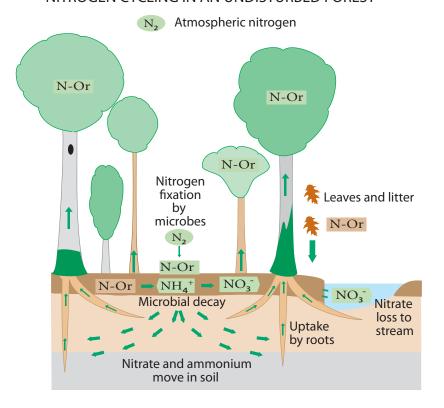
NITROGEN CYCLING IN AN UNDISTURBED FOREST



N-Or Organic nitrogen in living tissue
N-Or Organic nitrogen in dead tissue
NH₄⁺ Ammonium
NO₃⁻ Nitrate
Flow of nitrogen

In an undisturbed forest most of the nitrogen cycles between living plants and dead organic mater in the soil. Plants take up nitrogen through their roots; microbes release the nitrogen from dead leaves and branches to the soil. Small amounts enter the cycle through nitrogen fixation, and even smaller amounts leave in streams.