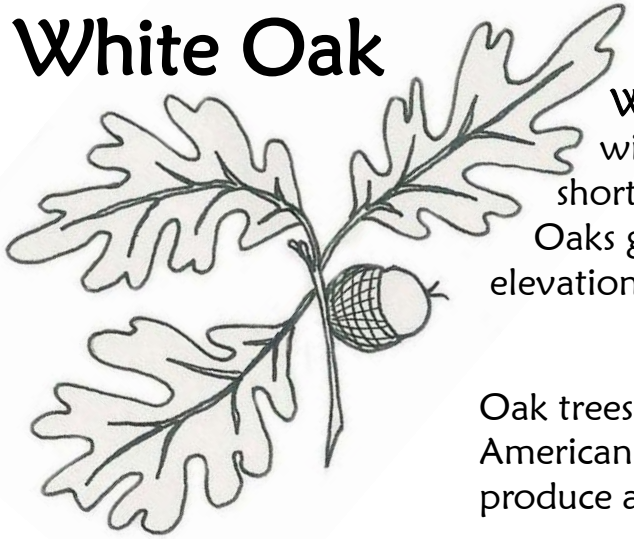
Trees of Life

While hiking the Table Rocks, you will see two different types of oak trees…

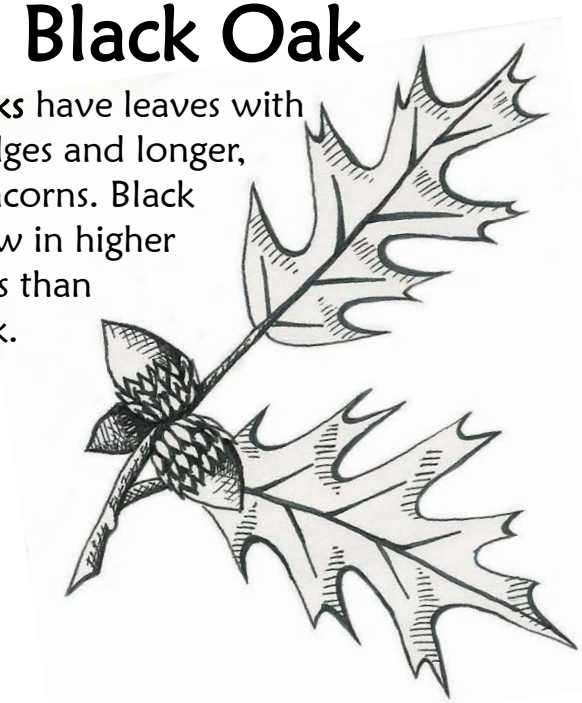
White Oak



White Oaks have leaves with rounded edges and short, round acorns. White Oaks grow in lower elevations than Black Oak.

Black Oak

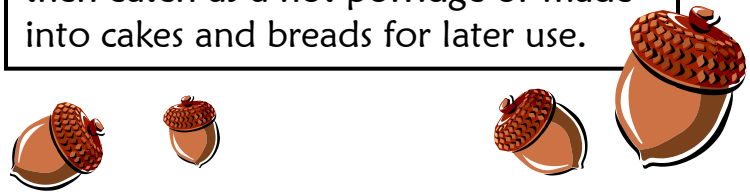
Black Oaks have leaves with pointy edges and longer, pointier acorns. Black Oaks grow in higher elevations than white oak.



Oak trees were the **"Trees of Life"** for the Native Americans in the Rogue Valley because they produce acorns.

Acorns were one of their most important sources of food.

Acorns from both White and Black Oaks were used. However, the Native Americans preferred Black Oak acorns because they contain more fat and have more protein. They provided more energy during the long, cold, winter months.

Acorn Preparation:

Acorns were collected in the fall time, shelled, ground into flour, and then rinsed thoroughly with water to get rid of the bitter flavor. The flour was then eaten as a hot porridge or made into cakes and breads for later use.