



PUTTING NATURE BACK



LET'S TALK
LAND HEALTH

JOIN US EVERY WEEK!

WEEKLY SERIES OF
INTERACTIVE
PODCASTS WITH
ISSUES RANGING
ACROSS ALL AREAS
OF THE EXTERNAL
ENVIRONMENT AND
URBAN ECOLOGY

LANDHEALTH INSTITUTE

We Call Ourselves LandHealth, but What Really is Healthy Land?

Thursday, June 11th

6:30 pm - 7:30 pm

What does healthy land mean? What makes a plant native versus invasive? Whether you are looking to deepen your understanding of the environmental fundamentals or to discuss more specific topics like healthy water and the elements of healthy land, there's something for all kinds of green thinkers. Join LandHealth in our first ever podcast to learn more about who we are and the land around you!

Join us on Zoom!

Click below for more details on the event!

Register and Learn More About Land Health!



PHILADELPHIA WATERSHED
STEWARDSHIP PROGRAM

Philadelphia Watershed Updates!

This week is the first week of the Philadelphia Watershed Stewardship Program! This week, the stewards are learning about Watersheds. Did you know that the area of Cobbs Creek was originally home to Native Americans, such as the Lenni Lenape? The creek was used mainly for fishing, hunting, and transportation. They will also learn all about common species in Cobbs Creek, what a 'combined sewer system is,' and where Philadelphia's drinking water comes from.

Looking to learn more?

<https://www.landhealthinstitute.org/watershedstewardship>





[DIY Composting 101](#)

June 1, 2020 | [Maddie Worth](#)

[What is Composting?](#)

Composting is a great, cheap alternative to buying fertilizers and soil for your garden. It is rich in organic material, which creates exceptionally healthy soil, improving root development, and providing food for microorganisms. It takes scraps and natural waste, putting these rich materials right back into the earth in a sustainable fashion. Composting is fantastic for the planet, as it diverts a large amount of household waste from going to a landfill.

[How does it work?](#)

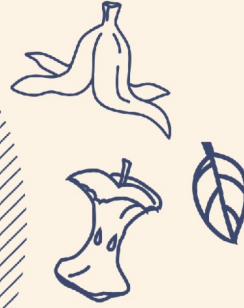
There are two types of composting- hot and cold. Hot composting requires...

[READ MORE](#)

COMPOSTING DO'S AND DON'TS

DO

fruit and vegetable scraps
dryer lint
coffee grounds
eggshells
torn cardboard boxes
dead plants



DONT

bones
diseased plants
inorganic materials
meat scraps
sticky labels
dairy products



Create Your Own Herbarium Sheet

An herbarium is a collection of dried plants pressed between paper to preserve plant species to be used as a reference for identification and information. Many botanists, scientists who study plants, use herbariums to store plants in an organized manner that allows for easy access to plants for research and education. Herbariums are a

sort of library for dried plants. While herbariums are useful to botanists, you don't have to be one to have one. With a few simple steps, you can press your own plants to create an herbarium of your own!

What You Need:

- Three ring binder / Journal / Paper / Poster board / White Cardboard / etc.
- Printer paper / Tissue paper / Paper towels
- Paintbrush
- Craft glue (ex. elmers)
- Hardcover book / other weights
- Freshly picked plant or flower specimens
- Tweezers

Steps

1. Press your fresh specimens between two sheets of paper, a single flower or leaf will work best. Then, place your weight (ex. hardcover book), on top of the paper. Once you have done this, wait at least a week to be sure there is no more moisture in your specimens.
2. If after a week there is no more moisture in your cutting, remove your dried plant *very* carefully from the paper with your tweezers.
3. Now, place your dried plant carefully onto your desired sheet of paper, in a journal, or place a variety of plants on a large piece of poster board.
4. It's time to glue down the plant(s)! Take your paintbrush, dip it into the craft glue, paint the back of your plant, and place it on your desired surface.
5. You're all done! You can write the name of your specimens, or just admire them, whatever you prefer!

Being a botanist is a lot easier than you expected, right? Now, you have an herbarium of your own. Use your herbarium as a "plant library," or just embrace nature's beauty!



Source: Shannon Kirsten Studio



Source: Johanna Baker-Dowdell



What's Going on at Our Nursery?

Have you ever seen such a beautiful flower? Beautiful Hardy Hibiscus are growing at our nursery right now!

Hardy Hibiscus, also known as Swamp Rose Mallow, or Hibiscus Moscheuto, are perennials of the mallow family. Their colors range from deep burgundy, to blush pink, to white. The Hardy Hibiscus grows 5 to 7 feet tall and prefers partial sunlight with wet soil.



With so many colors it's hard to choose which one to put in your own garden. So, why not plant them all?

You can add native plants, like the Hibiscus Moscheuto, to your own garden! [Click the link below](#) to learn about the large variety of native species we offer at our nursery and how you can get some too!

<https://www.landhealthinstitute.org/nursery>



COMING IN JUNE

Become a
LandHealth
Member!

We appreciate the shared commitment it takes to build environmental awareness and sustain healthy ecosystems. We've designed our membership program to support this partnership, working together toward a healthier city and planet. Member benefits include:

- Complimentary plants from LandHealth's nursery
- Admission to special events, talks, excursions
- Exclusive member discounts
- GreenKits

Coming this June. Contact us at info@landhealthinstitute.org with

questions. Be a part of our growing LandHealth community!

