

# Tabor Tree Project Field Report

In this Survey, the Tabor Tree Project identified 130 trees randomly in all 12 zones of the park. Counted in this survey:

- 1 Bigleaf Linden = 213 years
- 1 Black Tupelo = 61 years
- 12 Cedrus Deodar = 83 - 179 years, Avg 128 years
- 1 Dawn Redwood = 33 years, Youngest
- 84 Doug Fir = 62 - 496 years, Avg 232 years, Oldest 496 years
- 1 Ellwood Cypress = 82
- 4 European Beech = 60 - 180, Avg 111 years, tallest 272'
- 1 Giant Sequoia = 104
- 2 Ginkgo = 36 - 42 years
- 1 Hawthorn = 90
- 1 Japanese Cherry = 58
- 4 London Planetree = 46 - 77 years, Avg 62
- 8 Maple = 155 - 350 years, Avg 220 years
- 1 Pin Oak = 59 years
- 1 Port Orford Cedar = 244 years
- 2 Rowan = 43 - 53 years
- 1 Saucer Magnolia = 30 years
- 4 Tsuga Hemlock = 40 - 175 years
- 1 Vine Maple = 59 years
- 3 Western Red Cedar = 28 - 152 years, Avg 138
- 4 Black Walnuts - 165 - 219 years, Avg 187
- 1 Oregon White Oak - 199 years
- 2 Horse Chestnuts - 124 - 159 years, Avg 142
- 1 American Sweetgum - 136 years
- 3 Northern Red Oaks - 172 - 225 years, Avg 190
- 1 Common Hackberry - 50 years
- 1 Small Leafed Linden - 122 years

The Majority of the Trees at Mt. Tabor Park are conifers, and specifically Douglas Fir who can live longer than 1,000 years. The oldest one in the park is 496 years old, Sprouted sometime around 1520 AD.

For the largest tree circumference, there is a tie between the oldest Doug Fir at 312 inches, and the Giant Sequoia which is also 312 inches circumference, but the Sequoia is only 104 years old. The Doug Fir is 197 feet tall, but it is not the tallest there are many that are taller, and one reaches 259 feet. But there are more to be measured, and met, and loved!

The oldest Big leaf Maple tree is 350 years old. The Youngest tree is the Dawn Redwood, a Living Fossil, seeded around the world from one tree found in China in 1941, ours is 33 years old and will grow super fast outpacing the Coastal Redwoods. Mt. Tabor's Redwoods are relatively young all around 100 years old, but their lives will continue on for thousands of years. It has been a great experience to begin this adventure with the Trees and the Tabor Tree Project along with the NASA GLOBE Observer Citizen Science Project as well.

## History of Fires and the trees that survived:

"In a decade approximating 1845 to 1855, for example, about seven times as much land was deforested as in any of the three previous decades. Now the 10 years 1845-1855 are the period when white people first migrated to the Willamette Valley in large numbers, and also the period to which hearsay assigns great fires in the coast country. The cutting done in the early

