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INTRODUCTION

Hello, and welcome to the Pleasant Street Conservation Land. We are located on 72 Pleasant Street and have recently undergone some changes for the advantage of the community. This area is now available for people of all ages from all towns to enjoy. There is a fire pit and Adirondack shelter for campers, and trails that go behind the property and lead to Tangerines' Farm in Millis MA. This binder was created to help people plan their trips here and stay safe while enjoying this new site. Enclosed are some examples of plants, animals, and birds that can be found here. There are also some remedies for poisonous plants that are found along the trails. You will also find a trail map and fire safety rules, along with camping recipes, for people who are interested in staying the night and having a fire. I hope everyone can enjoy this campsite and take care of it so people in the future can enjoy it as well. Remember to take only photos, and leave only footprints.

Thank You and Enjoy,

Katy Golden, Girl Scout Troop 74920

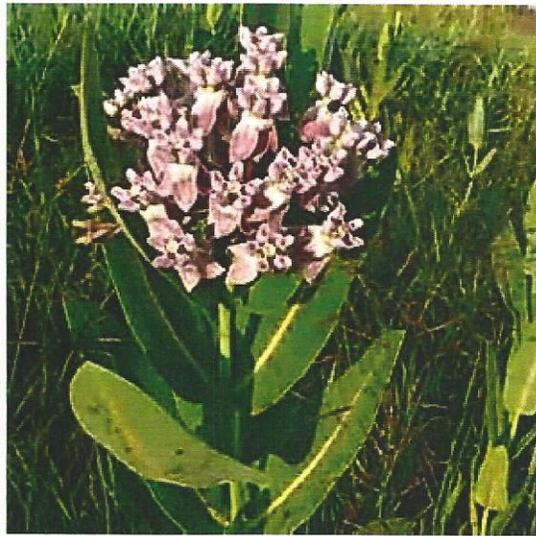
Precautions to Take While Visiting the Site

- Wear long clothing, try to cover most to all of your skin to avoid possible poison ivy, ticks, and mosquitoes
- If you are planning to use the fire pit for a fire call the Millis police/fire and let them know first
- If you have brought food or any kind of trash please remove it from the campsite when you are done, as it can track wild animals to the site
- If you are staying overnight and have brought food, put it in your car before you go to sleep, wild animals will come at night and eat your food and trash. Never keep food in your tent or where you sleep.

Chapter One: Plants

Section One: Flowers

Milkweed: Many species of insects depend on milkweed for food. It grows up to six feet tall and has large, broad leaves, usually four to ten inches long. It is found in fields, gardens, and along roads. The flowers on this plant are pinkish-purple clusters. They also have green pods on the stem which turn brown and release fluffy seeds. Milky sap often leaks out of the leaves and pods.



Wild Roses: The flowers of the wild rose have five petals, and they can come in pink, white, or red. They are most likely found in meadows and in people's gardens. They have long pointy thorns on their stems. They are annuals; after they die in the winter they come back again and bloom in the spring.



Black Berry Bushes: These plants are tall, and thorny with white flowers and the familiar blackberry fruit. They are found almost everywhere and are edible. The flower blooms in the spring and the fruit ripens in the mid-summer. The thorns are very long and sharp and the plant itself can grow very tall.



Daisy: They are usually found in cities, towns, gardens, and open fields. The flowers are round and white with a yellow, circular center. It is perennial that grows to about two feet high. The stem has no leaves and has little hairs all the way up.



Queen Anne's Lace: This plant is mostly found in dry fields, ditches, and open areas. It is also called "Wild Carrot," it can grow up to four feet tall. Its leaves are fern like and two to eight inches long. Its flowers are tiny and white, blooming and lacy, and they are in large clusters. The fruits are spiky and they curl inward into "birds nest" shape. It is a biennial plant, it lives for two years, growing the first and blooming the second, from May to October.



Mayflower: It is a trailing plant with fuzzy stems and clusters of sweet smelling pink or white blooms. This plant grows from a specific type of fungus that nourishes the roots. The seeds are spread by ants and rarely produce fruit. This plant has become very rare due to the destruction of its habitat, do not try to remove this plant, it is protected by law in many states.



