



## 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

### The Nutty Tale of the Eastern Gray Squirrel

Thursday, September 3rd  
6:30 pm - 7:30 pm



The Eastern Gray Squirrel, home to our urban and suburban neighborhoods. We see them everywhere, but how much do we really know about them?

[Click Here for More Details](#)

Follow us on [YouTube](#), [SoundCloud](#), and [Spotify](#)



## What's Blooming at Our Nursery?



Learn more about the native species available now:

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

[info@landhealthinstitute.org](mailto:info@landhealthinstitute.org)

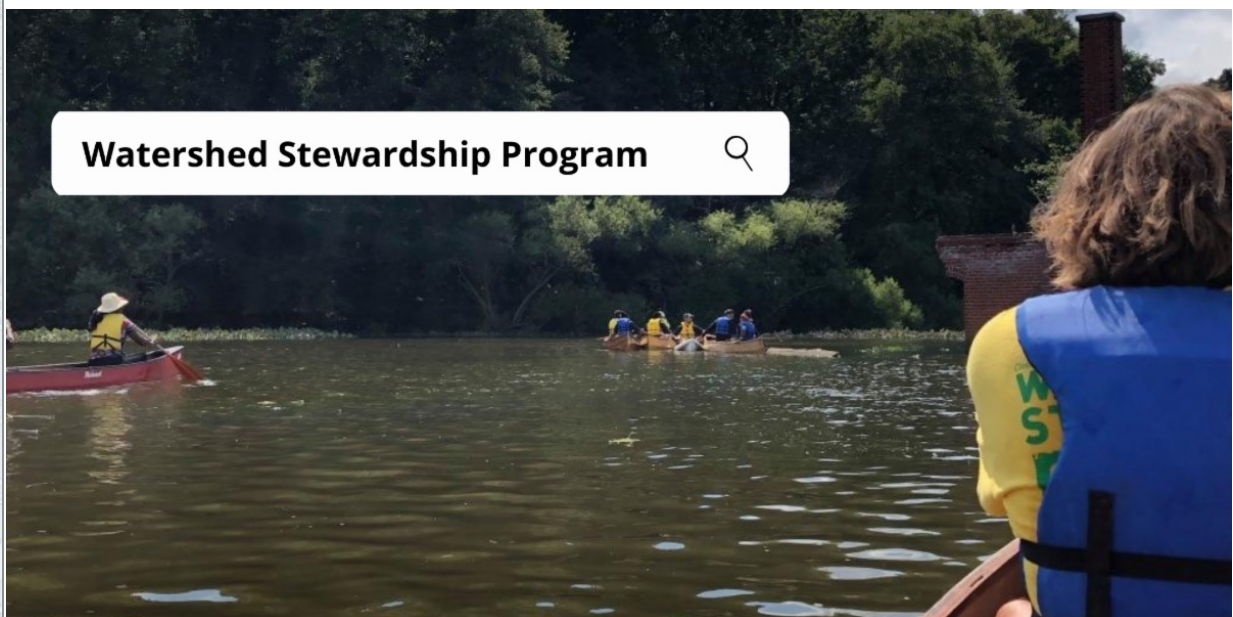
(267) 571-5750

### Flower of the Week: *Echinacea Purpurea*

*Echinacea purpurea*, commonly called purple coneflower, is a coarse, rough-hairy, herbaceous perennial. Showy daisy-like purple coneflowers bloom throughout summer atop stiff stems clad with coarse, ovate to broad-lanceolate, dark green leaves. Good fresh cut or dried flower. The dead flower stems will remain erect well into the winter, and if flower heads are not removed... [READ MORE](#)



## Watershed Stewardship Program





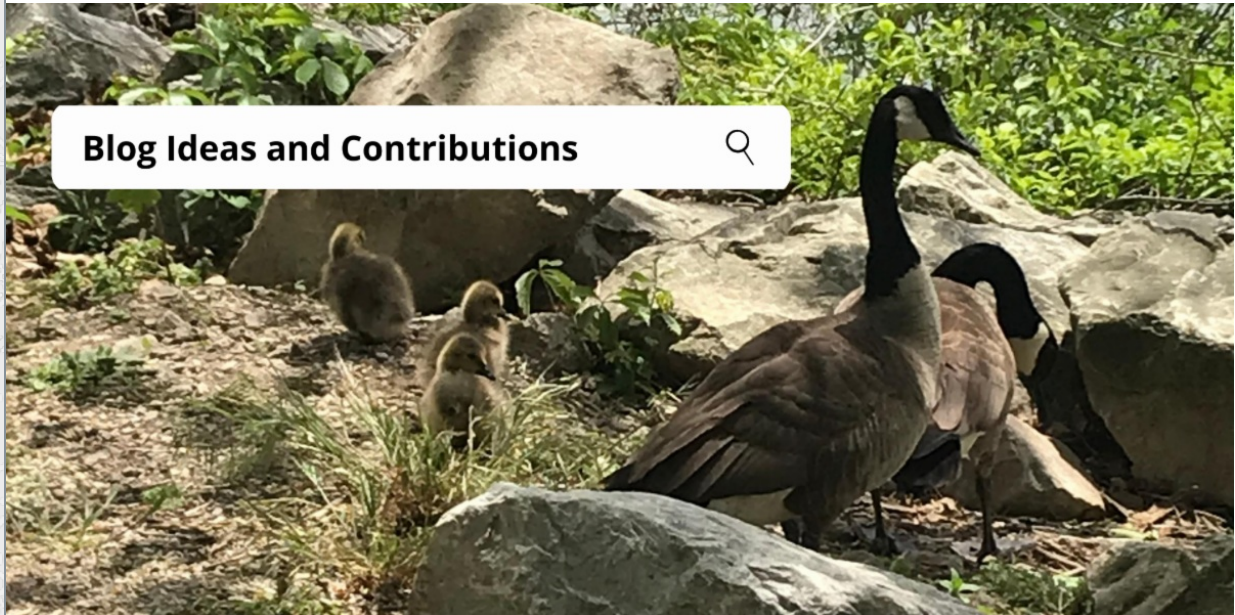
The Philadelphia Watershed Stewardship (PWS) program is a citywide youth development initiative run by LandHealth in partnership with the Philadelphia Water Department to empower high school students in Philadelphia to become stewards of their environment.

### Steward Poem Spotlight

Stewards were tasked with writing group poems surrounding water pollution and plastics. They worked collectively as a team via zoom, with groups led by our alums- Nia, Imani, Sal, and Owen.

#### Plastic Bottle Life

What a sad life it is a plastic bottle with no plan  
No plan and a not so clear destination  
Wondering around seeing many of my kind  
It follows gravity into the ocean  
And drift-free into the deep  
Oops I lost control a place to go may be just the tree downhill below  
An exciting yet unknown journey awaits  
Just landed in Korea that is not the place I wanted to be I wanted to go to  
Hawaii  
To join the other hula skirts that settle at the bottom  
With no sign of the journey's end, I let the current guide me to a distant land



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We are always looking for ideas and contributions for our [urban ecology blog](#) - email [info@landhealthinstitute.org](mailto:info@landhealthinstitute.org) for more information!

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## Zero Waste Challenge



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: **Air-dry your clothes**

Residential energy use accounts for roughly 20% of greenhouse gas (GHG) emissions, air-drying your clothes is a great way to reduce your carbon footprint. Air-drying is not only the more sustainable option, it's cost-effective too! Dryers weaken clothing fibers much quicker, shortening it's lifespan. Air-drying allows you to keep your clothes for much longer, saving you the cost of replacing them.

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

