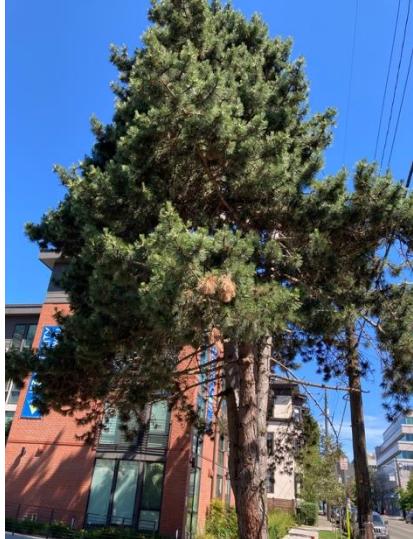


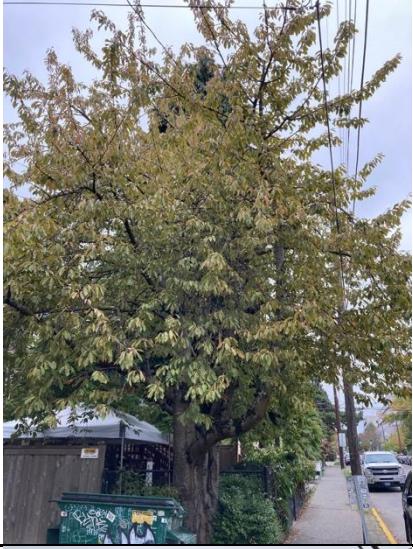
Urban Trees and The United Nations 17 Sustainable Development Goals

Starting at 15th avenue East and East John Street on Capitol Hill



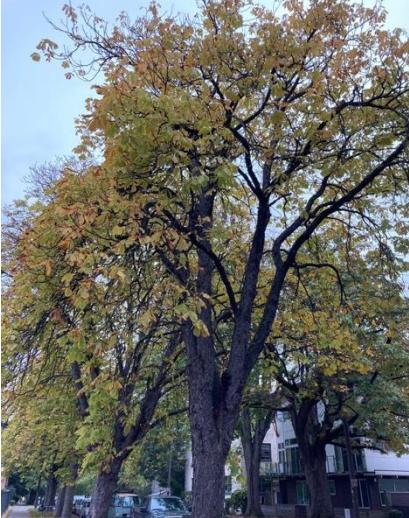
Tree Number & Common name	Tree Descriptions Notes	Photos
Botanical name Address		
1. Zelkova Common (Japanese) Zelkova <i>Zelkova serrata</i> 125 15th Ave E (Right outside the Bakery) Goal 6: Clean water and sanitation	<p>This Zelkova Tree and the others in the city filter and slow down rainwater. They filter out so many contaminants. They help purify the water before it flows into Puget Sound, Lake Washington, and Lake Union.</p> <p>Thank you, Zelkova trees, for helping keep our whales, fish, and swimmers safer.</p>	
2. Royal Raindrops Crabapple <i>Malus 'Royal Raindrops'</i> 121 15th Ave E Goal 2: Zero hunger	<p>While we only eat a few crabapples each year, other fruits that we do like, such as apples, pears, cherries, figs, and plums grow very well in our city. Choosing the best varieties for disease resistance and best for our local area can help produce a meaningful amount of fruit for our diets. They can grow in city yards, parks and even sidewalk plantings. See if you spot more fruit trees on our walk. Our city can grow a significant amount of its own food.</p> <p>There is no reason that everyone cannot have enough food.</p>	

<p>3. Japanese Black Pine <i>Pinus thunbergii</i></p> <p>1420 East Howell</p> <p>Goal 7: affordable and clean energy</p>	<p>Beautiful trees like this Japanese Black Pine not only lift our spirits; they filter out air pollution, produce oxygen, store carbon dioxide, improve our physical and mental health, and enhance the community.</p> <p>They also create shade which helps cool our cement and asphalt heat islands, at very little cost.</p>	
<p>4. Western Red Cedar <i>Thuja plicata</i></p> <p>1420 East Howell</p> <p>Goal 5: Gender equality</p>	<p>The Native Western Red Cedar is another beautiful tree with lots of great uses. Like many plants, this conifer has both male and female reproductive parts on the same individual tree. This is called “monoecious.” Plants that are “dioecious” have male and female parts on separate individual plants.</p> <p>People of all genders can and must work together cooperatively to learn about, care for, and work together with trees and cities.</p> <p>We can learn a lot from trees.</p>	
<p>5. Douglas Fir <i>Pseudotsuga menziesii</i></p> <p>1420 East Howell</p> <p>Goal 1: End poverty</p>	<p>The Native Douglas Fir Tree is among the tallest trees on Earth. Most of our homes were built with its wood.</p> <p>This Douglas Fir tree along with the other trees soak up lots of rainwater, which might otherwise cause flooding that could destroy homes, businesses and property which would drive people into poverty. Where people have cut down too many trees (deforestation), it has caused flooding, including the floods that shut down Interstate 5 in 2007 and 2021 and the devastating floods in ancient Greece.</p> <p>Ending poverty in Seattle is essential for all of us. There are many causes for poverty in the city, floods aren't a big</p>	