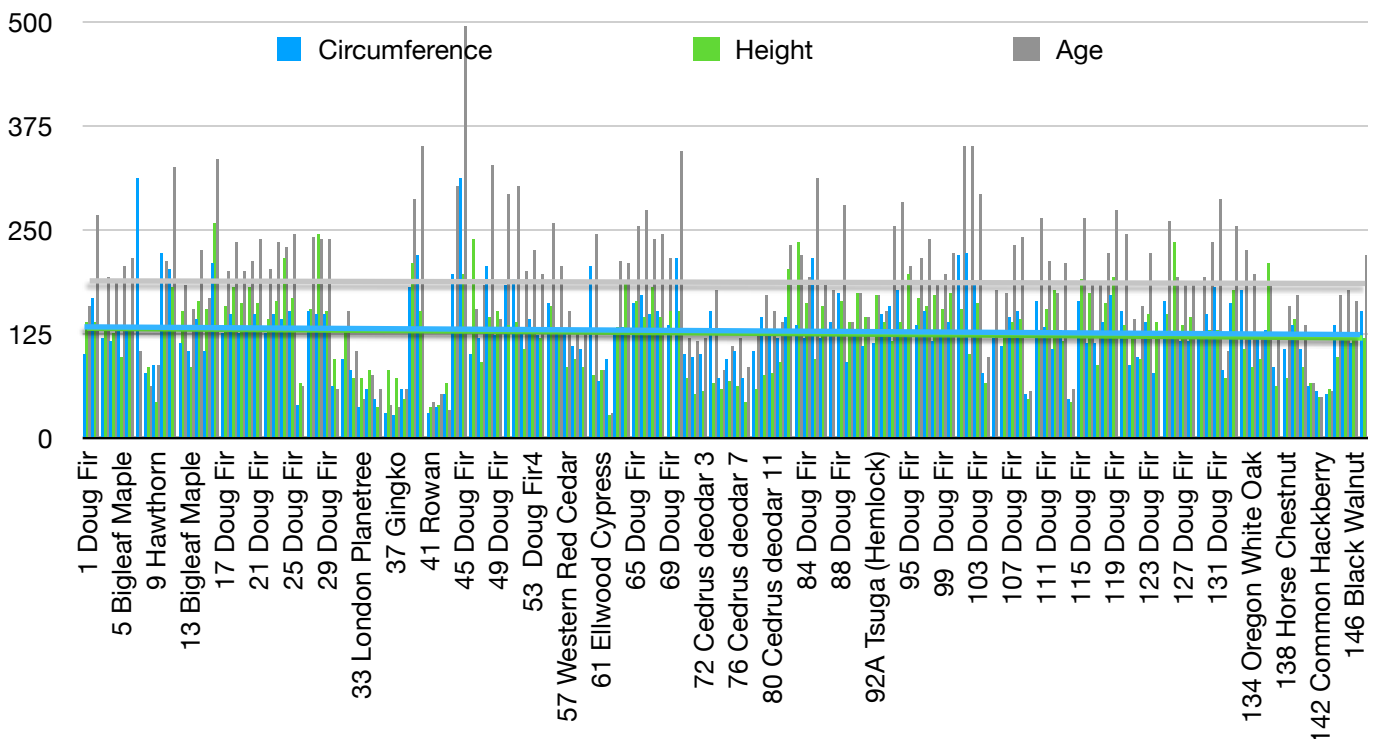
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days for lumbering and land clearing was entirely inadequate to account for the large acreage of timber now 80 to 90 years old, and it is concluded that most of this acreage represents land reforested after burning.”

