



PRESENTED BY
THE MULTICULTURAL CENTER

OUTDOOR DISCOVERY GUIDE





A Guided Meditation

This is an invitation, to interact with the land you live on.

A self-guided experience based in stillness and creativity

We invite you to find a quiet moment to sit in nature, look at
nature.

Start at the ground.

What are you sitting on? Leaves? Moss? Asphalt?

What is its texture? What colors are present?
It's shape? Is there a smell?

Where did this come from?

Can you see a life cycle attached to the area you are sitting in? Is
this space a home for other life? Who is utilizing the space around
you? Does it move or do things move over it?

What do you notice now that you did not notice at first glance?







Identification Guide: Three of Our Native Plant Species

A Tree: Bigleaf Maple, *Acer macrophyllum*

A Shrub: Pacific ninebark *Physocarpus capitatus*

A Herbaceous Plant: Cattail, *Typha latifolia*



Bigleaf Maple, *Acer macrophyllum*

Identifying Features:

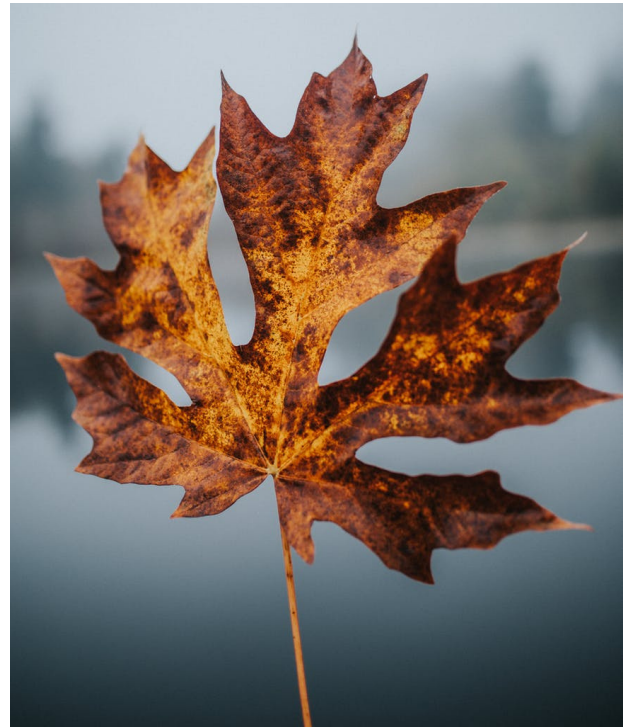
Bark: Greyish to reddish-brown with ridges that sometimes interlace.

Fruit/Seeds: The seeds are encased in a double samara. These are the thing and paper-like propellers that helicopter down from the tree canopy. A double samara means that there are two little propellers fused together at an elbow-like angle, the Bigleaf maple's samaras can grow up to about 2 inches long.

Leaves: Large palmately lobed leaves. A palmately lobed leaf has a similar shape to a hand, where each of the 5 fingers when spread out wide, would represent each of the 5 deeply cut and jagged lobes of the leaf. Bigleaf maple leaves can be as large as 12 inches in width. wide leaves often visible on the tree.

Ethnobotanical Uses:

In this region of Oregon, the hardwood of Bigleaf Maple was sought after for carving into tools such as spoons and bowls.



General Information:

- There are quite a few introduced and native maple species throughout Oregon, but the Bigleaf maple is generally the largest, growing up to around 100 feet tall.
- Oregon's native maple species include the Bigleaf maple, Vine maple, and the Rocky Mountain maple.

Pacific Ninebark, *Physocarpus capitatus*

Identifying Features:

Stem/Branches: Pacific Ninebark has brown bark that looks like it is made of shredding construction paper, with the bark peeling off and away from its stalks and branches in maturity.

Fruit/Seeds: Tight dense cluster of small white to creamy flowers with pink stamen and yellow centers.

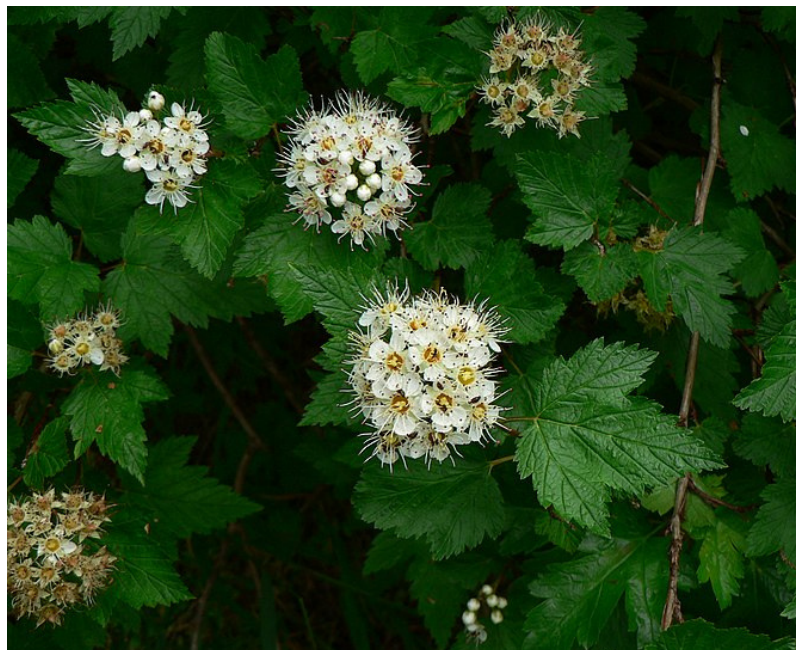
Leaves: It's 3 to 5 lobes on a palmate leaf have a similar look to a maple leaf. Uniquely, Pacific Ninebark leaves are doubly toothed along the edges and are a deep, shiny green on their topside.

Ethnobotanical Uses:

A key use of Ninebark in our region was to make arrows from the young and straight shoots of the shrub.

General information:

- Pacific ninebark is a large shrub, growing up to 12 feet tall. It doesn't have a single trunk but is formed through many branches growing out of the ground in a cluster.
- Pacific ninebark is a riparian plant, living in close proximity to rivers or streams.



Cattail, *Typha latifolia*

Identifying Traits:

Stem: Grow long, straight, and tall, from 3 to 9 feet. Pithy and cylindrical.

Leaves: Alternate (staggered) long, broad, and flat grass-like leaves.

Flowers: A cylindrical spiked flower without any noticeable petals. The flowers are monoecious, meaning both the male and female flowers appear on the same plant. On the Cattail, the lower half of the spike is the female flower. It is wider and pithy looking, turning from green to a dark brown as it matures. The male flower sits atop the female and keeps a light tan and more narrow form.

Ethnobotanical Uses:

The tall reeds were prepared and woven into mats and baskets. This long, strong fibrous material was also useful in making cordage.

General information:

- Ecology - grows heartily along the the edges of marshes, wetlands, ponds, etc. Preferring areas with slow-moving or quiet water.

