 8” long, are arranged alternately along the twig and are slimmer than those of the red oak.



White Oak, *Quercus alba*. The white oak can grow up to 100' tall and 4' in diameter! It has gray, scaly bark and leaves that are 4" to 9" long and contain 5 to 9 lobes with rounded ends. Leaves will often remain on the branches of younger trees throughout winter. Acorns that fall to the ground each autumn will germinate immediately but are often killed by the first frost. White oaks provide food, nesting materials, and cover for many birds and small animals while larger animals, such as raccoons and opossums, will use hollowed oaks for dens.



Dead-End Trail. Just after you've crossed the NSBTA Horse Trail for the third time along the southbound leg of the North Loop, the trail will fork. This left fork will lead to a dead end. (To the right, the Ironwood Trail continues.) This left trail is short and you'll have to retrace your steps, but there is some interesting ground vegetation here to see (listed below) and worth the side-trip.



Bedstraw, *Galium aparine*. In several locations, especially where sunlight filters in through deep shade, a thick, tangling, ground cover of bedstraw, or "cleavers," can be found. This annual weed's common name comes from its prickly, clinging stem being used as mattress stuffing because it did not mat or compress when laid upon.

Its seeds can be roasted as a coffee substitute, its leaves brewed like tea, and its roots used for red dye.



Bloodroot, *Sanguinaria canadensis*. This native plant, found throughout the eastern half of the United States, is so named because the juice inside its stem is red - and also poisonous. Its showy, pure white flowers are an early harbinger of spring. After the flowers die, the large, flat, heart-shaped leaves that remained wrapped around the flower stem while in bloom, unfurl and remain

until fall. Bloodroot, aka "puccoon-root" or "red Indian paint," is a member of the Poppy family. Historically, Native Americans used bloodroot for its curative properties as well as a popular red dye for their art.



The South Loop. Once back on Ironwood Trail, at the next break in the stone wall, turn left to enter the South Loop. As you do, notice, on the east and west sides of the trail, the piles of small stones with sunken centers. This is **glacial till** - sediment deposited by the glacier that carved out the landscape here many millennia ago.



Sedges. As you cross the bridge, on your right you will see a tiny "island" that is home to several native sedges - perennial plants commonly found in shallow water or moist soils and often grow in thick clusters. Sedge stems are usually solid and triangular in cross section, which differentiates them from grasses that are usually round and hollow. In spring it is not uncommon to see ducks resting on the "island." If you look closely at the brook below, you may catch a glimpse of water strider bugs dancing across its surface.



Along the trail from the brook, there is an overgrowth of invasive species such as multiflora rose, poison ivy and black raspberry that Stewards monitor and strive to combat.

At the break in the stone wall, turn left. (The path straight ahead is private property; please do not enter.) Continue your walk in the woods along the brook. As you do, look for the following seasonal plants.



Solomon's Seal, *Polygonatum biflorum*. This perennial has graceful arching stems with pendulous green and white bell-like flowers that appear from May to June.



Hawkweed, *Hieracium pratense*. This perennial, considered a weed by many farmers, was introduced from Europe. Its hairy and mostly leafless stalk bears several heads of bright yellow-gray flowers about 1/2" wide.



Partridgeberry, *Mitchella repens*. The partridgeberry, native to the eastern United States, is a trailing woody vine that grows along the ground beneath both hardwood trees and conifers. This evergreen herb has small round leaves of glossy green and fragrant, white flowers that appear in June. In autumn, bright red berries develop and make the partridgeberry attractive for holiday decorating.



Chokecherry, *Prunus virginiana*. This shrub or small tree with egg-shaped, sharp-toothed leaves is similar to, but smaller than, the black cherry. Its grayish-brown bark is smooth and white flowers appear in April. Edible purple fruit ripens from July to October and is used for pies and jelly.



A variety of shrubs and low growing perennials abound in open areas where the sun filters through the tree canopy. See if you can identify any of the plants listed below.





Spring Beauty, *Claytonia virginica*. Spring beauty, a member of the portulaca family, is a perennial plant that overwinters as an underground “corm” (small, potato-like tuber). Its pink flowers bloom only in full sunlight, rising above long, blade-like leaves. Foliage continues to grow after bloom and may eventually reach 1’ tall by late spring, when the leaves disappear and the plant re-enters dormancy. The corms are edible (with a chestnut-like flavor) and were eaten by early Americans.



Pennsylvania Sedge, *Carex pensylvanica*. This is a low, clumped, grass-like perennial, 6” to 12” high, with clusters of brown seed capsules clinging high on its stems. Foliage is pale-green during spring and summer, turning tan in fall.



Garlic Mustard, *Alliaria officinalis*. This invasive perennial usually grows in small clusters along roadsides and the edges of woodlands. Like most mustards, its pods are erect. Its leaves are triangular to heart-shaped, stalked and sharply toothed and when crushed, have - as its name implies - a garlicky odor.



