

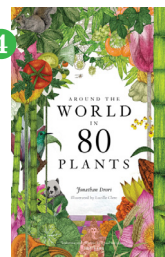
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8 WAYS TO LOVE A TREE

What's so great about trees? Let us count the ways: They save energy by providing shade and wind breaks around buildings, reduce soil erosion, lessen flood damage, provide habitat for wildlife, work as natural filters that clean both air and water and beautify our neighborhoods. So this Arbor Day (April 30), here's how you can become a little more tree-friendly, whether at home, in your community or in your travels.

—Lisa Beach



1. Go forest bathing Part health trend, part mindfulness practice, *shinrin-yoku* (known as forest bathing) is a Japanese form of ecotherapy that involves being immersed in the sights, sounds and smells of the forest. Relax under a canopy of trees in the **Recycled Double Hammock** from Nakie, which plants four trees for every hammock sold. **\$100, [nakie.us](https://www.nakie.us)**

2. Buy coffee for the cause By selling shade-grown, organic coffee beans, **Arbor Day Coffee** supports the farmers preserving the rainforest canopy and working against deforestation. **\$13, shop.arborday.org**

3. Plant a tree Only 5 percent of America's ancient redwoods remain. If you're in the right climate, try the **Coast Redwood Seed Kit**, a DIY kit for the world's tallest tree. If you're in USDA hardiness zones 4–7, plant a piece of Americana instead with a **Johnny Appleseed Authentic Apple Tree**, grafted from the last-known tree planted by John Chapman (Johnny Appleseed). **\$11, sequoiatrees.com; From \$80, shopjohnnyappleseed.com**

4. Get tree-smart Jonathan Drori's botanical tour ***Around the World in 80 Plants*** (Laurence King) shows how the science of plants intertwines with our history, culture and folklore. **\$25, amazon.com**

5. Rethink nature's calls Fifteen percent of deforestation is thanks to toilet paper production. Want to use less? Bidet sales skyrocketed during pandemic-related TP shortages, and companies like Tushy (whose modern **Tushy Classic** bidet attachment requires no electricity or plumbing) vow to save your butt and the trees—it takes one pint of water for a proper wash versus 27,000 trees daily to make toilet paper. **\$99, hellotushy.com**

6. Tread lightly Exploring public land? Stay on the trails, and rather than collecting leaves, flowers or pine cones, take photographs of your found treasures. In fact, you could become a citizen scientist and report your tree sightings with the **iNaturalist** app, connecting to a social network of people who map and share

observations of biodiversity around the globe. Every encounter—from a common backyard weed to trees, shrubs and vines—can help scientists. **inaturalist.org**

7. Create a wildlife-friendly backyard Attract critters by planting native flowers, shrubs and trees that provide food (like berries or seeds) and are pollinator-friendly, says the National Audubon Society. Enter your zip code into the **Native Plants Database** for info about native plants and trees (and what kind of birds they will attract) in your area. **audubon.org**

8. Upcycle dead trees Let dead trees decompose gently, providing food and shelter for backyard critters. Or landscape with limbs, which can be used as natural erosion barriers or even stepping stones.

Volunteer! At Iowa's Herbert Hoover National Historic Site, volunteers assist with ongoing restoration. Search the **Society for Ecological Restoration** database for projects near you or join the National Park Service's **Volunteers-in-Parks Program**. **ser.org and nps.gov**