Violets: These plants typically have heart shaped leaves and asymmetric flowers. The flowers vary in colors, many are violet, and some are blue, yellow, white, or cream. They are found in fields and where people live; a lot of the times in back yards and gardens. They best grow in full sunshine and light shade.



Section Two: Natural Growth

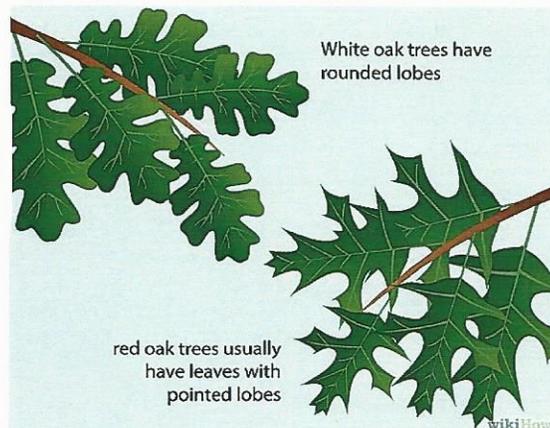
Virginia Creeper: This is a climbing vine, which can grow up to fifty feet; it is identified by its leaves which are in clusters of five. They are tinted with red year's rounds, but in the fall they turn deep red. It has teeth on its leaves and wraps around anything near it as it grows, this is because it cannot stand alone. It grows so fast it can choke a tree. The blue berries it produces, with bloom in June and August, are poisonous to humans.



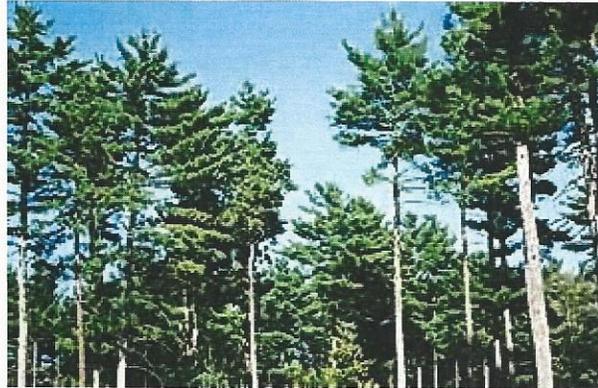
Bitter Sweet: These are found throughout North America, they grow on the edge of glades, rocky slopes, and wooded areas. It winds itself around trees and covers low-growing shrubs. It grows 15 to 20 feet tall; they produce yellowish-green flowers that bloom in the spring but fade very quickly. Bright red berries come out of the flower pods in the winter; however they are poisonous to humans.



Oak: This is a very large tree; they can grow up to eighty feet tall. There are many different types of oak trees, each having different characteristics; the most common are white oaks and red oaks. Their fruit is the acorn and they have leaves that stay year round, and they have some that fall off in the fall. The white oaks have leaves that are rounded on the bottom and the top and do not have spines. The red oaks have leaves that are angular to round at the base and angular at the top, plus small spines.



Pine: Like the Oak Tree, there are two types of Pine Trees; they can be identified by the number of needles in each cluster. The white pine has five needles in a cluster, like the number of letter in the word white. The red pine has three needles in a cluster like the number of needles in the word red. Pine trees have sap in them, which leaks when the bark is broken. It is very sticky when touched. They keep their needles year round and don't change color; their flower is the pine cone.