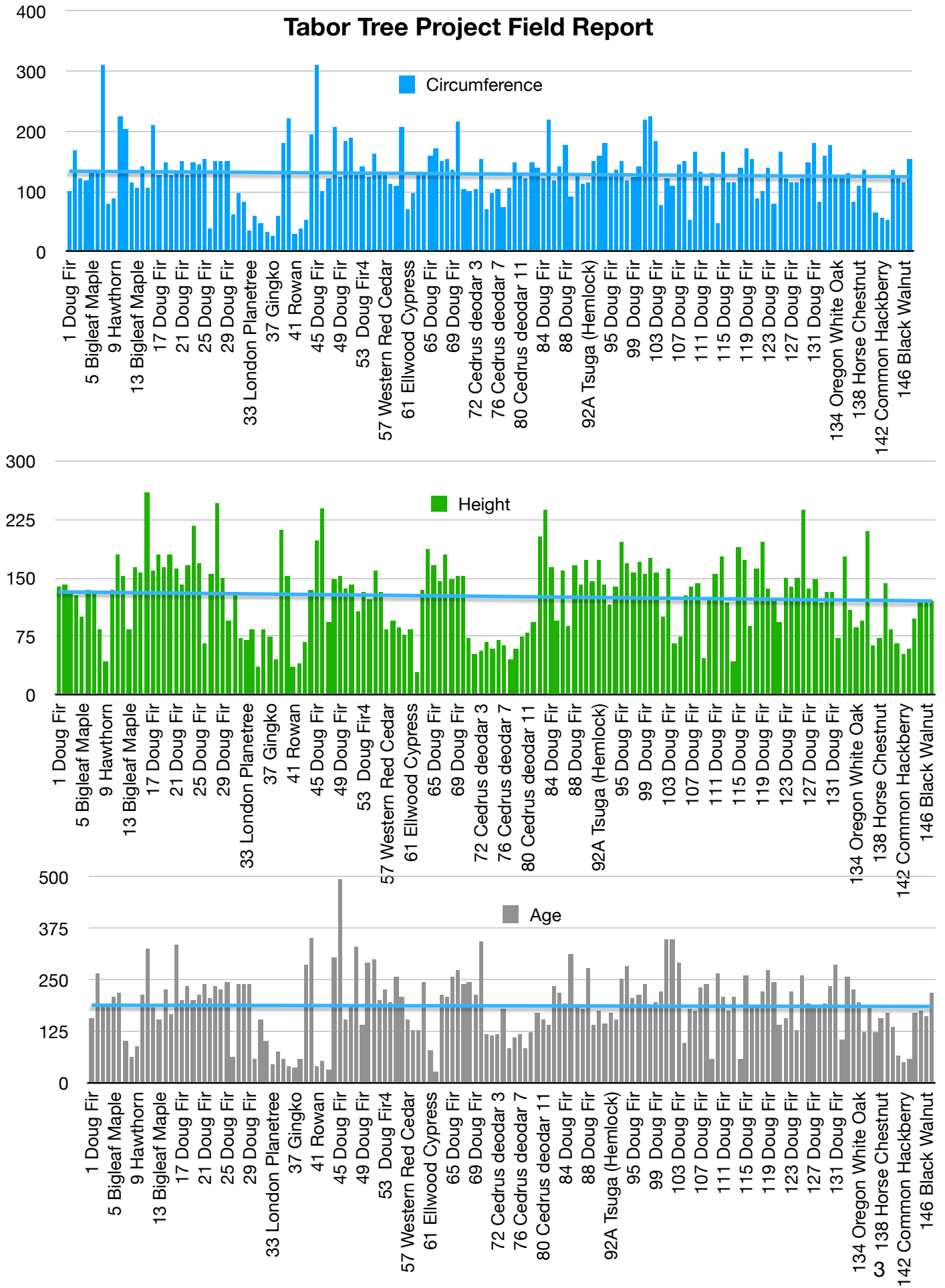
The first printed record of extensive fires observed by white men in the Pacific northwest is that of David Douglas, the botanist for whom Douglas fir was named. In the Journal Kept by David Douglas During His Travels in North America, 1823-27, mention is made time and time again of recently burned-over land he encountered along the west side of the Willamette Valley from Fort Vancouver south to the Umpqua River in September and October 1826. Douglas complained frequently of the charred stubs of brush, which made his feet sore. Still more troublesome was the fact that because fire had destroyed grass and browse material he was left no feed for his horses and no game for food. In those days Fort Vancouver was about the only place in the northwest inhabited by white men, and fires set in the Willamette Valley were attributable to Indians. Douglas states: “Some of the natives tell me it is done for the purpose of urging the deer to frequent certain parts to feed, which they leave unburned, and of course they are easily killed. Others say that it is done in order that they might the better find wild honey and grasshoppers, which both serve as articles of winter food.”

On September 27, 1826, while Douglas was going west from a camp 58 miles up the willamette River, he described the broad Willamette Valley as follows: “Solitary oaks and pines interspersed through it and must have a fine effect, but having all burned and not a single blade of grass except on the margins of rivulets to be seen.” On October 5, after eight days of continuous travel, Douglas wrote: “Camped on the side of a low woody stream in the center of a small plain - which, like the whole of the country I have passed through is burned.”

