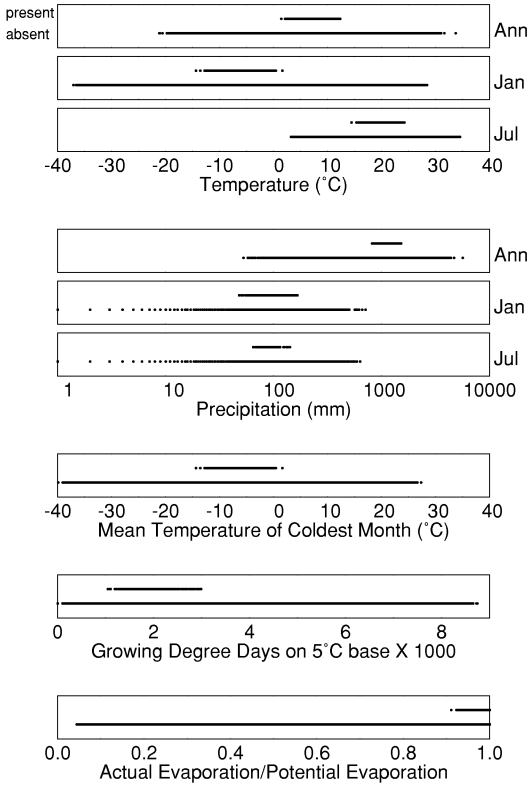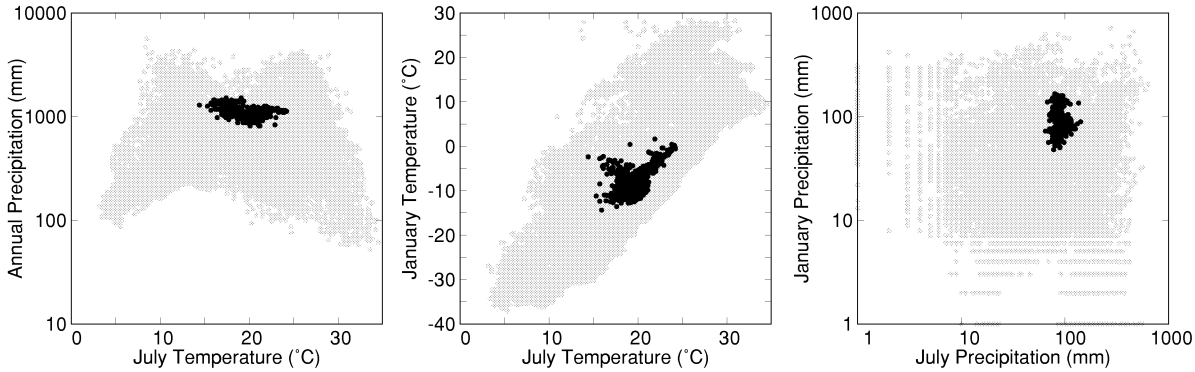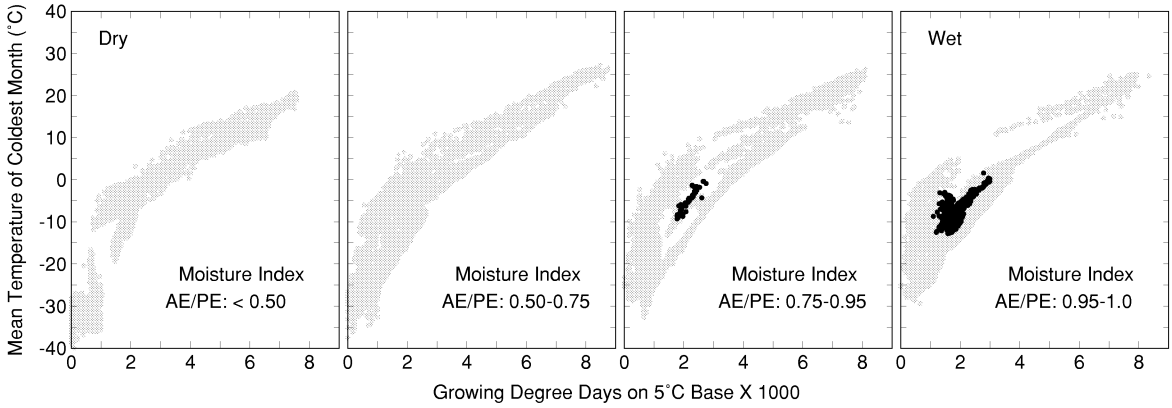Betula populifolia