



Watersheds  
C A N A D A

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# Life in the "Weeds"

Exploring the rarely seen  
world of aquatic plants

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Let's face it – aquatic plants get a bad rap. We refer to them as “weeds” or, even less accurately, “seaweed”. Within our lakes – mostly below the surface – exists a diverse and beautiful underwater forest. Native aquatic plants benefit our lakes by taking up nutrients, and stabilizing shorelines and bottom sediments. They provide habitat for fish, frogs, turtles, and insects, and feeding areas for many waterfowl. Healthy native plant communities can also make areas of a lake less susceptible to invasion by non-native plants. Join Dr. Latimore for this free webinar to learn more about your underwater forests!

**Wednesday, May 5th at 2pm EST**

**Registration: [watersheds.ca/freshwater-stewardship](https://watersheds.ca/freshwater-stewardship)**

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