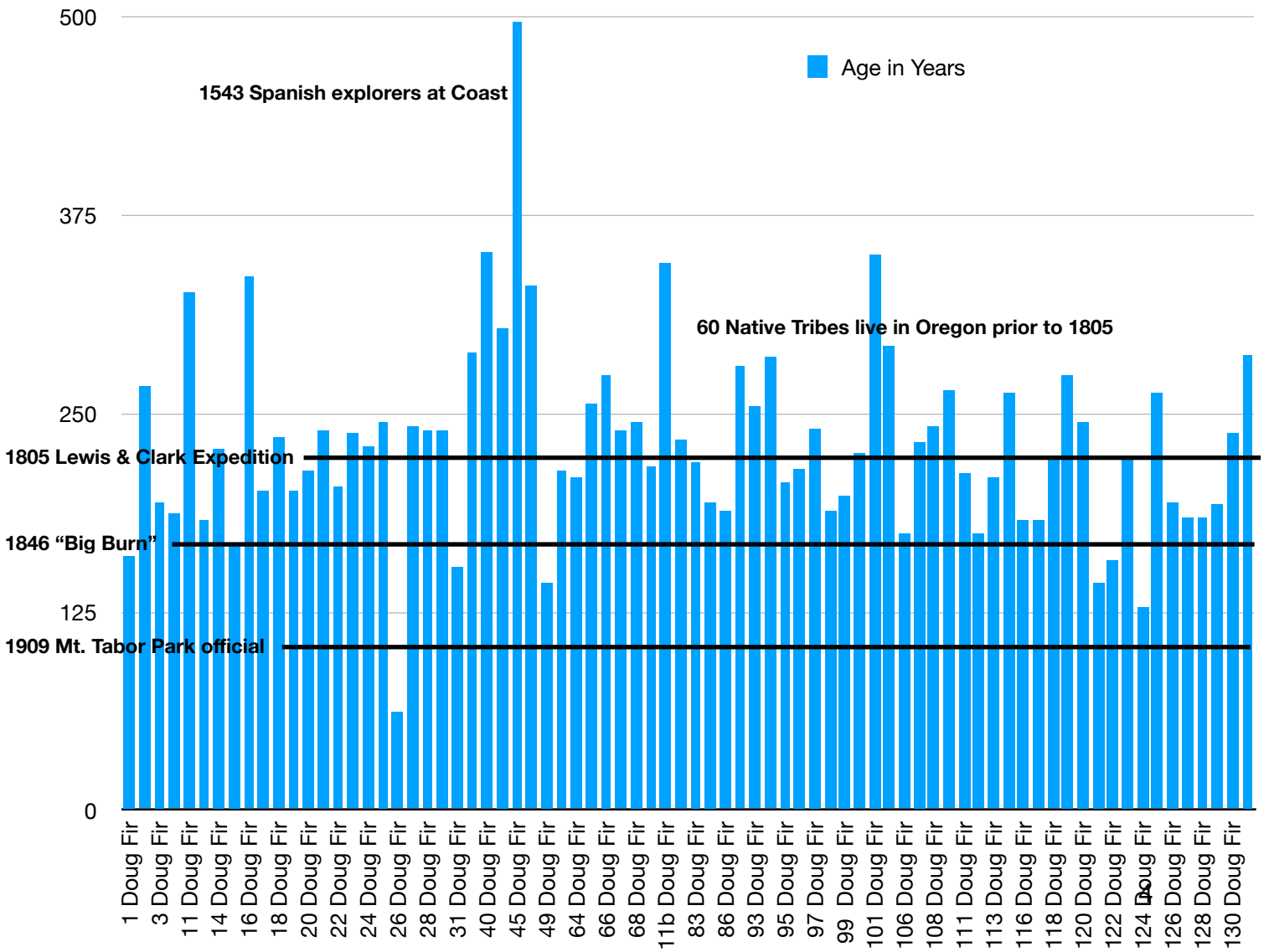
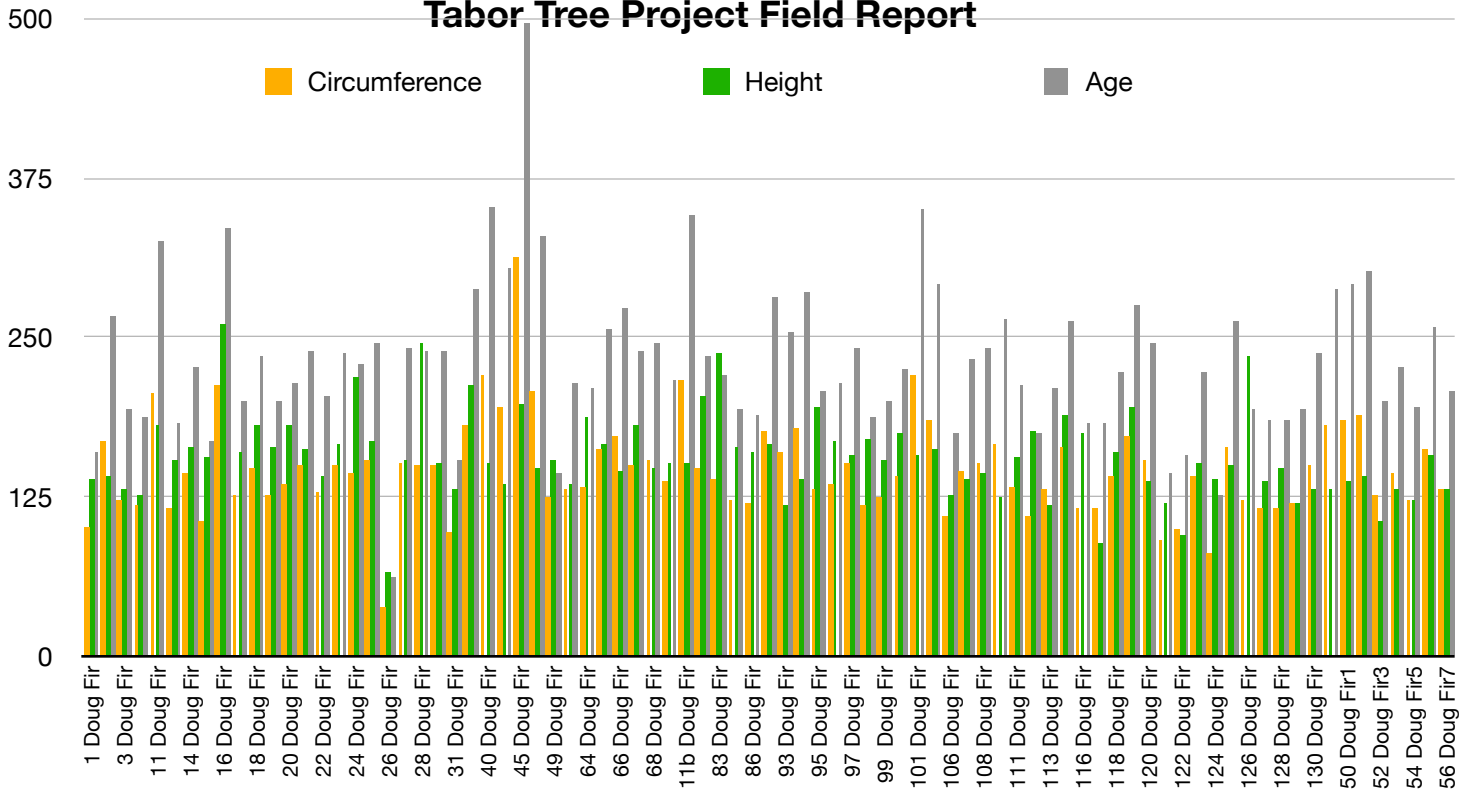
.... excerpts from *Forest Fires in Western Oregon and Western Washington*, William G. Morris.