	part of the problem. But they can be a small part of the solution.	
6. Cherry Tree <i>Prunus avium</i> 1721 15th Ave Goal 4: Quality Education	In front of and around this preschool are several trees. Studies show that students who can see trees have improved student performance, reduced stress, increased concentration, reduced symptoms of ADD/ADHD, increased attention, and higher self-discipline. Children like to climb and play under trees. Try it yourself.	
7. Silver Maple <i>Acer saccharinum</i> 1802 15th Ave on E. Howell side Goal 8: Decent Work and economic Growth	Trees usually have wood that is very useful. For example, the Silver Maple's wood makes a good flooring. When the tree dies a natural death, after a long a happy life, its wood can be immortalized by being put to good use. Many of the other trees that you can see from here also have excellent uses. The Cedar is great for outdoor projects or canoes. The Douglas Fir is used to build homes. Well paid skilled workers are needed to transform the wood into useful projects.	
8. Frontier Elm <i>Ulmus 'frontier'</i> East Howell, between 15th Ave and 16th Ave, at the south end of Seven Hills Park Goal 11: Sustainable cities and communities	These Frontier Elms, bordering the park, are resistant to the Dutch Elm disease that killed off so many Elms around the world beginning in the early 1900s. Seven Hills Park, a former parking lot, is a great green space in the city. People enjoy the outdoors, play games, connect with community, and even grow vegetables in the pea patch.	

<p>9. London Plane <i>Platanus x acerifolia</i></p> <p>1716 16th Ave</p> <p>Goal 16: Peace, justice, and strong Institutions</p>	<p>These big London Plane trees form a beautiful walkway and help keep these homes cool in the summer. You will see a lot of London Plane trees around Seattle. It is perhaps the most common tree planted in cities within the temperate zone.</p> <p>Numerous studies show a direct correlation less crime and violence with trees. People also feel safer with trees in their neighborhood.</p>	
<p>10. English Midland Hawthorne <i>Crataegus laevigata</i></p> <p>1631 16th Ave</p> <p>Goal 17: Public and Private Partnerships</p>	<p>This Hawthorn tree provides many benefits for us. Folklore says that if we wash our faces with the dew on its leaves on Saint Anthony's Day, our faces will remain beautiful.</p> <p>Most of the trees we see here are planted and maintained by private citizens on public sidewalks. They provide benefits like beauty and increased property values to the homeowner and fresh air, shade, and peace to passers- by.</p> <p>The city plants and maintains many trees along our streets. Everyone, the government, private citizens, and businesses must work together to build sustainable cities.</p>	
<p>11. Kousa Dogwood <i>Cornus kousa</i></p> <p>1631 16th Ave</p> <p>Goal 10: Reduced inequalities</p>	<p>Everyone who walks down this street, whether they are a billionaire or penniless, can enjoy the beauty of the Kousa Dogwoods when they flower in the spring.</p> <p>For our cities to remain peaceful and prosperous, we are going to have to even out our inequalities.</p>	

<p>12. Yulan Magnolia <i>Magnolia denudata</i></p> <p>1601 16th Ave</p> <p>Goal 3: Good health</p>	<p>Like several of the other trees on our walk, the Magnolia tree is used in traditional medicine for a variety of ailments. Under guidance from people who know what they are doing, we could grow and sustainably harvest these herbal medicines for good health.</p>	
<p>13. American (White) Elm <i>Ulmus americana</i></p> <p>1600 East Madison (on 16th ave side)</p> <p>Goal 12: Responsible consumption and production</p>	<p>A few Elms survived Dutch Elm Disease in Seattle, including this one. The city encourages planting a diversity of tree species so that if a new tree disease emerges, all our trees won't die. The Central Market Coop here, preserved this Elm Tree during remodeling. And they also model responsible consumption and production in their business. (Not related to trees but co-ops also model Goal 16: Peace, justice, and strong institutions.)</p>	
<p>14. Tulip Tree <i>Liriodendron tulipifera</i></p> <p>1621 17th Ave</p> <p>Goal 13: Climate Action</p>	<p>This wonderful Tulip Tree helps us sequester carbon. It takes in and stores about x pounds per year. The average American generates 36,000 pounds of CO2 per year. Throughout Seattle, our trees sequester x per year. It's not nearly enough to offset all the carbon we emit but it's helping. Did you know that Kelp and other seaweeds also sequester carbon in our oceans?</p>	

