



From Rain To Roots: Slowing Shoreline Erosion With Storm water Management Techniques

ABOUT HELPING NATURE HEAL

Helping Nature Heal was founded in 2001 by Rosmarie Lohnes and is located in Bridgewater, Nova Scotia. Helping Nature Heal specializes in ecological landscaping, which combines the science of ecology with the principles of landscape design to create beautiful and ecologically functional landscapes that are designed to reconnect people with the land they live on and encourage responsible stewardship. They also provide consultation services for many aspects of landscaping and gardening, including forest stewardship, erosion management, habitat creation, and edible landscaping.

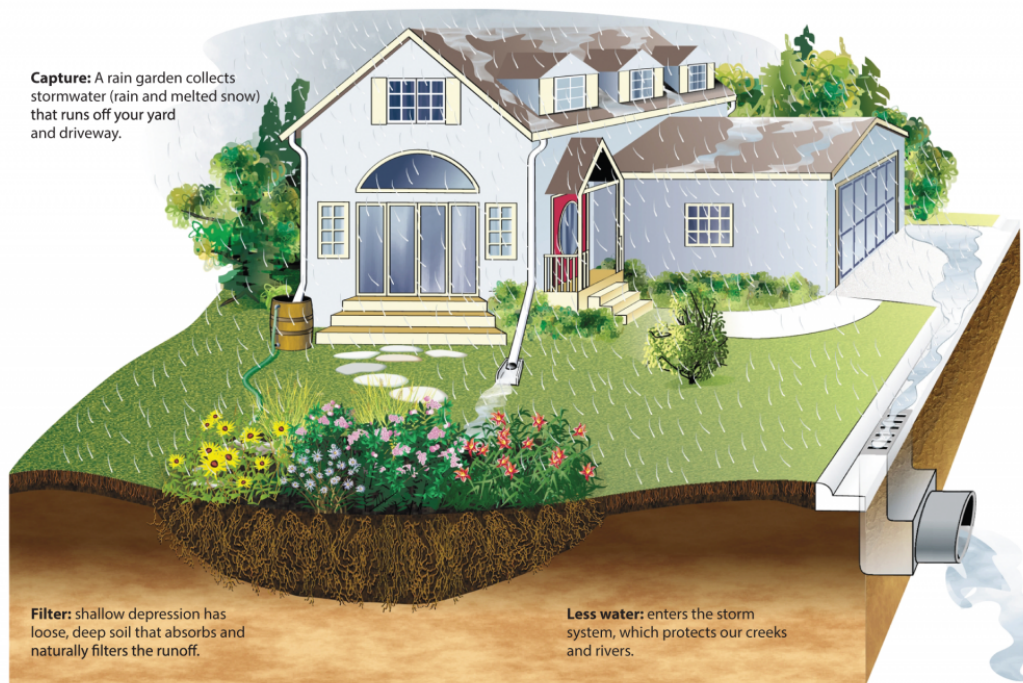
BENEFITS OF A HEALTHY SHORELINE

Native plants along shorelines act as a buffer to protect waterways. By planting a variety of native trees, shrubs, and wildflowers, the different root structures work to hold the shoreline together and prevent erosion. Having a large shoreline buffer helps to protect water quality by reducing pollution as well as stabilizing water levels and water temperature. Healthy shorelines also provide habitat for a wide range of aquatic and terrestrial species.



MANAGING STORM WATER AND RUNOFF

Effective storm water and runoff management is critical to protect freshwater areas. There are many strategies you can use on your property to protect the lakes and streams you care about most, whether you live directly beside a water source or are upstream. Some examples of storm water and runoff management include: using a rain barrel or a cistern to capture runoff from your roof, planting around impervious surfaces, and diverting storm water drainage towards woods or a rain garden to absorb excess moisture (not towards shore!).



Rain garden diagram : City of Calgary

DESIGNING YOUR STORM WATER MANAGEMENT

- Curve pathways to the shoreline and around the property
- Avoid mowing in straight lines
- Leave a 5-15 metre "no-mow zone" from the water's edge
- Create rain gardens around hardened surfaces or where water flows

ADDITIONAL RESOURCES

- Learn more about low impact development by reading [Credit Valley Conservation's resources](#) about storm water solutions and green infrastructure
- Select suitable native plants for your property by using the free, Canada-wide [Natural Edge Native Plant Database](#)
- Download the Toronto and Region Conservation Authority's "[Complete Guide to Building and Maintaining a Rain Garden](#)"
- Download and assess your property using the free "[Lake Protection Workbook: A Self-Assessment Tool for Shoreline Property Owners](#)"