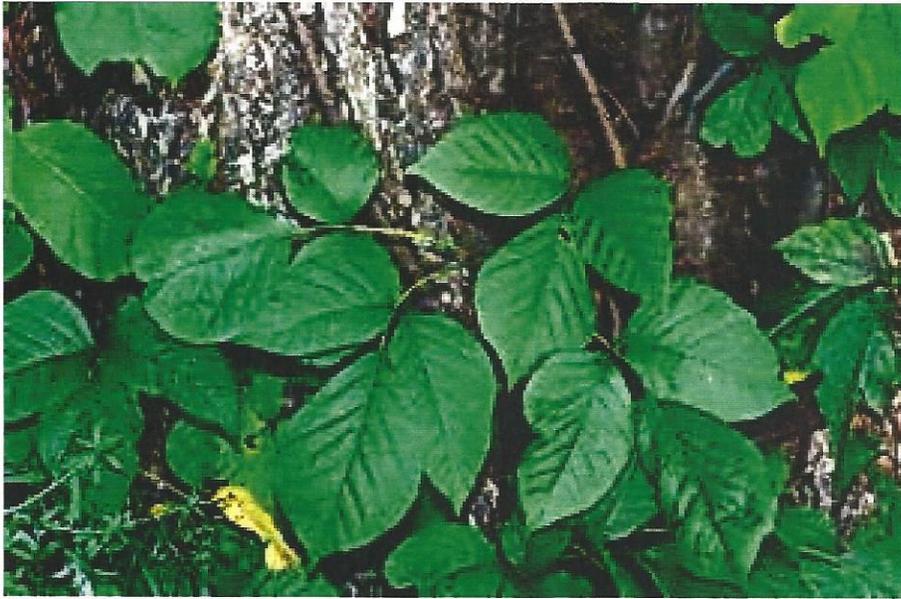
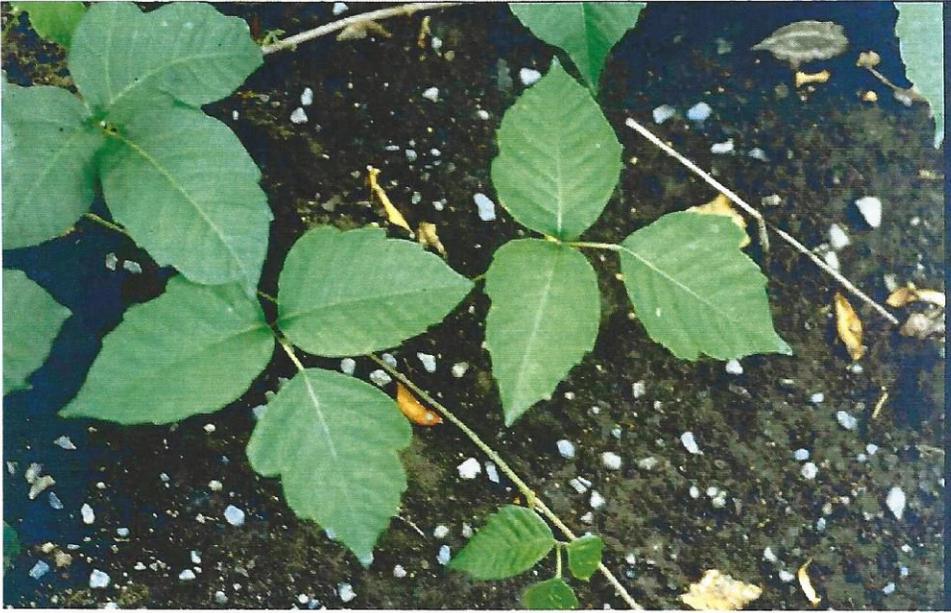
Section Three: Poisonous Plants

While working to clean out this site and make it available for the public we encountered poisonous plants. We did our best to get rid of all of it near the shelter but there is still some outside the trails. We encourage you to stay on the trails, do not leave them! If you do you have a greater chance of encountering Poison Ivy and Poison Oak.

Poison Ivy: Leaves of Three Let It Be

What is it?: Poison Ivy is a vine, it can climb and be found in the ground. It is green, shiny, and has three leaves. If you touch any part of the plant, including the root, you will contract poison ivy. Humans are the only animals who can contract poison ivy, so if you bring a dog with you, on its leash, and he gets into poison ivy he will not get the painful itchy rash that humans will get. He will, however, be able to spread it to you through contact with the oils that will remain on his fur or skin, so be prepared to wipe him down to remove it.

What does it Look Like?: The following pictures are pictures of the poison ivy plant. The last picture is a picture of the rash it causes.