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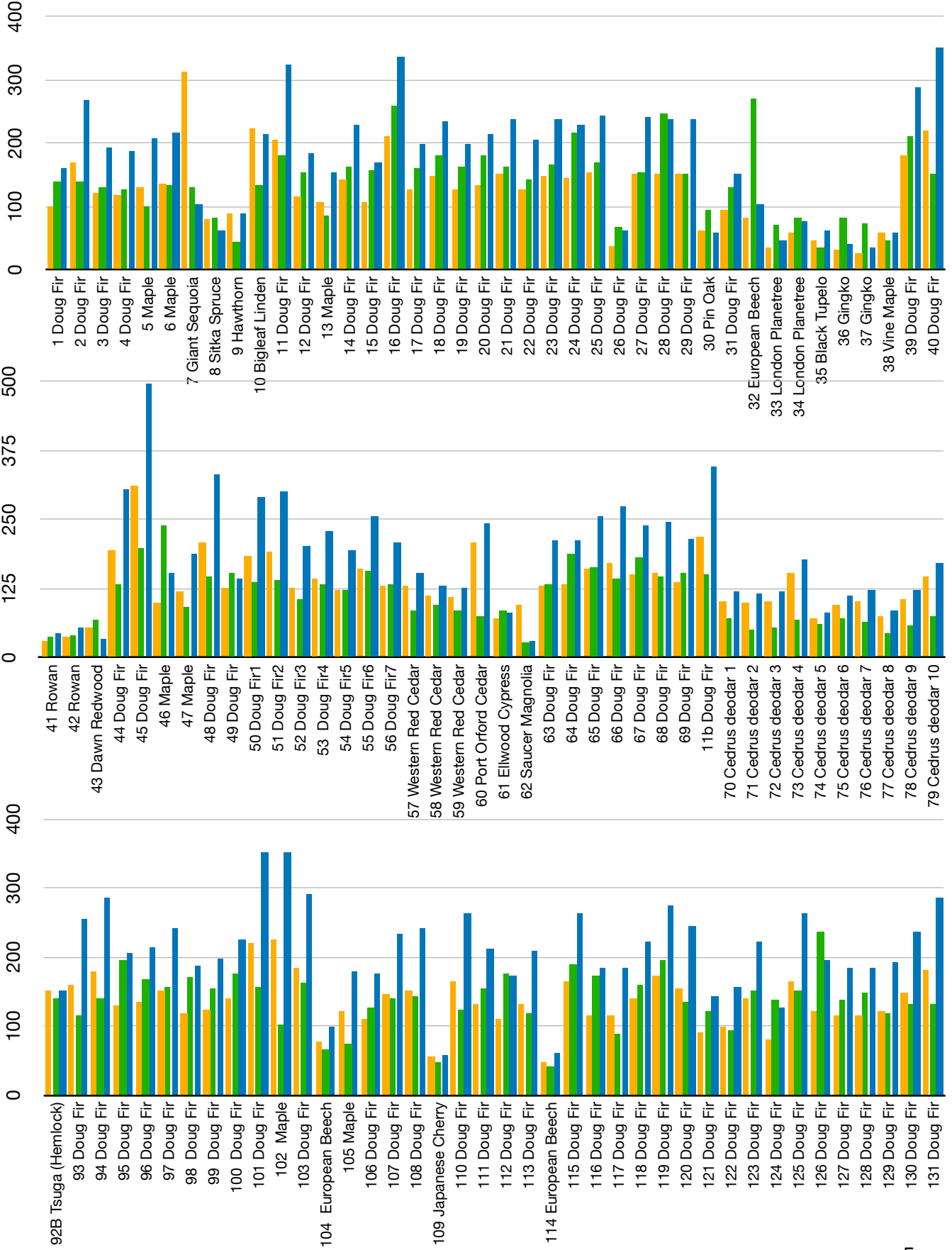


