



PUTTING NATURE BACK



LET'S TALK LAND HEALTH

JOIN US EVERY WEEK!

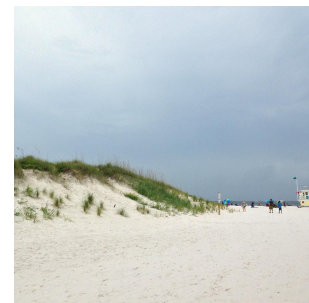
LANDHEALTH'S WEEKLY
INTERACTIVE PODCAST
STARRING URBAN ECOLOGY
AND THE ENVIRONMENT

LANDHEALTH INSTITUTE

Edge of the Sea

Thursday, September 10th
6:30 pm - 7:30 pm

Join us on a journey into the sea to learn about the ocean and all of the creatures that reside there.



[Click Here for More Details](#)

Let's Talk Land Health is now airing on Villanova Radio! Join us every Sunday morning at 8:30 AM on Villanova Radio, 89.1 WXVU.

Missed last week's [podcast?](#)

What's Blooming at Our Nursery?



Learn more about the native species available now:

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

info@landhealthinstitute.org

(267) 571-5750

Flower of the Week: *Helenium autumnale*

Helenium autumnale, commonly called sneezeweed, is an erect, clump-forming, native perennial which occurs in moist soils along streams, ponds or ditches and in spring-fed meadows, prairie and wet open ground. Features clusters of daisy-like flowers with distinctive wedge-shaped, bright yellow rays (three-lobed at the tips) and prominent... [READ MORE](#)



Watershed Stewardship Program

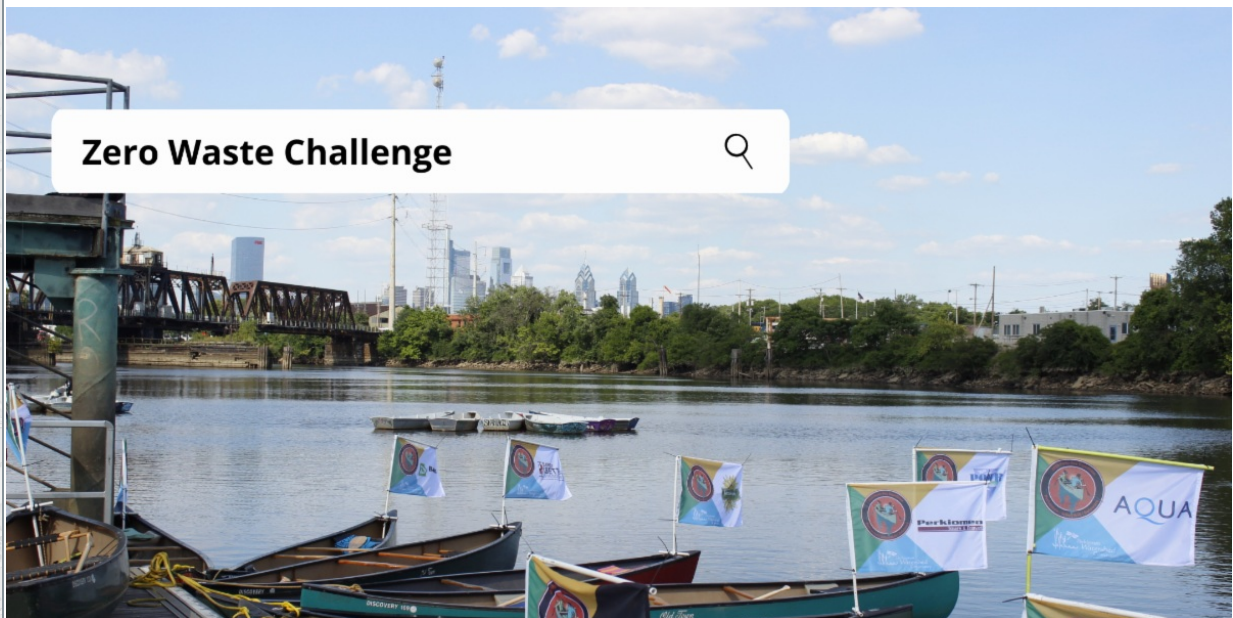


Much of what our stewards learn about surrounds the water. Many undersea creatures are becoming endangered due to pollution and commercial fishing. Because of the ocean's vast size we tend to forget about its vulnerability. More than 40% of amphibian species, almost 33% of reefing corals and more than a third of all marine mammals are threatened. While there are legislative solutions put in place to help with threatened and endangered species, there is a lot we can do too! Switching to marine-safe sunscreen protects coral and other marine life from chemical exposure. Small choices like this can make a big impact on our ocean and all the creatures that call it home.

Interested in becoming a Watershed Steward? Apply [HERE!](#)

Looking to learn more?

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



Zero waste means sharply reducing what ends up in our landfills, with a 'triple R' goal of Reduce/Re-use, Recycle. With so many sustainable choices you can make for a greener planet, we're here to help.... with the Zero Waste Weekly Challenge!

This Week: **Borrow before buying**

The average US adult spends \$1,497 on nonessential items. It's easy to buy something you'll only use once and never use it again. Asking a friend or family member if they have the item you are looking for saves you money, and makes our planet greener. If you still can't get what you need, head to secondhand shops or online marketplaces before buying new.

Download your September Zero Waste Checklist [here!](#)

