



Potato Hill Farm

Trail Guide for the Nature Trail

NY State Standards addressed in this unit:

PE Standards 1, 2, 3/Health Education Standard 2/MST Standard 4

Core Curriculum:

PE Standards 1, 2, 3/Health Education Standard 2/MST Standards 1, 2, 4, 6, 7

Students hike and snowshoe the trail. Hiking and snowshoeing are lifetime fitness activities. Identify opportunities in your community to engage in physical activities.

A bog is formed in a glacial kettle. A block of ice was stranded in a pile of debris and when the ice melted, the debris slumped creating a kettle hole. All the water in the kettle hole comes from rain and snow. The bog begins when sedges and rushes that grow along the bank of the kettle hole spread into the water and form a floating shelf. Sphagnum moss grows in lumpy mounds or hummocks on top of the mat. Where the mat is thick enough small shrubs take root. The water in a bog is so cold and acidic that decay organisms can't break down plant remains so the mat thickens and plant remains filter down under the floating shelf or mat. When you stand on a mat of sphagnum moss you are standing on a sponge. Sphagnum moss can absorb 25% of its weight in water.

Vegetation:

Ferns – Christmas, Cinnamon, Hay-scented, Interrupted, Lady, New York, Ostrich, Royal, Sensitive, Ground cedar, sundew, wintergreen, mosses, lichen, sphagnum moss, bog cotton, wild flowers, deciduous trees, conifers

Wild and Domestic Animals:

Insects – butterflies, moths, dragonflies, damselflies, and bees

Amphibians & Reptiles – toads, frogs, newts, salamanders, non-venomous snakes

Birds – swallows, crows, robins, red-winged blackbirds, bobolinks, chickadees, flycatchers, woodpeckers, hawks, ducks

Mammals – Look for tracks and scat of rabbits, foxes, squirrels, chipmunks, coyotes, and deer. Pastures may have sheep, horses, and donkeys in them.

Environmental Significance of the Nature Trail:

Food, shelter, and space for animals

Seed dispersal and pollination

Wetlands

Beginner Vocabulary:

Algae	Fungus	Moss
Biodiversity	Gall	Photosynthesis
Bog	Host Plant	Plant & Animal Products
Conifer	Indigenous Species	Predator
Deciduous	Introduced Species	Prey
Decomposer	Invasive Species	Scat
Erratic	Lichen	Solar Power
Fauna	Migration	Symbiosis
Flora		

Intermediate Vocabulary:

Biodiversity	Glacial Erratic	Prey
Bog	Microenvironment	Rush
Canopy	Nutrients	Sedge
Carbon Footprint	pH	Solar Power
Conifer	Photosynthesis	Spores
Deciduous	Plant & Animal Products	Understory
Ecosystem	Predator	

Advanced Vocabulary:

Biodiversity	Host Plant	Prey
Bog	Indigenous Species	Producer
Chlorophyll	Introduced Species	Saprophyte
Conifer	Invasive Species	Spores
Consumer	Migration	Succession
Deciduous	Peat	Symbiosis
Defoliation	pH	Terrain
Glacial Erratic	Predator	Wetlands