



## 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

This Week's Podcast:

**Pondering Aluminum Ring Tabs and Other  
Modern Relics of Archaeology**

Thursday, July 23rd

6:30 pm - 7:30 pm



Musings about ring tabs and other curious discards of humans.

[Register Here!](#)

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

The Living, Breathing Tide

Follow us on [SoundCloud](#) and [Spotify](#) to keep up with our latest podcasts.

## What's Blooming at Our Nursery?



Learn more about the native species you can purchase now at our nursery: <https://www.landhealthinstitute.org/nursery>

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Join [LandHealth](#) and [Neighborhood Bike Works](#) at this weekend's sidewalk sale!

Date: **Saturday, July 25th, 2020**

Time: **11:00 am - 3:00 pm**

Place: **3939 Lancaster Ave,  
Philadelphia, PA**



### Flower of the Week: *Delphinium Exaltatum*

*Delphinium exaltatum*, commonly called tall larkspur, grows 4-6' tall and features blue flowers which bloom in summer. Individual flowers are complex and asymmetrical and feature five sepals, one of which is spurred into a distinctive prong resulting in the... [READ MORE](#)









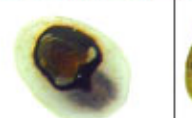





The Philadelphia Watershed Stewardship (PWS) program is a citywide youth development initiative run by LandHealth in partnership with the Philadelphia Water Department to empower high school students in Philadelphia to become stewards of their environment.

This week the stewards will learn how to identify aquatic macroinvertebrates. Aquatic macroinvertebrates are small organisms that lack a backbone and live all or parts of their lives in water. Some common macroinvertebrates are crayfish, clams, snails, and worms. You can also learn to identify aquatic macroinvertebrates [HERE!](#)

Looking to learn more?: [www.landhealthinstitute.org/watershedstewardship](http://www.landhealthinstitute.org/watershedstewardship)

Scuds (Crustacea)	Sowbugs (Crustacea)	Crayfish (Crustacea)	Segmented Worms (Annelida)	
 <p><b>Scud/Sideswimmer</b> (5-20 mm) Order: Amphipoda</p> <ul style="list-style-type: none"> <li>• curved, shrimp-like body</li> <li>• flattened from side-to-side</li> <li>• swims or crawls on its side</li> </ul>	 <p><b>Aquatic Sow Bug</b> (5-20 mm) Order: Isopoda</p> <ul style="list-style-type: none"> <li>• tan, brown or greyish body, flattened from top-to-bottom</li> <li>• crawls flat on bottom of tray</li> </ul>	 <p><b>Crayfish</b> (10-150 mm) Order: Decapoda</p> <ul style="list-style-type: none"> <li>• 5 pair of legs, includes 2 large claws</li> <li>• hard exoskeleton; jointed abdomen</li> <li>• broad flipper at end of abdomen</li> </ul>	 <p><b>Aquatic Earthworm</b> (1-30+ mm) Class: Oligochaeta</p> <ul style="list-style-type: none"> <li>• long, tubular, segmented body</li> <li>• white, brown or reddish in color</li> <li>• tiny bristles attached to segments</li> </ul>	 <p><b>Leech</b> (4-100+ mm) Class: Hirudinea</p> <ul style="list-style-type: none"> <li>• elongated, segmented body</li> <li>• colors &amp; patterns vary</li> <li>• 2 suckers - one at front, one at rear</li> </ul>
Flatworms	Snails (Mollusca)		Limpets (Mollusca)	Clams & Mussels (Mollusca)
 <p><b>Flatworm</b> (5-20 mm) Class: Turbellaria</p> <ul style="list-style-type: none"> <li>• soft, flattened, unsegmented body</li> <li>• may have eyespots or "arrow" head</li> <li>• glides smoothly along tray bottom</li> </ul>	 <p><b>Gilled Snail</b> (2-70 mm) Class: Gastropoda</p> <ul style="list-style-type: none"> <li>• coiled shell tapers to point</li> <li>• <b>right-side</b> opening (narrow end up)</li> <li>• hard plate covers opening</li> </ul>	 <p><b>Lunged/Pouch Snail</b> (5-20 mm) Class: Gastropoda</p> <ul style="list-style-type: none"> <li>• coiled shell tapers to point</li> <li>• <b>left-side</b> opening (narrow end up)</li> <li>• no hard plate covers opening</li> </ul>	 <p><b>Limpet</b> (3-7 mm) Class: Gastropoda</p> <ul style="list-style-type: none"> <li>• single, low, dome-shaped shell</li> <li>• shell is usually dark</li> <li>• soft body and foot underneath</li> </ul>	 <p><b>Mussel</b> (30-250 mm) Class: Bivalvia</p> <ul style="list-style-type: none"> <li>• some may live 100 years</li> </ul> <p><b>Clam</b> (Fingernail: 2-10 mm; Asian: 35-50 mm) Class: Bivalvia</p> <ul style="list-style-type: none"> <li>• 2 shells attached at hinge with soft body inside</li> <li>• Fingernail clam is small &amp; smooth shelled</li> <li>• Asian (non-native) is larger with ridges on shell</li> </ul>

Black = Insects | Orange = Arachnids | Blue = Crustaceans | Brown = Annelids | Red = Platyhelminthes | Green = Mollusks

[www.DWNature.net](http://www.DWNature.net)

## Zero Waste Challenge



Zero waste is all about reducing what ends up in our landfills. The goal is to reduce, reuse, and recycle. With so many sustainable choices you can make for a greener planet, we're here to help. Take the Zero Waste Weekly Challenge!

This Week's Challenge: **switch to bamboo dish scrubs**

Most of the sponges we use are made of microplastics. Every time you wash your dishes these tiny microplastics rub off of the sponge and end up in our oceans. **There are an estimated 1.4 million trillion microfibrils in our oceans.** Sponges only end up causing more harm than good. The good news is making the switch to a greener alternative is easy! Bamboo scrubbers cost around the same as a plastic brush, and last much longer than a sponge. You can find bamboo scrub brushes on [Amazon](#) and other retailers!

Don't forget to download your Zero Waste checklist [here!](#)

