

FRESH POND



INTERPRETIVE TRAIL



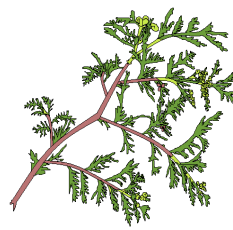
Friends of Holbrook Island Sanctuary
P.O. Box 224
Brooksville, ME 04617

1. New York Fern (*Thelypteris noveboracensis*)

The New York Fern is one of the many species of fern native to Holbrook Island Sanctuary. The fronds (a fern leaf) you see are fertile fronds. Underneath the tallest leaves you may see brown to yellow dots known as sori which contain millions of spores.



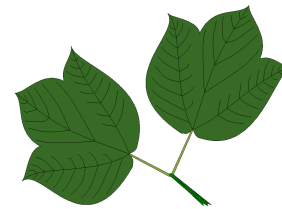
2. Northern White Cedar (*Thuja occidentalis*)



Cedars are an evergreen tree often found in swampy areas. Cedars have flat, scale-like foliage. The wood of cedars is known for being rot resistant.

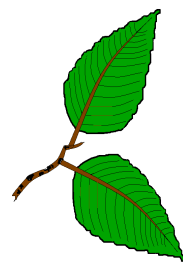
3. Striped Maple (*Acer pensylvanicum*)

The Striped Maple is often found in the forest understory where its large leaves help it gather what little light there is. This species of maple can be identified by stripes found on its green twigs.



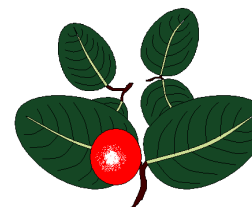
4. Yellow Birch (*Betula alleghaniensis*)

Yellow Birches are Maine's largest native birch. Yellow Birches are known for their bark peeling into curls. Birch bark was used by Native Americans to make canoes, wigwams, scrolls, and torches.



5. Partridge Berry (*Mitchella repens*)

This vine spreads across the ground in a network of underground stems. It is notable for its leathery, oval leaves, and bright red berries. If you look closely you can see two holes in the berry where two flower ovaries merged to form one berry.



6. Sedges (*Carex* species)

Sedges, at first glance, resemble grasses and are often found in wet or low-nutrient environments. They can be identified by their triangular stems. To tell sedges from true grasses remember "Sedges have edges, rushes are round, and grasses have nodes where leaves are found."

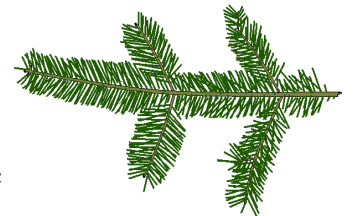


7. Northern Blue Flag (*Iris versicolor*)

Blue Flag is a tall, showy Iris. It is often found in wet meadows and marshes. Blue Flag grows from thick, creeping rhizomes, which unlike a bulb, have multiple eyes.

8. Balsam Fir (*Abies balsamea*)

Balsam Fir is the only native fir to the eastern US. Firs can be identified by their rows of flat needles and by upright cones found near the top of the tree.



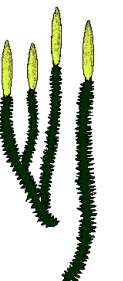
9. Eastern White Pine (*Pinus strobus*)

The White Pine is the largest and most common pine to Maine. It is also the state tree of Maine. The White Pine can be distinguished from other pines by its long, banana-shaped cones, and pale needles found in bunches (fascicles) of five.



10. Clubmosses (*Lycopodium* species)

Clubmosses often look like little trees. In fact, Clubmosses are among the oldest vascular plants and were the size of trees before dinosaurs even roamed the Earth. Look for both the spiked Shining Clubmoss and the branching Ground Pine.



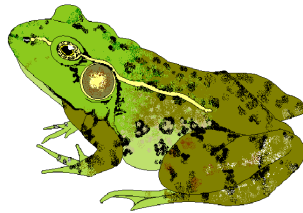
11. Sphagnum Moss (*Sphagnum* species)

Mosses are non-vascular plants. Some sphagnums can hold twenty times their weight in water. Sphagnum is the chief component of Peat bogs. Peat bogs provide habitat for a number of unique plants and animals.



12. Green Frog (*Rana clamitans*)

Green Frogs have a distinctive banjo-plucking voice. They can be found basking along the shore of Fresh Pond or more likely jumping in and swimming away. Their eggs and tadpoles can be seen in pools during the spring.



