

Convert Your Lawn to Native Species

Across the world, migratory bird populations and pollinators are in trouble due to many human-related activities, not the least of which are habitat loss and fragmentation. In North America alone, we have lost nearly 3 billion birds in the last 50 years.

Although this is a grim reality, it is not one without hope! Each spring, when migratory birds return to Canada, it is imperative for them to have suitable habitat and quality food to begin their breeding seasons.

One of the best ways for Canadians to help protect our declining birds, bees and butterflies populations is to plant native plants, which provide essential food and habitat, and can greatly increase the success rate of the bird's breeding cycles.

Your **Grow Green @ Home** Project is your way to help restore your local ecosystem, nurture the things you care most about, stay close to home, and help raise money for Nature Canada's Restoration Fund. In addition to fresh air and Vitamin D, studies have shown that spending time in nature can calm blood pressure, stimulate a positive mood and provide even greater sleep benefits.

Convert your yard into a native lawn, a wildflower garden, a rain garden, or a combination of naturescape ideas. This will decrease water waste, increase biodiversity, improve health (of yourself and the environment) and it's often lower maintenance!

Native host species are important for the following reasons:

Native plants have adapted to local soil and climate conditions so they do not need fertilizers and pesticides to thrive.



Many native species thrive in poor soil and make the soil better by balancing the nutrient composition.



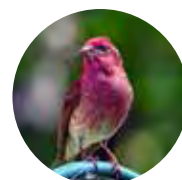
Native species have evolved with the local bird, mammal, butterfly and insect populations and therefore provide them with food and shelter.



Growing native species improves biodiversity and creates a local seed source.



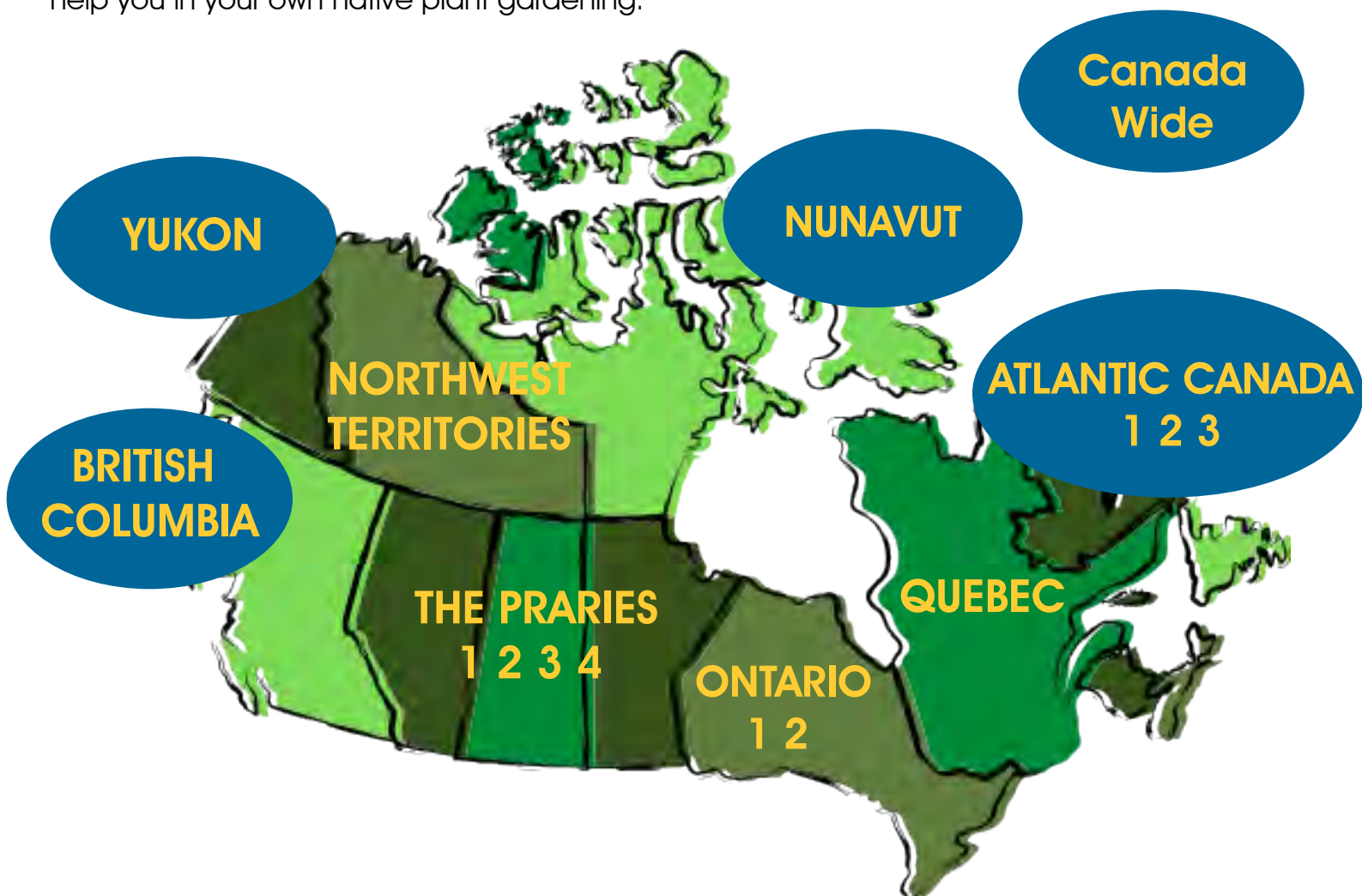
Planting native species connects existing green spaces which provide migration corridors for urban wildlife.





Convert Lawn to Native Species Benefits

For your **Grow Green @ Home** project, we ask that you consider planting native plants on your landscape to help do your part to restore nature for wildlife. It is important to check with local nurseries, naturalist groups and other sources of knowledge to ensure that the native plants you select are appropriate for your local area before planting them. It is equally important to source native plants from a reputable source in your area. We have compiled a map of linked resources from various organizations that provide valuable information to help you in your own native plant gardening.



Thank you so much for joining us to Grow Green @ Home. Thanks for restoring nature near your home! We are so excited to see what you can do. If you have any questions feel free to contact Cheyanne at crichardson@naturecanada.ca
- Take Root, Nurture Nature -