<p>15. Horse Chestnut <i>Aesculus hippocastanum</i></p> <p>Across from 1726 17th Ave</p> <p>Goal 14: Life below water</p>	<p>Birds nest in its branches, squirrels eat its nuts. And the roots of the Horse Chestnut Tree absorb and filter stormwater. They stop flooding. They help protect Puget Sound from tons of dirty stormwater. They protect the fish, sea stars, and seaweed.</p> <p>For a sustainable city and world, we are going to keep our waters clean. We'll leave natural habitat for all the plants and animals that depend on water.</p>	
<p>16. Mountain Ash <i>Sorbus americana</i></p> <p>Just east of the Alley at 1821 East Denny</p> <p>Goal 15: Life on Land</p>	<p>Birds love these Mountain Ash berries. They remain on the tree into the winter providing food during the cold dark season.</p> <p>For our sustainable cities and world, we are going to be sure that we maintain a stable ecosystem for all the animals and people who need fresh air, sunshine, and nature.</p>	
<p>17. Port Orford Cedar aka Lawson's Cypress <i>Chamaecyparis lawsoniana</i></p> <p>On Northeast corner of the Apartment building facing East Denny just west of the alley, the apartment building address is 1820 16th Ave</p>	<p>None of these trees seem to fit the industrial innovation goal, not even the amazing Port Orford Cedar. But this tree reminds us that we should allow enough room for a tree to grow before planting and we should give them some water in our dry summers. A little mulch would help, too.</p>	

Goal 9: Industrial innovation		
18. Sweet Gum <i>Liquidambar</i> <i>styraciflua</i> several along the North side of East Denny, on the south side of the Hospital, approaching 15th ave East, across from 1501 East Denny	<p>People remain healthier when they live with trees. When trees are removed, people get sick more often. If they go to the hospital, they will recover faster if they have a view of the trees.</p> <p>Hug a tree today. And thank you to all the people who plant, water and care for these beautiful trees.</p> <p>Right around the corner, you'll see our starting place, with the Zelkova trees.</p>	
Goal 3: Good Health		

In 2013, the United Nations developed 17 sustainability goals for our world. We are going to need goals like these if we are going to prosper in the future.

All the projections show that more and more people, the majority of the world's population, will be living in cities and megacities, in only a few years. Cities will have a big role to play in making our earth a pleasant place to live for everyone.

Trees are essential. And they are essential in cities. They make beauty, filter our air and water, create oxygen, hold onto Carbon Dioxide, provide homes for animals, feed us, make medicine, foster community, and lift our spirits.

This Tree Walk is inspired by the article: "The benefits of trees for livable and sustainable communities" by Jessica B. Turner-Skoff and Nicole Cavender. It was published in "Plants, People, Planet." It can be found online at <https://nph.onlinelibrary.wiley.com>. It includes documentation for all the claims made here.

Here are the 17 Goals for Sustainability:

Goal 1: End poverty in all its forms everywhere

Goal 2: End hunger, achieve food security and improved nutrition, and promote sustainable agriculture

Goal 3: Ensure healthy lives and promote well-being for all at all ages

Goal 4: Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all

Goal 5: Achieve gender equality and empower all women and girls

Goal 6: Ensure availability and sustainable management of water and sanitation for all

Goal 7: Ensure access to affordable, reliable, sustainable, and modern energy for all

Goal 8: Promote sustained, inclusive, and sustainable economic growth, full and productive employment, and decent work for all

Goal 9: Build resilient infrastructure, promote inclusive and sustainable industrialization, and foster innovation

Goal 10: Reduce inequality within and among countries

Goal 11: Make cities and human settlements inclusive, safe, resilient, and sustainable

Goal 12: Ensure sustainable consumption and production patterns

Goal 13: Take urgent action to combat climate change and its impacts

Goal 14: Conserve and sustainably use the oceans, seas, and marine resources for sustainable development

Goal 15: Protect, restore, and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, halt and reverse land degradation, and halt biodiversity loss

Goal 16: Promote peaceful and inclusive societies for sustainable development, provide access to justice for all, and build effective, accountable, and inclusive institutions at all levels

Goal 17: Strengthen the means of implementation and revitalize the global partnership for sustainable development