13. Beaver Dam

Beavers build dams to create a pond. The pond serves as a place to store their food cache of fresh branches and provide protection for this aquatic rodent over the winter and throughout the summer as well.

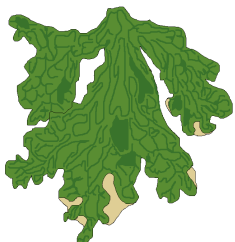


14. Wood Duck (*Aix sponsa*)

Wood Ducks are one of a handful of waterfowl species that nest in tree cavities. One nest can have more than 15 eggs from one hen, or upward of 40 eggs from multiple hens. Immediately after hatching, the chicks jump from nests that may be as high as 290 ft.



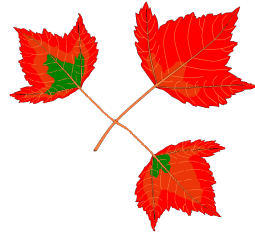
15. Lungwort Lichen (*Lobaria pulmonaria*)



Lungwort Lichen consist of an ascomycete fungus housing photosynthetic green algae and nitrogen-fixing cyanobacteria. Lungwort Lichen can be an indicator species for air quality.

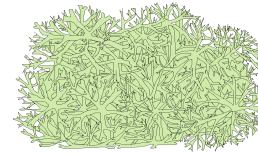
16. Red Maple (*Acer rubrum*)

Red Maples are known for their bright red color in fall and are often one of the first trees to change color starting in August. They are frequently found in and around swamps.



17. Star-tipped Reindeer Lichen (*Cladina stellaris*)

Reindeer Lichen is so named because it is a food staple for caribou in more northern latitudes. This lichen is very cold hardy and able to grow in harsh environments. In Maine, Reindeer Lichen often grows on rocky outcrops.



18. Tufted Cotton-grass (*Eriophorum* species)

Cotton-grass is another sedge species found in wet or boggy areas. The cotton-like flowers come apart late in summer and the seeds disperse by floating in the wind.



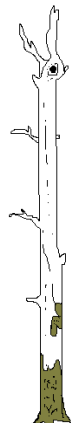
19. Labrador Tea (*Rhododendron groenlandicum*)

Labrador Tea is a relative of the rhododendrons which means “red tree”. The white dome-shaped flowers are fairly attractive to bees. Leaves have been used to make tea, but can be toxic.



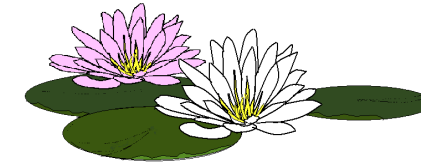
20. Snags

Snags are standing dead trees. Upland snags provide important nest sites for cavity dwellers such as flying squirrels, woodpeckers, and chickadees. Snags in Fresh Pond killed by rising water are used by Wood Ducks, Hooded Mergansers, Ospreys and Bald Eagles. Snags also provide habitat for insects, which are food for many animals.



21. Fragrant Water-Lily (*Nymphaea odorata*)

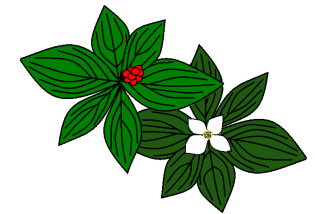
Water lilies generally grow in shallow water 2-6 feet deep. They stay afloat by use of spongy, air-filled stems and broad, flat leaves that disperse weight.



Each spring the stems grow toward the surface from roots (rhizomes) buried in the mud.

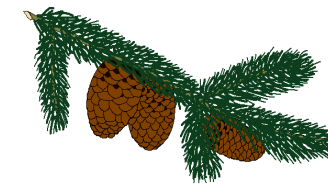
22. Bunchberry (*Cornus canadensis*)

Bunchberries are in fact miniature dogwoods. These plants spread by rhizomes to form colonies under trees. In other words, they form large groups of genetically identical plants interconnected by underground stems.



23. Red Spruce (*Picea rubens*)

Red Spruce is found commonly along the rocky shores of Downeast Maine. Spruce trees have sharp needles and often have scaly bark. Their cones provide winter food for red squirrels.



24. Beaver Lodge

Beavers build and maintain lodges as dwellings. The entrances are underwater providing the beaver with safety from predators and bad weather. A vent hole at the top of the lodge allows air to circulate. Vapor can be seen rising from this hole in active lodges on cold days. Beavers can swim from their lodges under the ice during the winter to reach their food caches of branches stored on the bottom of the pond.