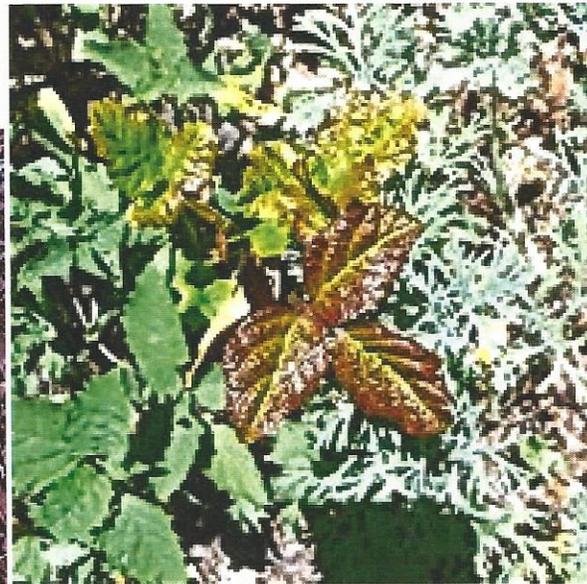
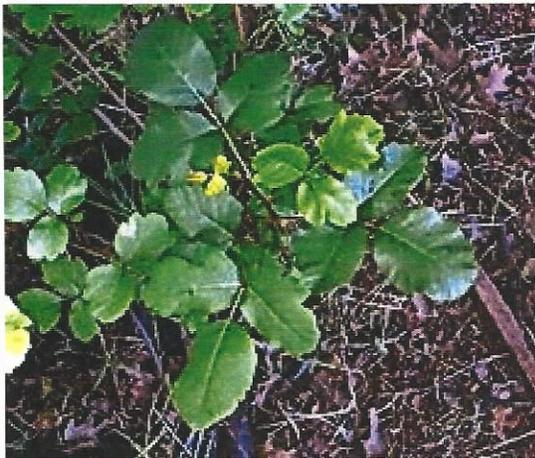
How to Avoid it: There are many ways to avoid it, the first if the simply stay away from it: leafs of three let it be. If you have to go near it in order to remove it from someplace always were gloves and long clothes so your skin is not exposed. After you are done working always wash everything, the gloves you wore, the clothes you wore, and take a cold shower, using a soap that works well to clean the oils off. One which works well is Fells Naptha. You should never burn poison ivy plants. If you burn it the oils will be in the smoke and you will get it in your eyes, throat and nose. If you touch anything that has come in contact with poison ivy, like pets, tools, clothing, you can still contract poison ivy on your skin so be very careful around the plant.

How to Treat it: If you or someone you knows does contract poison ivy do not panic and do not scratch! If you scratch you will break it open and make it worse, poison ivy cannot spread from person to person it someone touches the poison ivy blister of another person. If you get poison ivy anywhere on your face or sensitive areas contact your doctor immediatly, also contact the doctor if there is puss coming out of the blisters. Some ways o treat the rash is Hydrocortisone creams (Cortizone-10), Calamine lotion, Antihistamine tablets (Benadryl), Oatmeal baths (Aveno).

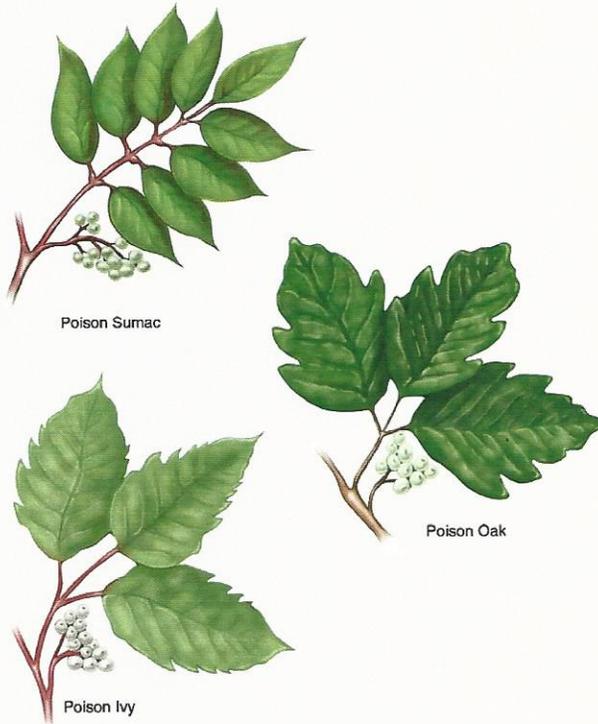
Poison Oak:

What is it?: We found no Poison Oak at the Pleasant Street property, only poison ivy, but it is not impossible for the plant to be in the area. It acts a lot like poison ivy in the sense that it is a vine that can live in trees and one the ground. Poison Oak appears red, green, gold, and brown, and has pale yellow green flowers in clusters near berries. Has three leaves that are smooth and rounded, is glossy on the top and fuzzy on the other side.

