

# Licton Springs Fun Facts

## Wetland Plants and Animals

Skunk Cabbage (*Lysichiton americanus*)

Devil's Club (*Oplopanax horridus*)

Red Osier Dog Wood (*Cornus sericea*)

Willows (*Salix* spp.)

Pacific Chorus  
Frogs

(*Pseudacris regilla*)



**What is in a name?** Licton or Liq'tid (Leek-teed) means "red-colored" or "painted" in the Puget Sound Salish language. The Duwamish tribe used the area as spiritual grounds. They built sweat lodges nearby and made face paint from the reddish mud.

**Want to learn more or lend a hand?**



Work parties are held every second Saturday of the month!

## Contact Information

## Friends of Licton Springs

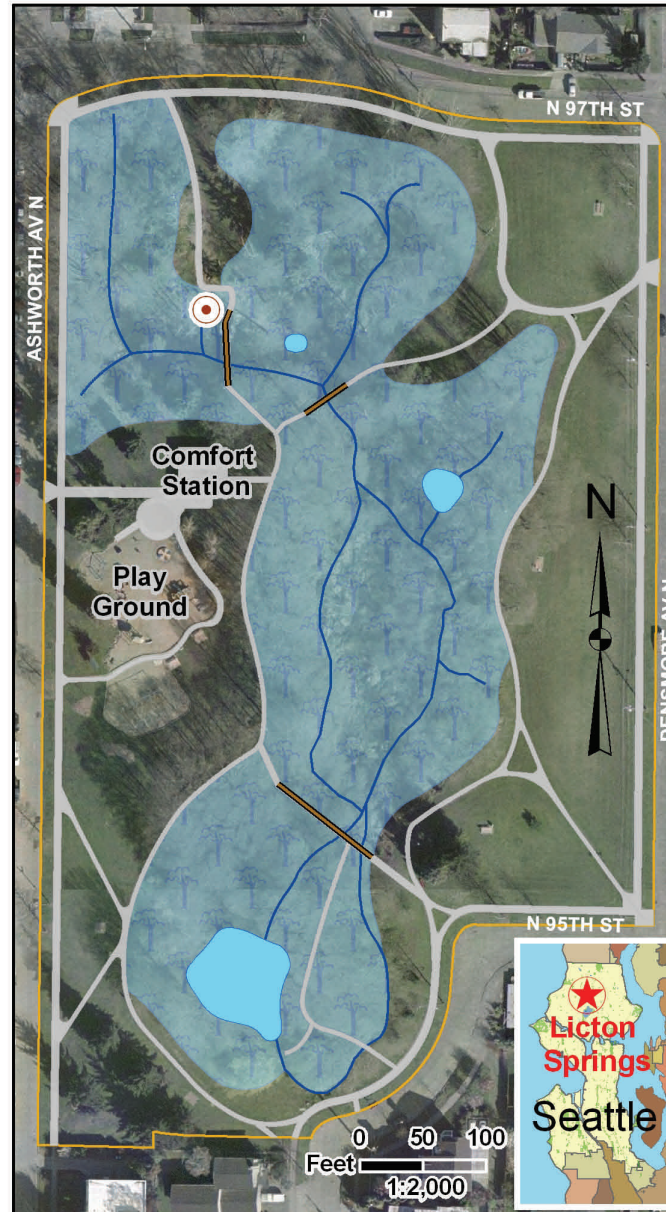
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or visit the Licton Springs Community Council website at [www.lictonsprings.org](http://www.lictonsprings.org).

Want to contribute but can't make the work parties? Ask about needed donations!

## Map of Licton Springs



## Legend

- |  |          |  |             |
|--|----------|--|-------------|
|  | Wetlands |  | Paths       |
|  | Bridges  |  | Ponds       |
|  | Streams  |  | Iron Spring |

# Licton Springs Park



## A Unique Urban Wetland



## Licton Springs

Licton Springs Park is part of the Densmore drainage basin in North Seattle. The park encompasses roughly nine acres and is composed of open space, forested natural areas and wetlands, including several springs and three ponds.



Licton Springs is rich in local history. The springs had spiritual significance for the Duwamish Indians, who regularly camped nearby and used the water and mud as medicine. In 1870, pioneers David and Louisa Denny built a cabin near the springs, the first cabin north of Seattle proper at that time. In the 1930s a mineral spring spa was developed, and water from the site was bottled and sold nationwide. Fortunately, before further development could take place, the City of Seattle purchased the site for use as a park in 1960.

## Wetland Habitat

Much of Licton Springs is composed of wetland habitat. However, Licton Springs is not a pristine wetland. Urban pressures have taken their toll on the forest and wetlands at the park. Invasive plant species such as Reed Canary Grass, dominate the interior of the park. As a result, native plant diversity has decreased dramatically, resulting in an unbalanced ecosystem.

### **Why are wetlands important?**

Wetlands filter pollution and fertilizer runoff, as well as regulate water flow and provide habitat to many birds, plants, and microorganisms. Many of the areas wetlands have been filled or altered. It is important to protect and enhance remaining wetlands such as Licton Springs.

A vegetation management plan was created by Seattle Parks Department in 2001 and updated by Seattle Urban Nature in 2007. The plan was funded by a Seattle Department of Neighborhoods grant, and is available at, [www.seattleurbanature.org](http://www.seattleurbanature.org)



## Stewardship

The Friends of Licton Springs (FoLS) are a community group dedicated to the preservation and restoration of Licton Springs. Since 1999, FoLS have held monthly work parties focusing on removing invasive plant species, revegetating with native species and conducting maintenance throughout the park. Other groups working with FoLS are: EarthCorps, the Woodland Park Zoo-Corps, the University of Washington Restoration Ecology Network (UW-REN), Eagle Scouts, and the Seattle Parks and Recreation Natural Area Crew.

In 2005, work parties conducted by Friend of Licton Springs drew 82 different people, contributing a total of 872 volunteer hours!



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