



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

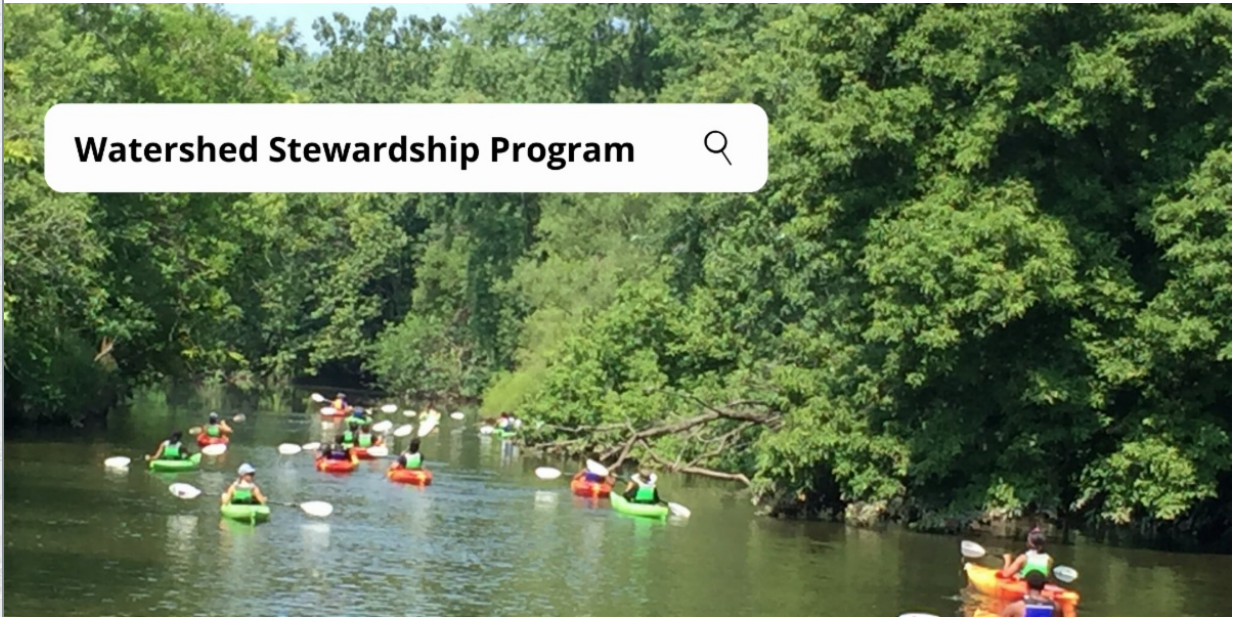
What does healthy land mean? What makes a plant native versus invasive? Whether you are looking to deepen your understanding of the environmental fundamentals or to discuss more specific topics like healthy water and the elements of healthy land, there's something for all kinds of green thinkers. Join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

Watershed Stewardship Program



Philadelphia Watershed Stewardship Updates

This week is the second week of the Philadelphia Watershed Stewardship Program! This week, the stewards are learning about water and creeks. Did you know that the Delaware river is the longest undammed river east of the Mississippi? They will also learn all about how streams are born, what a silt is, and all about Phragmites Australis, also known as the common reed!

You can become a Watershed Steward, too! Apply by clicking the "Apply Here!" button below!

Apply Here!

Looking to learn more?:

www.landhealthinstitute.org/watershedstewardship



WATERSHED STEWARDS

Cobbs Creek

Philadelphia Watershed Stewardship (PWS) Program 2020!

Are you a Philadelphia high school student interested in doing good for the planet? Join us for a one-of-a-kind program this spring and summer.



Who is LandHealth? LandHealth is a nonprofit organization based in West Philadelphia, with a mission to "restore connections between nature and people." Our focus is on environmental education and community-based land conservation and revitalization. PWS is brought to you with support from the Philadelphia Water Department and Fairmount Park Conservancy.

What's PWS about? Become a 'watershed steward' with other Philadelphia high school students from across the city! PWS stewards are environmental advocates who give back through civic engagement and local leadership. For the moment, we've transformed PWS into an interactive virtual experience with...

- *Go-Pro produced watershed-based video content*
- *Virtual group sessions*
- *PWS 'Greenkit' delivered to your door*
- *Ways to get/stay environmentally creative like journal, draw, reflect, blog, post, edit, film, animate,...*

What does 'being a PWS steward' mean?

- You'll be able to do cool environmental science, explore local watersheds, share in Philadelphia history,...
- You'll do great things for your neighborhood and for the planet
- You'll build your public speaking and leadership skills
- You'll get to know other Philly high school students
- You'll make a change
- You'll earn a stipend!