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# Tabor Tree Project Field Report

■ Circumference
 ■ Height
 ■ Age



# **Tabor Tree Project Field Report**

## **Survivors: The Meeting of the Medicine Trees of Mt. Tabor Park**

**This Time, 2021  
is temporary  
we are witnesses  
to what has come before  
to what is now,  
and  
are responsible  
for a vision  
toward the future  
to honor  
a healthy life  
for nature, humans, and this  
amazing planet  
we call home**

**In great respect  
we acknowledge those that lived  
on this land, long before  
those that call it  
home  
now**

**The trees  
at Mt. Tabor  
have seen a lot of history  
they have witnessed  
many fires, earthquakes,  
and volcanoes  
blowing,  
if we listen  
they will tell us  
they will show us,  
these wise tree beings,  
listen,  
they are calling us.**

“When we talk about land, land is part of who we are. It’s a mixture of our blood, our past, our current, and our future. We carry our ancestors in us, and they’re around us. As you all do.” Mary Lyons (Leech Lake Band of Ojibwe) \*and those ancestors are also trees, birds, clouds, rain, coyotes.....

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## The Tabor Tree Project 2021

Beginning in January 2021, I began leading Tree Medicine Hikes at Mt. Tabor Park through the Portland Hiking Meetup Group. These hikes consisted of mask wearing hikers, abiding to covid spacing, being ever so grateful to be outside with the trees during the covid pandemic. That in itself is Medicine. We hiked about 3 miles each time, covering dirt trails, stairs, roadways, through and around the park talking about the medicine of the trees. What does that mean exactly you might ask? I will explain:

First, one notices without thinking when walking through a conifer forest, with an overstory of Firs, Spruces and Pines, the familiar smell of what some might call the christmas tree smell. Walking near dusk, when the cool air drops and the breath of the tiny million mouths under the leaves of these conifers, they are releasing phytochemical and organic compounds. And in nature's design, in a mutual relationship between trees and humans, when we walk amongst the breath of trees, exhaling our carbon dioxide to the trees, something inside of us, an internal trigger is happening. Deep within our bones, in the marrow where white blood cells are made, Natural Killer Cells are stimulated to multiply and spread throughout the body. When increasing NK Cells, our immunity boosts and we feel stronger and healthier. The essential medicine, the exchange between humans and trees, especially conifers is magic, so much so, this process has been given many names including "forest bathing." Most of us humans don't think about what is happening biologically in our bodies, we just know it feels better to walk in the forests with the trees. Maybe it is because we focus on life again without phones and computers, but I see those all the time on the walks, actually I think it is mostly the breathing in and out of clean air, of feeling nature, and the invisible boost many of us never realize that our NK Cells have made us more resilient but breathing in the breath of the trees.

There is a great diversity of trees under the canopy of the Evergreen Woodland of Mt. Tabor Park, they were deliberately placed there over time by park loving people, or landscape architects design, or city developers ideas. Most never made notes about the trees planted, or when or by whom, it is up to us in our hikes to find these trees and learn about them. There is something elegant and treasure hunting like to this adventure. Leading the Tree Medicine hikes offers a chance to bring in a deeper understanding of each tree's personal story and history as a species as well as its medicinal uses. Learning to read the tree is first. What are the shape of the leaves, do they give us a map of the body to find the medicine? What is the bark doing and when, is there a sap or resin that we watch the tree using to heal and can that be a teacher for us too, to use the resin to heal our wounds. The trees that have adapted to air pollution, or fire, or floods, or that have come from swamp lands, or tops of mountains near the top of the sky, they all have genetic maps inside that offers information to humans in what these trees adaption and medicine might be, and we can use this too. For instance, a Himalayan Cedar, is known as a cedar tree first, with beneficial lung healing properties in its resin and bark and leaves. Because the Himalayan Cedar has adapted in its genetics to high altitude, it also offers treatment for altitude sickness. It is impressive the list of the trees and medicine that is in Mt. Tabor Park. The Hawthorn tree, some know from old stories of Druids, or European history, and some may even know it through Chinese herbalism or folk medicine, but many never associate the medicine now made available in markets to their actual trees. When you look at a Hawthorn, you notice the trunk first. Sinewy and tendon like, it gives you clues to muscles and vessels, and the red hue under the bark, and in the berries gives one clues to red the color of blood. It is not a surprise to find out that Hawthorn treats the heart muscle, the vessels and veins of the heart blood, and there it is growing in plain sight and we may never see the tree within the forest unless we stop and ask and listen, from the tree of course!