What does it look like?: The following are pictures of the plant and the rash that it can cause.



Poison Ivy, Sumac, and Oak



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How to avoid it: The simplest way to avoid getting poison oak is to avoid it, not to touch and not to touch anything that the poison oak has touched. If you think you have come in contact with it take a cold shower immediately. If you scratch it and then touch another part of your body with the contaminated finger nails it can spread. Never burn poison oak, the oils will be in the smoke you inhale. When working with it always wear protective clothing and prevent pets from getting into it.

How to Treat it: Calamine lotion, Aloe Vera gel, when it starts to itch use hot water, as hot as you can take, this will overload the nerves and the itching will stop, this helps to return the skin back to normal.

Chapter Two: Birds

There are many types of birds found in the pleasant street area, and there are many other types of birds in the Millis area. Most of these birds have different habitats, diets, and calls. In the following chapter you will find description of birds that may be found at Pleasant Street and those in the surrounding area, along with a picture of the bird.

Pleasant Street Property and Millis Birds

Turkey: The Turkey is a large bird, and is native to the Americas. They live year-round in open forests in flocks. They eat seeds, berries and bark; they will also dig up nuts and bulbs. They will also eat snails, ground beetles and other insects. They use dead leaves and plant materials to make a nest the size they would like. They fly, especially when they want to fly into the lower limbs of trees. They are hunted by coyote, bobcats, raccoons, mountain lions, and people.



House Sparrow: The males are brightly colored with gray heads, white cheeks, and a black bib. Females are a plain brown overall with gray-brown under parts. Their backs are black and brown stripes. They are very noisy birds and often live near humans. They are commonly found in cities, towns, suburbs, and farms, not really in woodlands, forests, or grasslands. They eat mostly grains and seeds like corn, oats, wheat, buck weed, and sunflower seeds. They nest in holes of building, and on streetlights, and signs, like the neon ones on businesses.



Cardinal: The Northern cardinal is the one that will be found in Massachusetts. The male is a bright red color and the female is a rusty color, more brown than red however. They live in shrubby areas like forest edges, overgrown fields, and marshy thickets. They nest in dense foliage and typically low areas. They eat mainly seeds and fruits, some insects, grasses, blackberry, sumac, beetles, and grasshoppers. They live year-round in the New England area.



Red Tailed Hawk: The red-tailed hawk has a call that sounds like a raptor, one out of the Hollywood movies. It's one of the largest birds seen in North America, and they live in almost every habitat in North America including deserts, grasslands, parks, broken woodland, and tropical rainforests. Mammals make up the bulk of their meals including moles, mice, wood rats, squirrels, other birds, and snakes. Their nests are up to 6 feet tall and 3 feet wide. They can be very aggressive and hunt in pairs.



Turkey Buzzard: They are large birds with broad wings; they also have fingers on the tips of their wings. They appear black but are actually brown; they have featherless red heads and a pale bill. They mostly hang out near the ground and sniff for carrion. They fly in groups and they eat road kill together as well. They are common in open areas like roadsides, farm fields, and landfills. They mostly nest on cliffs, and other secluded areas.



Chickadee: The chickadee has a black “cap” head and bib, its cheeks are white, the wings, back, and tail are gray. This is a small bird with a short neck and oversized head. They grab from feeders and take their seeds to eat elsewhere. They flock and are found in woody shrubs, forests, and woodlots. They nest in cavities and eat seeds and insects. They are very active birds and they fly around in flocks very often.



Great Blue Heron: It is the largest North American heron, with long legs a sinuous neck, and a thick dagger like bill. It has a shaggy appearance, and appears blue-gray. To hunt they wade slowly or stand statue like stalking fish and other prey in shallow water or open fields. They look for salt or fresh water habitats like coasts, marshes, and lakes. They gather in colonies, and build stick nests high off the ground.



Downy Wood Pecker: They have straight chisel like beaks with wide shoulders, when they lean back on a tree they lean back on their tails. They have black wings with white spots, a white chest, and head with black strips. There is also a little red spot on their heads. They make lots of noise, especially when they peck trees. They live in woodlands, deciduous trees, and brushy or weedy edges. They are also found in orchards, city parks, backyards, and vacant lots. They nest in the cavities they gorge in trees, and they eat many types of insects like beetle larva, ants, and caterpillars.



