

# 6. Northern White Cedar

Dr. Philip C. Walker  
Memorial  
Botanical Trail



The northern white cedar (*Thuja occidentalis*) is the most common evergreen found in the park. It is a medium-sized tree with bell-shaped cones and can reach an age of 400 years. Twigs and foliage serve as a source of food for moose, snowshoe hares, cottontail rabbits, deer and ruffed grouse in the winter months. Red squirrels and many songbirds consume the seeds.

The original name for this cedar was Arbor Vitae, Latin for "tree of life." In the 1500s, tea made from its leaves cured the men of Jacques Cartier's Canadian expedition suffering from scurvy. Consequently, it was probably the first North American tree to be exported to Europe. The tree was also known as Canoe-wood by Native Americans.