



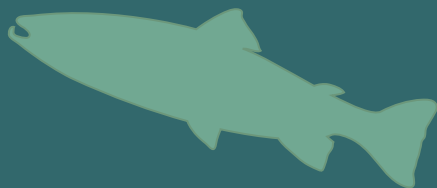
## What do forests have to do with fish? A lot.

Healthy fish (and people) require healthy streams.

- The healthiest streams, with the cleanest water, are ones surrounded by trees and brush that shade streams and keep the water cool, at the right temperature for aquatic life.
- Leaves that fall into streams make food for fish, insects, and invertebrates.
- Trees keep soil in place so it doesn't erode into streams and smother aquatic life.
- Trees and shrubs block, filter and absorb runoff carrying pollutants from lawns and pavement. .
- Every tree, anywhere, improves the environment, for people (and fish!)

## Why should you care?

- **You drink water.** Clean water starts in your back (or front) yard.
- **You breathe air.** Trees are the earth's lungs, cleaning the air and making oxygen.
- **You get hot in summer.** Trees beat the heat (and help fight climate change) by removing carbon dioxide from the air, breathing out cooling moisture, and shading the ground.
- **You pay bills.** Trees save energy (and cut utility bills) when their shade reduces air conditioner use in summer and their shelter reduces furnace use in winter.
- **You drive a car.** Parking in the shade reduces the amount of fuel you use to cool down your vehicle.
- **You eat.** Sometimes fish.



# Plant a Tree. Save a Fish.

Learn more about the value of trees at...

[www.ACTrees.org](http://www.ACTrees.org)  
[www.naturewithin.info](http://www.naturewithin.info)  
[www.treesaregood.com](http://www.treesaregood.com)  
[www.itreetools.org](http://www.itreetools.org)  
[www.treebenefits.com](http://www.treebenefits.com)

[www.cuyahogareleaf.org](http://www.cuyahogareleaf.org)  
 Cuyahoga ReLeaf® is a program of  
 Cuyahoga River Community Planning.  
 1299 Superior Ave. E, Cleveland, OH 44114  
 216.241-2414 - [info@crcpo.org](mailto:info@crcpo.org)

"ReLeaf® used by permission of American Forests.  
 Made possible through a grant from  
 OhioEPA/Ohio Environmental Education Fund.

**Healthy urban forests  
 mean healthy streams,  
 healthy fish, healthy  
 communities and  
 healthy people.**

THE BEST TIME  
TO PLANT A TREE  
WAS TWENTY  
YEARS AGO.

THE SECOND  
BEST TIME  
IS NOW.

## Preserve, Restore and Protect Your Watershed...One Tree at a Time.

### AS AN INDIVIDUAL

- **Plant a tree, or donate one,** in memory of a loved one, in celebration, or in commemoration of a life event.
- **Buy a live Christmas tree** and plant it when the holiday's over.
- **Plant fruit trees** in your garden and show your children where food comes from.
- **Plant** the land area along your backyard stream with trees, shrubs and native grasses to make a riparian buffer that will not only filter runoff, it will also reduce flooding.
- **Keep the trees healthy.**  
Don't pile mulch up around the trunk. It may look pretty but it will kill the tree. Keep mulch away from the trunk. Water young trees, generously and frequently.

### IN YOUR COMMUNITY

- **Encourage your local government** to fully fund its tree program and to help private property owners plant and maintain their own trees.
- **If your community is not a Tree City USA city,** or your college campus not a Tree Campus, make it one.
- **Organize Arbor Day celebrations each spring** and plant trees at your schools.
- **Use vacant lots to raise street trees** to replace tree-lawn trees.
- **Leave riparian setbacks unmowed** to show residents how to manage a vegetated buffer for stream health, save money on fuel and let service personnel spend time on other work.

### Learn more!

Here are some good resources:

Center for Watershed Protection:

[www.forestsforwatersheds.org](http://www.forestsforwatersheds.org)

American Forests: [www.americanforests.org](http://www.americanforests.org)

Ohio Dept. of Natural Resources (ODNR):

search "ODNR Forestry" at [ohio.gov](http://ohio.gov)

International Society of Arboriculture:

[www.treesaregood.org](http://www.treesaregood.org)

The Arbor Day Foundation: [www.arborday.org](http://www.arborday.org)



### Sewers are streams, too. Plant to prevent runoff into streets and catchbasins.

Sewers may not look like they're part of a stream, but they do empty out to streams, so what washes into the sewer eventually winds up in the stream, river, lake or ocean.

That means it's important to have healthy trees and forests *everywhere water flows*, even into storm sewers, including throughout parking lots and on tree lawns.

### Words to know

Riparian/Riverine: Relating to riverbanks.

Watershed: The area of land than drains into a stream, river or other body of water.

Aquatic: Relating to water.

Benthos: Plants and animals that live on on the bottom of rivers and other bodies of water.

