

**Park, business, and backyard gardens benefit our community by:**

COLOUR ME IN!



getting people outdoors and active, reducing stress and increasing a sense of wellness

reducing pollution by sequestering carbon and reducing the shipping of food over long distances

reducing urban heat island effect

providing fresh, safe and affordable herbs, fruits and vegetables; reducing food insecurity, easing access to affordable food



improving the look of our neighbourhood

providing social opportunities that build a sense of community and belonging



opportunities to share knowledge of gardening, our food system, and native plants. Also, the importance of *habitat* gardens and corridors to bring the bees and butterflies back to our community!

Illustrated by Kayla Jackson [www.kaylajackson.ca](http://www.kaylajackson.ca)

Depending on the time of year, you may be able to see some of these native plants In the Butterflyway Garden.

**check off the plants you can identify:**

✓

- SPIKED BLAZING STAR
- JOE-PYE WEED
- NODDING ONION
- NEW ENGLAND ASTER
- FALSE SOLOMON'S SEAL
- CARDINAL FLOWER
- WILD BURGAMOT
- FOXGLOVE BEARDTONGUE
- WILD COLUMBINE
- BUTTERFLY MILKWEED

Native Plant: existed here without human introduction

"Native Plants Matter. There is so much about the natural world yet to be discovered and understood, but one thing we do know is that native plants and native pollinators form systems of association"  
~Lorraine Johnson and Sheila Colla, *A Garden for the Rusty-Patched Bumblebee*