TAKE A MINUTE TO GET TO KNOW YOUR TREES!

• Touch the bark gently.
• Can you find a leaf on the ground to crinkle? Smell its scent.
• Listen for birds and other animals in the tree.
• Look for flowers, fruit or pods on the tree.
• Take a selfie with the tree and post it to Instagram with tag #arbseasonoftrees and @mn_arb.

RESOURCES FOR TREE CARE FROM OUR PARTNERS:

How to pick a quality tree, plant a containerized tree and determine the planting depth, from the University of Minnesota Extension:
z.umn.edu/ExtensionTree

Planting seedlings and bare root trees from the Minnesota DNR:
z.umn.edu/MNdnrplantseed

How to pick a tree care professional:
z.umn.edu/treeprofessional

SHARE YOUR TREE STORY

We want to hear about your favorite trees at the Arboretum! Do you have a regular picnic tree? Or a special tree you like to visit? Tell us about your favorite tree at the Arboretum and include a photo if you have one. Send stories to arbr@umn.edu. Read about Arboretum trees at z.umn.edu/treestories.

HOW CAN TREES KEEP US HEALTHY?*

They help reduce skin cancer. Shade from trees reduces exposure to UV rays, the primary cause of skin cancer.

Trees reduce heat stroke and heat exhaustion. A tree’s canopy and shade reduce temperatures by up to 20°F.

Trees and shrubs can reduce stressful noises by 50 percent.

Trees decrease mental stress. Exposure to forests decreases mental fatigue by relaxing and restoring the mind, and lowers blood pressure and heart rate. Kids who play in nature are more relaxed and attentive, which improves learning and performance in school.

Foods from trees are healthy to eat. Fruits and nuts are good for the body because they contain antioxidants that boost the immune system and healthy fats that decrease bad cholesterol.

Trees keep the air clean. Childhood asthma rates are lower in urban neighborhoods that have a higher density of trees. In 50 years, one tree provides $62,000 worth of air pollution control.

Tree-lined streets encourage walking, helping meet daily exercise requirements.

Trees promote healing. Nature helps patients refocus their attention and increases their pain thresholds, leading to improved coping and healing strategies.

*Source: mndnr.gov
TREE TREASURE SCAVENGER HUNT

Find the seven trees by filling in their names below next to the leaves.

CLUE: Our signs in the gardens hold the answers.

If you loved coloring this map, our Tree Coloring Book and Bookmarks in the Andersen Horticulture Library or download our Tree Coloring pages at z.umn.edu/ColoringPages.