****Complete the PWS application today to take this amazing opportunity!**

Learn more: <https://www.landhealthinstitute.org/>

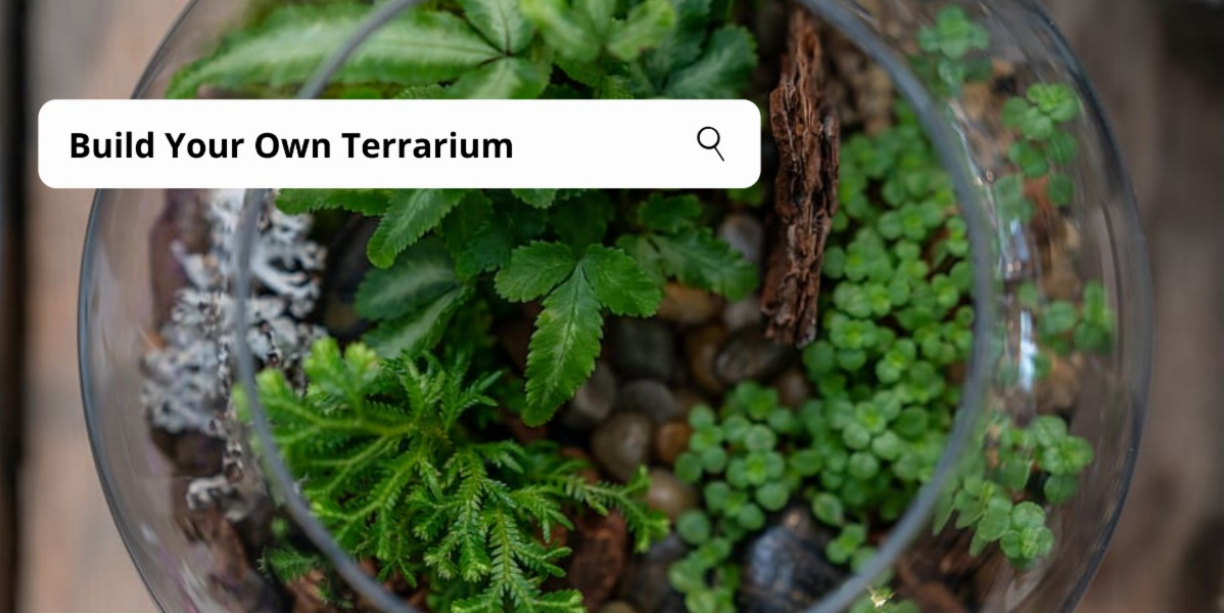
Questions? Email maddie@landhealthinstitute.org or call (267) 571-5750

Don't just take our word for it... ask a Steward! If you'd like to be put in touch with a PWS Steward, please send an email info@landhealthinstitute.org.

Looking forward to your applications. Please share this opportunity with friends!



Build Your Own Terrarium



Get creative and bring some green to your home with this unique twist on the average house plant! Terrariums are glass or plastic containers that contain plants, soil, and pebbles. They can be left open or sealed depending on the plants inside them. They are loved for being low maintenance and by those who wish to garden but don't have the space. The best part of a terrarium is observing the many natural processes of an ecosystem, such as the water cycle, respiration, and photosynthesis. Follow these simple steps below to experience all the wonders a terrarium has to offer!

What You Need:

- A plant
- Glass or plastic container (a cap is needed for a plant needing a closed terrarium)
 - One commonly used and cost free option is a jar
- Soil
- Rocks or pebbles
- Spoon
- A drainage layer
 - You can use rocks and sphagnum moss or activated charcoal
- Garden decorations like mini ceramic mushrooms, animals, etc. (optional)

Steps

1. First, add your layer of rocks or pebbles. These stones will act as a layer of extra drainage so you do not experience root rot with your plants, this layer should vary depending on the size of your container. The size of your pebbles/rocks should be on the smaller side.
2. Next, put your layer of sphagnum moss or activated charcoal. *If you are using activated charcoal*, use a thin, 1/4 - 1/2 inch layer. *If you are using sphagnum moss*, make sure it has been soaked

in water for a few seconds first, then squeeze any extra water out. Put the moss on top of the rocks making sure there is enough to cover the whole surface to keep the soil that will be put above it from falling down to the rocks.

3. Now it's time for soil! Put enough soil so that it is deep enough for the roots, but still leaves room at the top for your plants to grow! This amount of soil will also vary based on container size.
4. Take your spoon and make a hole that is large enough to nestle your plant's roots in. Place your plants inside, largest to smallest, and pat down the soil around it to hold the plant in place.
5. Get creative! You can decorate your terrarium with pebbles, sea glass, marbles, tiny garden decorations, or with nothing at all, it's up to you!

