



## 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:

**The Living, Breathing Tide**

Thursday, July 16th

6:30 pm - 7:30 pm



Tune in to learn about tide... and its role in our world.

[Register Here!](#)

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

Monarchs and Pigeons: Harbingers of Mass Extinction

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 now at our nursery...  
<https://www.landhealthinstitute.org/nursery>

---

### Lobelia Cardinalis

*Lobelia cardinalis*, or cardinal flower, is a native perennial that grows in moist locations along streams, sloughs, springs, swamps and in low-wooded areas. This short-lived, clump-forming perennial features... [READ MORE](#)



---

A great shot from LandHealth's farmer's market debut at The Food Trust Farmers Market at 58th and Chester.





## Watershed Stewardship Program



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 we were joined by special guests Villanova University students and their professor, Dr. Hezekiah Lewis, who shared with PWS a short film they produced and edited Tanzania about water scarcity. Water scarcity 2.8 billion people worldwide. Learn more with a behind-the-scenes clip of their documentary *From the Ground Up*

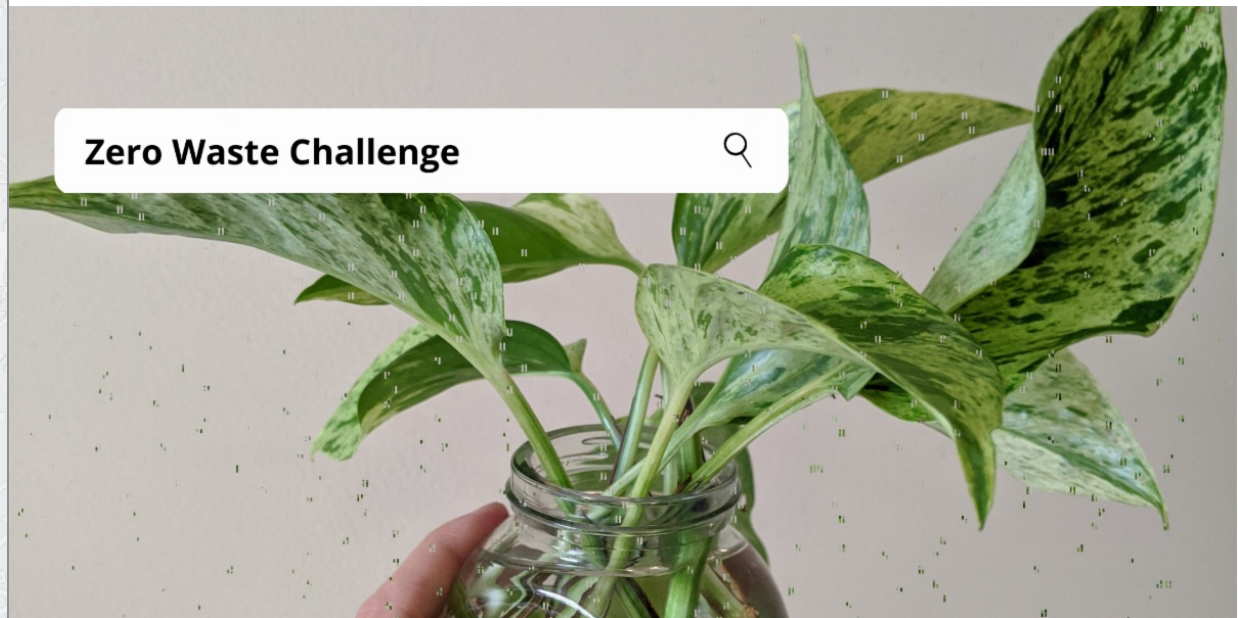
**Looking to learn more?:** [www.landhealthinstitute.org/watershedstewardship](http://www.landhealthinstitute.org/watershedstewardship)





WILL BRENNINKMEYER  
DIRECTOR, EDITOR

TRENT ZULKIEWICZ  
DIRECTOR, COMPOSER



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: **shop secondhand**

We produce 13 million tons of textile waste worldwide every year. 95% of this waste that could be reused or recycled. One way to reuse or recycle textile waste is shop secondhand, or 'used' at a local thrift or secondhand store. Shop online? Check out at [Depop](#), [Poshmark](#), and [Ebay](#). And don't forget to download your Zero Water checklist [here!](#)