Gold Finch: In spring the males are bright yellow with a black forehead, and black wings with white markings, the females are a duller yellow. In the winter time both sexes are a duller yellow, almost brown. They usefully go to feeders in large numbers and live in open woodlands. Their main food source is seeds, and they commonly eat off feeders.



Purple Finch: Males have a delicate pink on their head and breast, and a brownish white belly. The females have no red at all. They often live in forests and nest in trees. They will come to feeders to eat sunflower seeds and they also eat seeds off maples, black berries, poison ivy, cherries, and crab apple.



Chapter Three: Wild Animals

There are many wild animals to be seen on Pleasant Street and in the surrounding area as well. There are a lot of common animals that can be seen almost daily. There are also a lot of animals that are rare sight in Millis. They are not seen often and some of them are dangerous. Along with the animals in Millis there is a large number of butterflies in the area. Below is a description of the rare animals, common animals, and butterflies found in the Millis area and a picture to help visitors identify them.

Section One: Often Seen

Ticks: There are several different types of ticks, the deer tick is the most common, and is one that will be found in Millis. It is very small, probably a millimeter long at most. It will bite any type of animal and can transmit Lyme disease to any mammal. It digs into the human, it likes cracks and hard to get to places on the body. If you find a tick remove it as soon possible and seek medical attention.

ALWAYS seek medical attention after a tick bite, especially if a bulls eye rash or infection develops.



Mosquito: These are some of the most annoying insects and can be potentially dangerous. They are known to carry several diseases like eastern equine encephalitis (EEE) and West Nile Virus, but this is rare. If a mosquito bite looks out of the ordinary or if you get a fever or feel different after getting bitten by a mosquito go see a doctor immediately. They live in wet areas because they lay their eggs on water surfaces. Using bug spray to repel the mosquitoes and wearing long clothes helps to avoid getting bit. They will bite humans and animals in order to get their blood, they are carnivores.



Woodchuck: Woodchucks are members of the squirrel family, and are also known as “groundhogs.” They have chunky bodies supported by four short legs with curved claws used to dig burrows; the tail is short, and like the rest of the body, dark brown. They prefer open farmland and the surrounding wooded or brushy areas adjacent to open land. Their burrows are usually on the edge of fields, stone walls, and road sides; they hibernate in these holes in the winter. They are strict herbivores, eating vegetables, grasses, soybeans, beans, peas, and clover.



White Tailed Deer: They inhabit fields and forests; they generally keep to shaded areas for protection because they are hunted by humans. They have reddish brown coats and the undersides of their tails are white, the babies have white spots on their backs, and the males grow antlers. They are herbivores and graze on the most available plants like leaves twigs, fruits, nuts, grass and lichens. They are usually seen in groups, called herds, and are commonly seen on the roadside and can cause serious damage to cars, and cars can cause serious damage to them if they are hit.



Grey Squirrel: These are often seen in parks, backyards, and forests. They eat nuts, leaves, roots, seeds, and other plants, as well as small animals like caterpillars and insects. During the fall they will bury their food so they can dig it up during the winter. They either live in high trees or underground burrows. They will also eat from feeders but most people get very annoyed when squirrels eat off their bird feeders.



Red Squirrel: They are much smaller than the grey squirrel, which is much more commonly seen in the Millis area. They have deep reddish brown fur, and they like to live in wooded areas. Sometimes they are found in houses, like the vent systems, they are usually removed from houses as quickly as possible because the nests they build start to smell. They eat mostly pine seeds, mushrooms, bark, insects, and some flower buds. They hoard food for the winter in the same way the grey squirrels do.



Chipmunk: Chipmunks are very small animals. They have brownish black fur with black and white strips down its back. They like plenty of ground cover like logs, trees, stumps, shrubs, and rocks; they have burrowing systems, and are commonly found in people's yards. They are omnivores; they eat nuts and seeds and hoard their food for the winter.



Raccoon: The Raccoon is about the size of a large house cat. It has grey fur and a black and grey striped tail. There are black circles around its eyes. They are nocturnal; they only come out at night. They eat just about anything; frogs, mice, insects, eggs, fruits, and plants, especially those that are grown in peoples gardens. They are usually found in forests, marshes, prairies, and cities. They will open some peoples trash cans and go through their trash; this is why some people hate them.