The hikes between January and Earth Day Week for the final Tree Love Blitz totaled 40 hikes, with more than 400 people in attendance, some repeating it often. These hikers came to find medicine in the trees, to know the forest park deeper. Some were new arrivals to Portland,

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others here a few years, some had lived here their whole lives and never been inside the park. But all were intrigued by Tree Medicine. We also had a couple of Tree Love Blitzes where we gathered more than 30 tree's data with a small group of 4. It was great fun. Looking forward to continuing the work. Many now have downloaded the GLOBE Observer App and are continuing on with a Tabor Tree Project code to add into the data bank, information about clouds, land cover, rainfall, mosquitoes, and more. This is indeed an Old Growth/Ecological/Tree Important Project that was inspired by the love of Trees. Some of the participants comments are quoted below:

**Michelle V**

...

You are a fantastic leader Candace. Thank you taking the time to spend with us!

**Janet M.**

...

Nice pics and a fun hike learning about the trees in Mt Tabor!! Thank you Candace for an in-depth view into the trees and their healing properties. I learned a ton of cool stuff. Lucky me! 😊

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**Melissa**

...

Thank you! That was fascinating and you have truly wonderful energy to be around :) hope to see you on another hike!

**Nate**

...

Thanks for a great hike and sharing all your expertise Candace! A great hike with great people and life-changing knowledge. Who knew, what everyone calls cedar are actually cypress trees?! 🤔 Definitely recommending this hike to friends and family. Thanks again 🙌👍

**Susan C.**

...

Thanks Candace. I enjoyed the beauty of Mt. Tabor and you as our guide. Very interesting hike with a lot of new information to apply to the future.



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**Sheri**

...

Thanks for a wonderful walk. I appreciate your vast knowledge of the area and trees, Candace. The small group was pleasant, allowing us to connect with the entire group. Lovely people. Great weather for good views. So happy you put the energy into creating these hikes!

different trees was great. I will post some pictures later tonight.

**Rob**

...

Thank you Candace for such an informative hike. And thanks for giving us the the great weather

**Shirley Brooks**

...

Thanks for a lovely tour and background on 'my city' that I didn't know! And loved all the knowledge of trees and their ability to heal as well as feed the soul. See you on another hike/walk.

**Mary Bremen**

...

Candace Your knowledge and enthusiasm is inspiring. Thanks for a fun and infomative afternoon. Mary

**Carol**

...

Thanks for the welcome! Hope to see you all again in the near future. Appreciate your knowledge and enthusiasm for trees and their healing properties.

**Pete Vanden Bosch**

...

Thanks for the tree education, but thanks in particular for telling us about your Easter Island research. Only a handful of people in the entire world could answer the questions that have been bugging me for decades -- and I finally found one of them today!

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For a Virtual Broadcast that the Voice of America conducted for Earth Day Week 2021, please find us included in the report here: <https://www.voanews.com/episode/citizen-scientists-worldwide-collect-environmental-data-nasa-4663671>

## Tabor Tree Project is in the News

*Posted on April 28, 2021 by Blackcay*

<https://www.voanews.com/episode/citizen-scientists-worldwide-collect-environmental-data-nasa-4663671>



NASA GLOBE Observer App, for the last 3 months the Tabor Tree Project has been collecting old growth and tree medicine data at Mt. Tabor Park, a 200 acre urban wilderness on a dormant volcano in the heart of SE Portland, Oregon.