Virgin’s Bower, *Clematis virginiana*. This beautiful, native clematis trails over fences and other shrubs along roadsides and riverbanks where soil is moist. The female flowers’ feathery tails or plumes have a hoary (grayish-white) appearance and are showy in late summer.



Trout Lily, *Erythronium americanum*. Commonly called “dog’s tooth” or “hound’s tooth,” the trout lily is a native, invasive plant that has a tendency to overtake other species. Its leaves are mottled and resemble the markings on brook trout. It grows 6” to 9” high and produces yellow flowers in early spring.



Mayflower, *Epigaea repens*. *Be eagle-eyed here!* This shrub that grows along the ground is scarce and has completely disappeared in some areas. Its fragrant, white or pink flowers are often hidden under thick leaves. This plant grew abundantly where the pilgrims landed at Plymouth Rock, MA, and they named it after their ship, the *Mayflower*.



Nannyberry, *Viburnum lentago*. This upright, multi-stemmed, suckering (shoots that grow off of the roots), deciduous shrub typically grows 10’ to 18’ tall, but may also appear as a single trunk tree growing to 30’ high. White flowers bloom in spring then give way to blue-black, berry-sized drupes (thin-skinned, fleshy fruit with a center stone) in autumn, which remain through winter, attracting birds and wildlife. They’re edible raw (please don’t!) and used in jams or jellies. The pointed, finely toothed, glossy, dark green leaves turn drab green to reddish-purple in fall. Nanny goats, reportedly, feed on the berries, more so than billy goats, hence, the name.



Asiatic Honeysuckle, *Lonicera morrowii*. This common deciduous shrub has arching branches with dull green leaves that are paired on the stems. In spring they are covered with creamy-white, paired flowers that age to yellow. In mid-summer red berries appear, which provide food for birds.



Before you turn right onto the Quiet Wood Trail, you will step over a mound of dirt that’s part of a long farmer’s trench running north and south to the brook. The trench was likely made by the “dig and pull method,” using oxen or other strong farm animals. Its purpose was probably for irrigation or to control drainage.



Jack-in-the-Pulpit, *Arisaema triphyllum*. The flap-like spathe of the jack-in-the-pulpit appears in spring, ranges in color from green to purplish-brown, and is often striped. The tiny flowers at the base of the pulpit become bright red berries by September, and when they fall to the ground, germinate quickly to create a colony of plants for the following spring.



American Elm, *Ulmus americana*. Less commonly known as the white elm or water elm, this tree is extremely hardy and can withstand winter temperatures as low as -44°. It provides a good food source and nesting site for wildlife. Elm leaves alternate along each branch, which makes it easy to identify. American elms were a favorite tree in the U.S. for many years and were frequently planted along city and town streets for shade. Unfortunately, Dutch elm disease has killed many. Elm wood has been used for crates, boxes, furniture, baskets, and paneling.



Your walk will take you along the southbound Quiet Wood Trail. Do pause a moment to reflect on that peacefulness. You'll continue up and down a meandering hill and pass through another stone wall break. On this wooded route, you may be surprised to come upon a **cast iron caldron**. Best guess is that this large caldron was once used for boiling down sap for maple syrup. Can you picture it atop a slow burning fire, stirred and stirred, hour after hour, reducing the gallons of sap.



Sycamore Tree, *Platanus occidentalis*. A giant Sycamore tree with a hollowed out trunk is situated on your left after passing through a stone wall and slightly down the trail. It may be hard to see because it is not directly on the trail. The sycamore is often distinguished by its exfoliating bark, which flakes off in great irregular masses to reveal lighter-colored areas beneath, which gives the mottled appearance.



Black Walnut, *Juglans nigra*. The black walnut is a very tall tree with grey-black, deeply furrowed bark and large leaves (1' to 2' in size!) consisting of multiple narrow, toothed leaflets. Its flowers are catkins, which appear in April to June; and fruits are large, spherical nuts, the husks of which contain a dark brown dye. Black walnut is prized for furniture, and the bark is used in tanning. The walnuts are delicious to eat and also provide food for wildlife.



At this point, turn left at the intersection where you meet up with the South Loop. Retrace your steps back over the second bridge and turn left onto the Ironwood Trail. Look for the break in the stone wall at the shagbark hickory tree and go left. This will take you back over the first bridge and boardwalk to the trailhead. We hope you have enjoyed your walk!



A special thank you to the following people who volunteered their time to help make this trail guide possible:

Dr. David Burney, Deirdre Coughlin, Page Dickey and Virginia Tait.



DURAND PRESERVE

This property has been preserved by the North Salem Open Land Foundation for horseback riding, hiking, cross country skiing and bird watching. Please help us protect the plants and wildlife in this preserve.

Enter property at your own risk.



RULES OF USE

Dogs must be leashed on weekdays between the hours of 9AM and 4PM, and at all times on weekends and major holidays, and under the control of their owners.

No hunting.

No fires, camping, or smoking.

No motorized or wheeled vehicles.



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