Caring for Your Terrarium

1. Closed terrariums require very little watering. Since they are a contained ecosystem, they will sustain a stable moisture level on their own. The best way to prevent over watering is by using a spray bottle or water dropper. If you use mister, keep the vessel open until the leaves have dried.
2. Open terrariums need water based on their soil's appearance. If their soil is looking dry, it's time to water. Tip: If you plant a succulent in your open terrarium they don't usually like to be misted.
3. Make sure you are watering your plants with distilled or bottled water only! You can also use tap water that has sat out for 24 hours.
4. Keep your plants in bright, indirect light. If your terrarium is in direct light and in a glass vessel, the heat will fry your plants!



Closed Terrariums



Closed terrariums have lids or covers, and feature plants that love the moist & humid environment that is created.

Open Terrariums



Open terrariums have no covers or lids, and feature plants that are more arid & need additional air circulation.

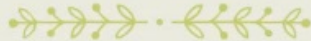
Source: www.property24.com

PLANT SELECTION

Once you choose between an open or closed terrarium, your next decision is to pick the plants you want to grow. The terrarium you choose will lend itself to either moisture loving plants or plants that prefer an arid, dry environment. Here are a few of the most popular options for both types of terrariums.

OPEN

PREFER CIRCULATING AIR AND A MORE ARID ENVIRONMENT.



aloe



hens & chicks



cacti

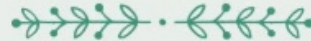


air plant



CLOSED

THRIVE IN A CLOSED SPACE WITH MORE MOISTURE.



baby ferns



aechmea



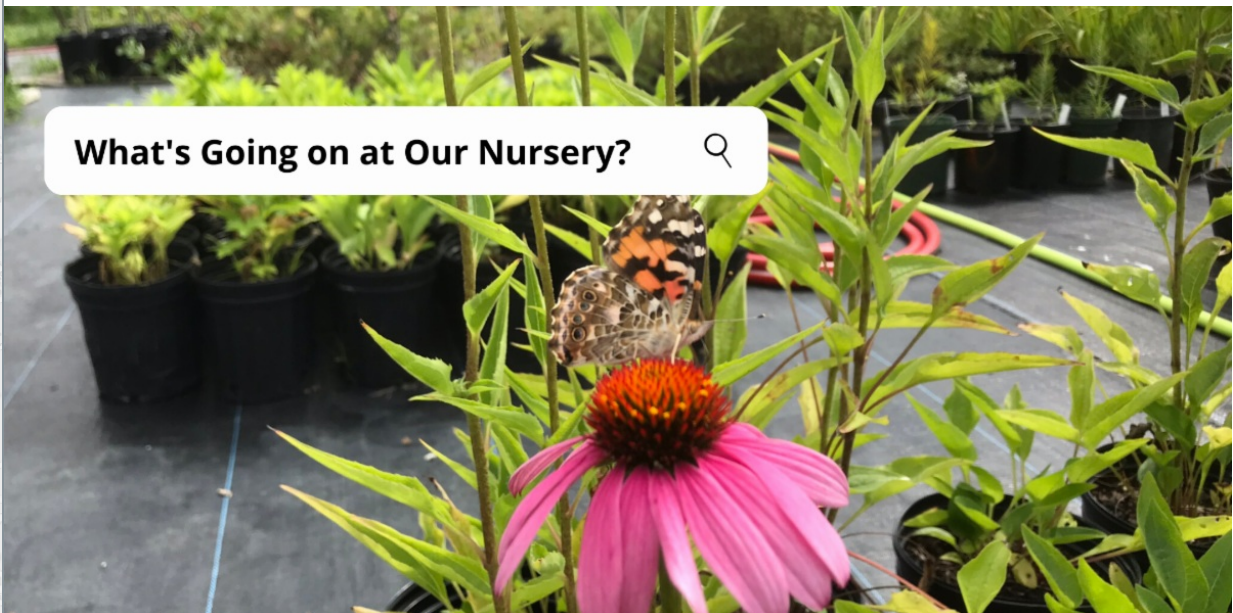
neoregelia



cryptanthus



What's Going on at Our Nursery?



The Foxglove Beardtongue is such a unique flower and is growing at our nursery right now!

Penstemon Digitalis, also known as the Foxglove Beardtongue, is a flower native to eastern Canada, as well as the eastern and south eastern parts of the United States. Their colors range from white to a very light pink. They typically grow up to 3 feet.



It is important to plant native plants, like the Foxglove Beardtongue, in your garden because they attract pollinators like native bees! Most pollinators feed on specific plant species in their area. Non-native plants may not provide what the native pollinators need, which is why planting native species is so important.

You can add native plants, like the **Penstemon Digitalis**, 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>

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!