Skunk: They are most well known for their powerful odor that they spray when they are startled. They are also nocturnal. They nest in burrows in hollow logs or buildings. They will eat a varied diet; they eat fruit, plants, insects, larva, eggs, reptiles, small mammals, and fish. They are black with white strips down their back and to their tail.



Section Two: Rarities

Fisher: They are members of the weasel family and have a long low profile, their legs are short and stumpy, and the feet have retractable claws which they use for climbing. They are very quiet animals but can sometime omit screams that sound like that of a red fox. For the most part they are carnivores, but they will also eat berries and fruit along with rabbits, squirrels, raccoons, mice, reptiles, and porcupines. They usually will keep their distance from humans but will attack pets like dogs and cats if they are outside.



Fox: Red Fox's have diverse habitats, they live in forests, grasslands, mountains, and deserts, they also adapt to human environments like towns and suburban areas. They are hunter; they eat rodents, rabbits, birds and other small game. But, they will also eat fruit, vegetables, fish, and frogs. They have bushy tails and light reddish orange fur.



Coyote: These animals once lived in deserts and prairies, but have adapted like the humans have adapted, they live in forests and mountains. They live in colonies and hunt in packs. They eat rabbits, frogs, rodents, fish, and even deer. They will also eat livestock, insects, fruit, grass, and pets. Their call is often confused with that of a wolf but in Millis you will not find any wolves.

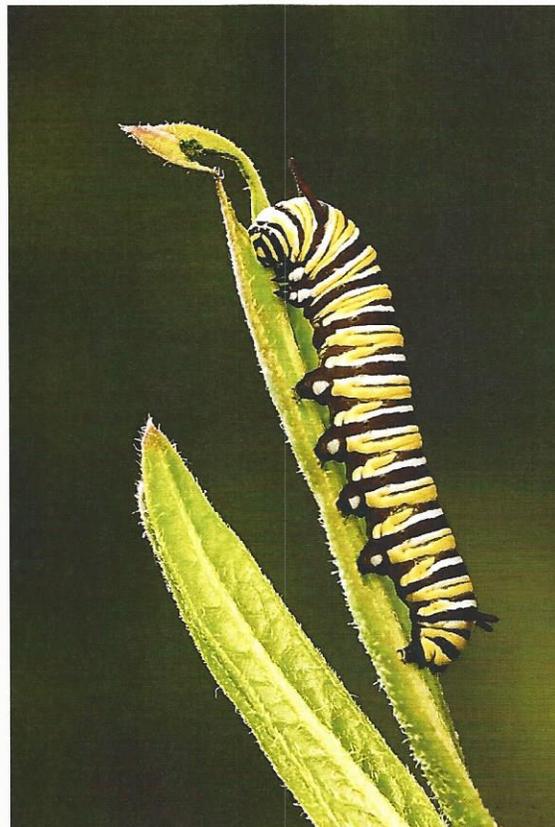


Flying Squirrel: The flying squirrel is gray-brown and white fur on its belly. They have a membrane between their back and front legs that allow them to glide, not exactly fly, it uses slight movement in its legs to steer when it glides from tree to tree. They are up to a foot long, and they are omnivores. They eat seeds, nuts, fungi, fruit, and insects, they will also eat carrion, and small eggs. They escape from their predators by gliding from tree to tree, they are excellent escape artists. They live in forests and woodlands, making their nests in snags, woodpecker holes, nest boxes, and abandoned bird nests.



Section Three: Butterflies

Monarch: The Monarch butterfly is black with orange spots in the middle of the wing and white spots on the outside of the wing. It is one of the only butterflies that can fly across the country once a year for the winter. It mostly eats milkweed, and its numbers are starting to deplete because of the decreasing growth and destruction of milkweed. It is poisonous to birds so other butterflies, like the Viceroy, will camouflage itself to look like it so that predators don't eat it. When the caterpillar is ready to turn into a butterfly it wraps itself into a cocoon. When the cocoon is about to hatch it turns black and out comes the monarch butterfly.



