

USI Trails in the Winter

Make Your Own USI Trails Potpourri

What is
potpourri
??

Potpourri is a mixture of dried things, like flower petals, herbs and spices that are lightly scented and kept in a bowl to make a room smell nice. You can find ready-made potpourri in craft stores, you just have to add the essential oils.

What can
you put
in it??

There are all sorts of stuff in the winter time to put in your USI Trails Potpourri

- Bits of bark off logs
- Mushrooms
- dried flowers or grasses
- Acorns
- Nuts
- Moss
- Wood fungus
- lichen
- gumballs or any kind of empty seed pods from trees
- Rosehips
- Small pinecones
- Pine needles

How to make USI Potpourri



Gather your items on the trails. Don't over pick. Some some for the animals, others and for nature.



Use a nature app like Seek to make sure you aren't picking anything toxic, and to learn about nature.



At home, clean all your items in warm water and let sit out to dry.



Put your items on a cookie tray and bake for one hour at 200 degrees.



Once cooled, put in plastic bag and add 20-30 drops of essential oil. Shake your bag to mix.

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A Study in Moss

**What
is
moss?**

Moss are small, seedless plants that often grow in moist, shady places. There are over 10,000 types of moss in the world.

**Why is
moss
important**

Moss act like sponges, soaking up water. This enables plants around them to thrive and promote decomposing. They also absorb carbon to make air cleaner and protect against erosion.

**How
old is
moss**

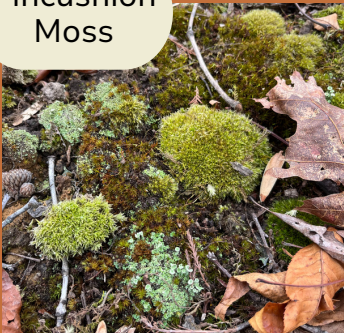
Scientific evidence shows that moss is one of the earliest plants having been around for 390 million years. That makes some moss older than the dinosaurs! This moss lives in the Himalayan Mountains.

Of course there is many more types of moss on the trails, this is just a SMALL sample!
Happy hunting

Moss found on USI's trails

There are several types of moss found on the trails, check them off as you find them.

Pincushion
Moss



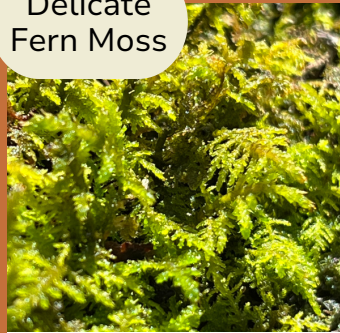
Best place for Moss
is on the Bent Twig
Trail.

Juniper
Moss



You can find moss
on trees, downed
logs, and on the
ground near water

Delicate
Fern Moss



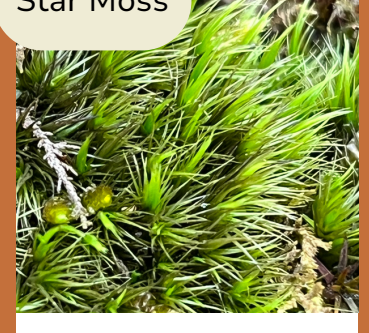
You can also find
moss growing on
rocks!

Wall Screw
Moss



Bent Twig's
RidgeTrail is an
awesome place to
find moss and bird
watch.

Star Moss



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A Study in Lichen

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Moss are small, seedless plants that often grow in moist, shady places. There are over 10,000 types of moss in the world.

Why is lichen important

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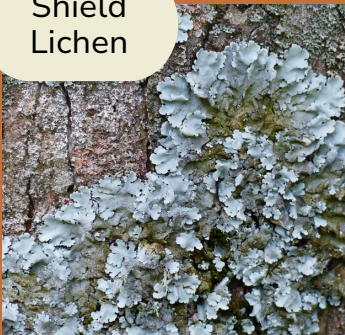
How old is lichen

Scientific evidence shows that moss is one of the earliest plants having been around for 390 million years. That makes some moss older than the dinosaurs! This moss lives in the Himalayan Mountains.

Lichen found on USI's trails

There are several types of lichen found on the trails, check them off as you find them.

Shield Lichen



Found on trees and rocks

Pixie Cup Lichen



Found near the bottom of trees and near water

Reindeer Lichen



Found at the bottom of trees around leaf clutter

Fluffy Dust Lichen



Found on old decaying stumps. Wipe your fingers on it and get lichen dust on your finger tips

Monk's hood lichen



Found on sticks and branches laying on the ground. They have outer edges that are turned up