

Leaf Guide -

Now that you have gathered your leaves. Try to see if they match any of the trees listed in the table below. There are many more trees out there than we could list here, so don't be discouraged if you can't find yours.

Silver Dollar
Gum



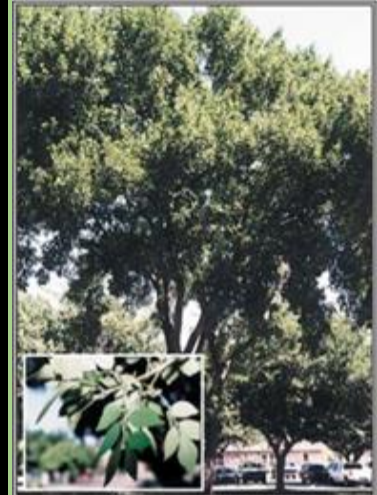
Western
Catalpa



Blue
Ghost



Modesto
Ash



Chinese
Pistache



Fruitless
Mulberry



London
Plane
Sycamore



Western
Cottonwood



Navajo
Globe
Willow



Weeping
Willow



Japanese
Pagoda



Lacebark
Elm



Japanese
Privet



Compact
Carolina
Cherry



Swan Hill
Olive



Holly Oak



European
White Birch



Littleleaf
Ash



Sunburst
Locust



Chinese
Flame



Texas
Umbrella



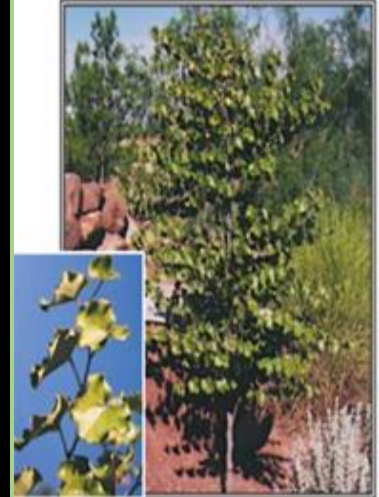
Red Rock
Oak



Eastern
Redbud



Mexican
Redbud



Don't see the leaf you are looking for here? That's probably because there are a lot of different tree species in the area. For more information on your local trees, visit the Southern Utah Guide to Trees!

<https://www.wcwcd.org/wp-content/themes/wcwcd/pdf/treeguide.pdf>

Humans have been using plants for medicine since history was first recorded. Back then, usage was based on experience and what you had seen others do. Now with advances in science, we are able to determine how these plants can truly benefit society. This image shows just a few of the benefits discovered from local plants in our community.



5 GREAT HEALTH BENEFITS OF LOCAL PLANTS

Nature is looking out for you



WILLOW TREE BARK

Similar to Aspirin

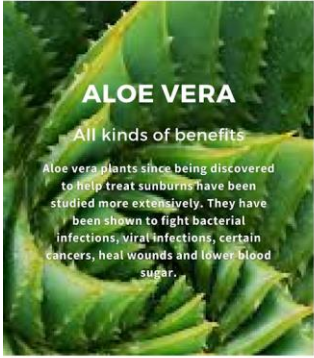
Willow Bark contains Salicylic acid, which helps with pain relief in a similar way to how Aspirin works. Records show its use to treat pain for at least 2400 years.



ASH TREE LEAVES

Tea for Gout

Ash tree leaves can be used in tea to treat gout and diarrhea. They also have some liver protection ability and can prevent damage from Tylenol overdose.



ALOE VERA

All kinds of benefits

Aloe vera plants since being discovered to help treat sunburns have been studied more extensively. They have been shown to fight bacterial infections, viral infections, certain cancers, heal wounds and lower blood sugar.



BIRCH TREE BARK

Compounds that help fight cancer

Some chemicals found in Birch tree bark have been shown to work as antioxidants and induce cell death in tumor cells.



GREENERY AND SCENERY

Improves mental health

Green plants and grass or beautiful scenery improves anxiety and depression for many individuals, especially for people over the age of 65.

DO NOT USE ANY OF THESE PRODUCTS WITHOUT
SPEAKING TO A PHYSICIAN

References:

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