Yellow Swallow Tail: The Viceroy is yellow with dark tiger strips. They eat nectar and a variety of plants like cherry, lilac, and Milkweed. They live on forest edges and valleys, and in the suburbs. They make about three flights a year, but not long ones like the Monarch.



Viceroy: This butterfly looks a lot like the monarch; it is orange with black markings. It looks like the monarch so that predators don't eat it, because they think it's a monarch. It eats mostly milkweed but will eat other flowers as well. It is often found in open fields and on the edge of wooded areas.



TRAIL MAP

Chapter Three: Fire Safety

Are You Planning on Having a Fire?:

At the pleasant street property there is a stone fireplace with a metal grate in it. This is open for fires as long as certain safety precautions are followed. **The first step is to call the Millis Fire Department at: 508-376-2361** and let them know you are having a fire. **Second is to make sure you have a bucket of water** next to the fire pit and a fire extinguisher. **Clear the pit of any extra debris, twigs, or logs.** Set up your fire and go ahead and start it. **If you are under 16 you should have an adult with you and they should be the one who is working on the fire.** All people who are not working on the fire should be on the **outside of the gravel circle.** When adding wood to the fire, **never build over the walls of the pit,** this can be very dangerous. Also make sure to always **wear gloves, protective heat gloves,** so you do not get burns. If you do get burned **get cold water immediately and keep pouring it over the wound.** When putting out the fire wait until all the flames are gone and it is just ashes. **Never pour the whole bucket of water over the coals, it will explode and you will get hurt.** Sprinkle the water over the coals until it is cool enough that you can put your hand over them and not feel any heat, you can even leave the ashes there for a couple of hours just to make sure they are cool. Then put them in a fireproof bucket and **find a way to dispose them, the dump is the best option,** they can poison animals if they eat the ashes if you throw them into the woods.

Cooking Beyond the S'more:

Whether you are planning to stay at the sight just for the evening, the day, or overnight, there is more to cook over a fire than the normal graham cracker, marshmallow, and chocolate. We are going to give you some recipes that will be good for lunch, dinner, breakfast, snacks, and desserts. When you are cooking at a campsite clean up all your trash and throw it away. If you are staying overnight put the trash in your car along with your food so that no wild animals get into it.

Snacks: These can be done over the camp fire or not and are very simple.

Ants on a Log: Cut short pieces of celery, put peanut butter in them and then stick raisins onto the peanut butter.

Banana Ants on a Log: Peel the banana and cut it in half the long way, put mini marshmallows on one side and chocolate chips on the other. Put the two halves together and wrap the banana in tin foil. Place the banana over the fire, check it ever two minutes; leave it on there until the chocolate in melted.

Trail Mix: This is the easiest snack to make while camping; you can even make it before. In a plastic baggie you can put anything, goldfish, M&M's, chocolate chips, Chex, peanuts, any other kind of nuts, dried fruits, pretzels, and really any other type of snacks.

Breakfast: Breakfast can be very easy over a camp fire, almost anything can be done.

Bagels/Toast: Using the grate that is at the site put it over the fire and place aluminum foil over it. Place the bagels or bread on it and let them warm up or toast over the fire. This can also be done using a pie iron, if you have one place one half of the bagel inside and hold it over the fire.

Potato and Ham: This is a recipe that is very easy and tastes delicious; it can also be used for any meal, not just breakfast. Start with pre cubed ham and pre cubed potatoes, make a pouch out of tin foil and put in the potato and ham. Also add butter, maple syrup, and brown sugar. After it cooks for a little while, 10-15 minutes, add pineapple juice and cubed pineapple. Let it cook until the potatoes are soft, you can also add sausage or leave out the pineapple if you do not like pineapple. Test it as you go and add brown sugar and maple syrup as needed.

Dinner: This meal can be as easy or complicated as you would like to make it, it all depends on what you make.

Baked Potato: This is easy, wrap a potato in tin foil and put it into the fire, right into the coals. Leave it there for about twenty minutes; it cooks faster in the coals.

Pasta: This can be done in a pot with boiling water over the grate, to make it less dishes you can use special Ziploc bags that are designed to go into the boiling water. To use these bags you need to cook the pasta before, place it in the bags and then by putting the bags into the boiling pot of water until the pasta is hot. The same thing can be done with these bags with meatballs, rice, Chinese food, or anything else you may think of.