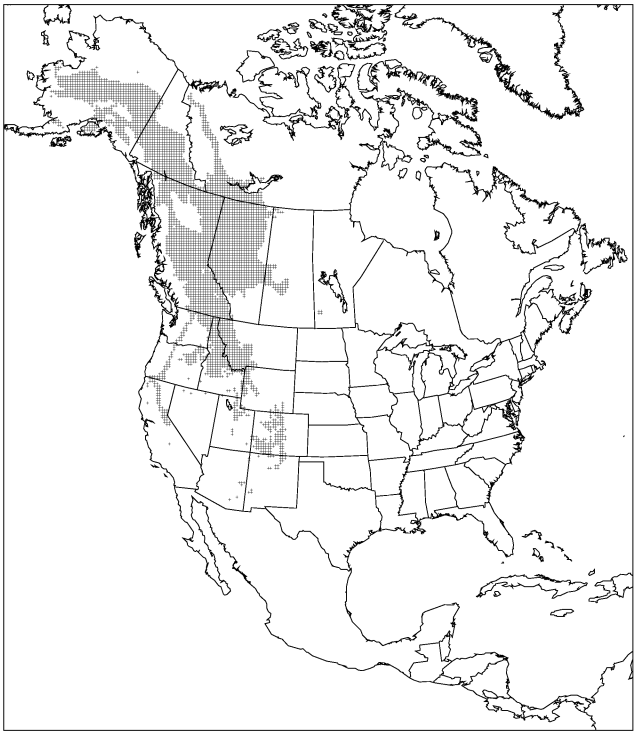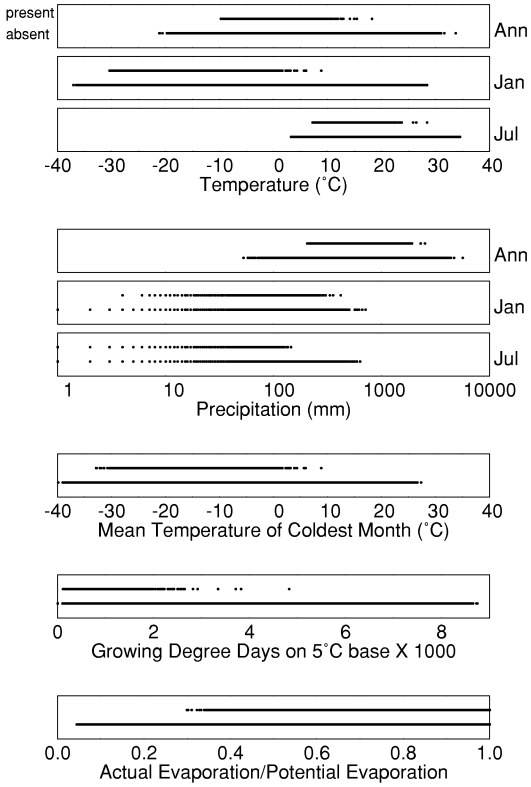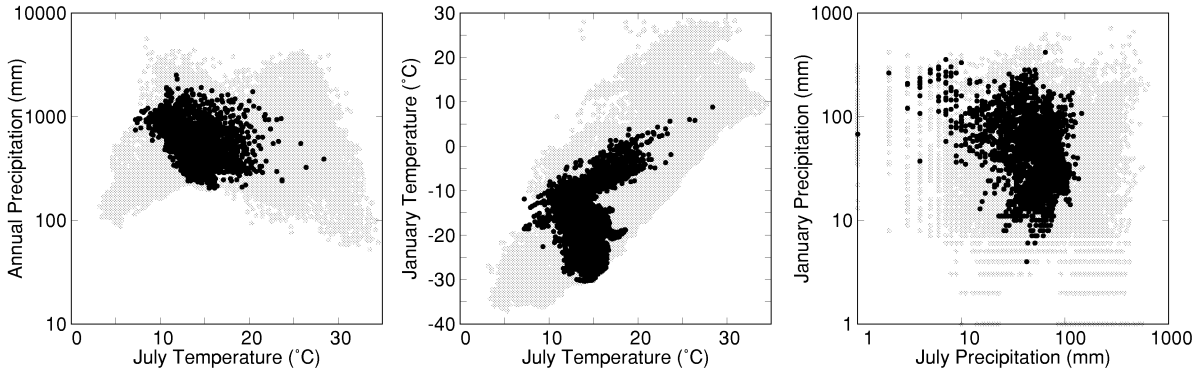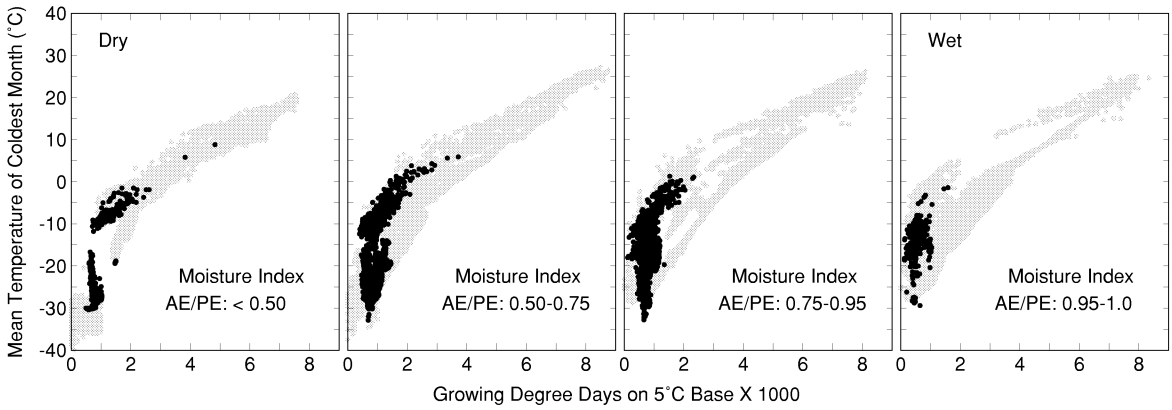Alnus tenuifolia