



Safe Tree

### Seasonal Spotlight

#### Winter Tree Care

1. It's an ideal time to prune! – There are certain species, such as elm or oak, which should only be pruned in the winter months. Dormant tree trimming also decreases the spread of certain diseases.
2. Nurture the roots – everything above ground goes dormant in the winter months – so it's crucial to protect the roots (where everything is stored). Adding mulch around your trees will help your tree immensely
3. Inspect your tree! – After the leaves have dropped, it's a lot easier to inspect branches and the upper part of the trunk. Look for any discoloration, cracks, or cavities.
4. Think about where snow, ice, and salt may be piled up – Ensuring your driveway and sidewalk is clear is essential but think about where all that additional snow and ice is going! Sometimes, salt gets into those large piles of snow and if close to a tree, can cause significant long-term damage. Do your best to keep additional snow, ice, and salt away from your trees and shrubs.



Winter weather can have a devastating impact on your trees and property. Let Safe Tree help keep your home safe during the season and the year ahead.

Kait Simpson

## YOUR TREES ARE TALKING TO YOU!

Research has shown that trees have existed for over 350 million years! These remarkable specimens have adapted through eras and can live for hundreds of years. The most remarkable thing about them is that each tree has a story to tell. Just like humans, trees talk, too! We just need to learn how to listen. Just like us, trees grow based on their environment and resources available. Trees will show signs of both good health and stressors. You can see what the tree has been through, how it adapted, and why it's growing a certain way, if you know what to look for.

Here are 3 things to look for that tell a part of a tree's story:

#### 1. Sealing

If you see abnormal growth on the trunk or branch of a tree, it may have been caused by physical damage that happened in the past. This could have been caused by snow or ice, lightning, or a piece of equipment. As seasons pass, trees will produce wound wood around the damage. Wound wood has a slightly different look and is stronger than sap or heart wood. If you notice wound wood on a tree, there definitely is a story behind it.

#### 2. Growth to space modules

In the fall, at the end of every live twig is a terminal bud. Come spring, this bud will open and extend the twig. Since this happens every year, you can look back and see where every single terminal bud was in the past. These marks are called bud scars. The distance between each bud scar will tell you information about your tree's health.

- If the spacing between bud scars is even and consistent, then it's likely your tree's health and vitality are in good condition.

- If the spacing is inconsistent, it's likely there was some sort of disturbance that growing season.

- If the spacing is decreasing, it is likely that your tree is telling you that it's stressed, and health may be declining.

#### 3. Annual Growth

It's common knowledge that when you cut a tree down and look at the trunk, you can see growth from each year. However, did you know that you can see that growth as the tree is growing? Especially in the spring, if you look at the bark, you will see tiny ridges that are a much lighter shade than the trunk. These are known as striations. As trees grow, they diameter of the trunk increases. The lighter bark is new bark that is coming to the surface as the diameter of the tree increases.

These are a few of many ways a tree tells their story, and the more you look, the more you learn! Next time you're out for a walk, look at the trees. What are they telling you?



"Unless someone like you cares a whole awful lot, Nothing is going to get better. It's Not!" The Lorax

Green News

## Good News For “A Change”.

Click or copy and paste the link into your browser

<https://www.weforum.org/agenda/2022/02/indian-village-banks-on-tree-mortgages-in-bid-to-go-carbon-neutral/>



### Recipe of the month

(Start the New Year with some healthy appetizers)

## MEATBALLS WITH A SWEET AND SPICY GOCHUJANG GLAZE

### INSTRUCTIONS:

- Preheat oven to 375°F.
- Place all turkey meatball ingredients into a large mixing bowl and mix together until completely blended. (make sure not to over mix)
- Form 1 – 1 ½ tablespoon sized cocktail meatballs with the turkey mixture and place onto a baking sheet, lined with parchment, about 1 inch apart.
- Bake meatballs for 15 to 20 minutes or until just cooked through.
- For the gochujang glaze: Place all ingredients into a small mixing bowl and whisk together until fully combined.
- Brush glaze onto meatballs and top with green onions and sesame seeds. Serve with extra gochujang glaze on the side for dipping.

Calories: 146kcal Carbohydrates: 12g Protein: 17g Fat: 4g Saturated Fat: 1g Cholesterol: 36mg Sodium: 336mg Potassium: 247mg Fiber: 1g Sugar: 7g Vitamin A: 61IU Vitamin C: 3mg Calcium: 5mg Iron: 1mg

### Ingredients:

#### Meatballs

- 1-pound lean ground turkey
- 3 tablespoons low sodium soy sauce
- 1 tablespoon minced ginger
- 1 teaspoon sesame oil
- 2 to 3 dashes fish sauce
- 2 garlic cloves, minced
- 1 green onion, thinly sliced
- 1 serrano chile, seeded and minced
- 2 tablespoons rice flour all purpose works fine
- 1 egg white, lightly beaten
- salt and pepper to taste

#### Gochujang Glaze

- ¼ cup gochujang spicy Korean chile paste
- 2 tablespoons light corn syrup OR 2 1/2 tablespoons honey
- 2 teaspoons granulated sugar
- 2 tablespoons rice wine vinegar
- 1 tablespoon sesame oil
- ½ tablespoon low sodium soy sauce

#### Garnish

- green onion, thinly sliced
- toasted sesame seeds

## **NEXT EDITION**

No Winter Blues Here

The Safe Tree Story

Safe Tree Environmental Superhero Program

Green Good News

Valentines Date Night Easy Recipe

Please share your thoughts with us regarding our Newsletter. You can send correspondence to [info@safetree.ca](mailto:info@safetree.ca)