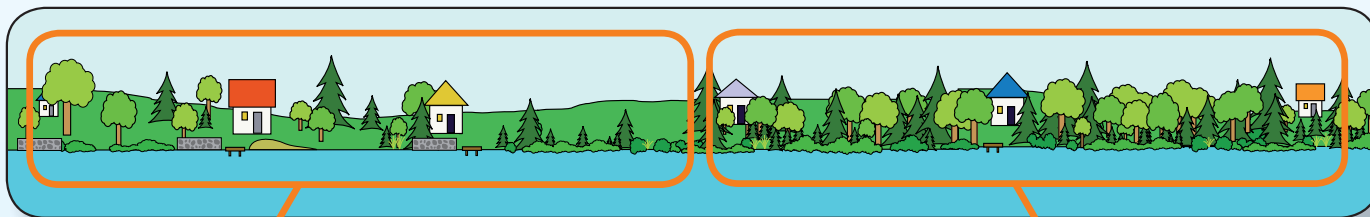


# Gardening a Health Insurance

One of the way to ensure healthy lake is to preserve the shoreline.



## Urban style landscaping

If your shore is deforested or has been artificially developed with lawns and stone walls, regeneration is essential. You can do this two ways.

1

- **Let nature take its course;** this is the easiest and most economical method.
- **Stop mowing the lawn near the shore** and let the shoreline regenerate (check your municipal regulations).
- **After only 2 or 3 years,** plants that are well adapted to shore conditions will grow up naturally. Be patient!

2

- **Plant indigenous species** that are well adapted to our climate and to a lakeside environment in **mid-June or late August**, preferably in the early morning or evening.
- **Don't use fertilizer or compost.** Fertilizers are bad for a lake's health and contribute to the proliferation of algae and aquatic plants (eutrophication).



Select plants that are best suited to your shore. They should be fast-growing, with a hardiness between 2 and 5 and have a root system capable of stabilizing the soil. Choose flowering and fruit-bearing plants. Not only will they brighten up your shore, but they will also attract insects and birds.

To the right, examples of plants well adapted to different environments are shown. However, other species can also be suitable for your property and your taste (colour, flowers, size...).

## Nature friendly landscaping

If your shore is in its natural state, congratulations! Keep it up. Your experience could be useful to your neighbours and lake associations. Get involved!



A visual guide can be useful as you work. Download this poster at [www.crelaurentides.org](http://www.crelaurentides.org)



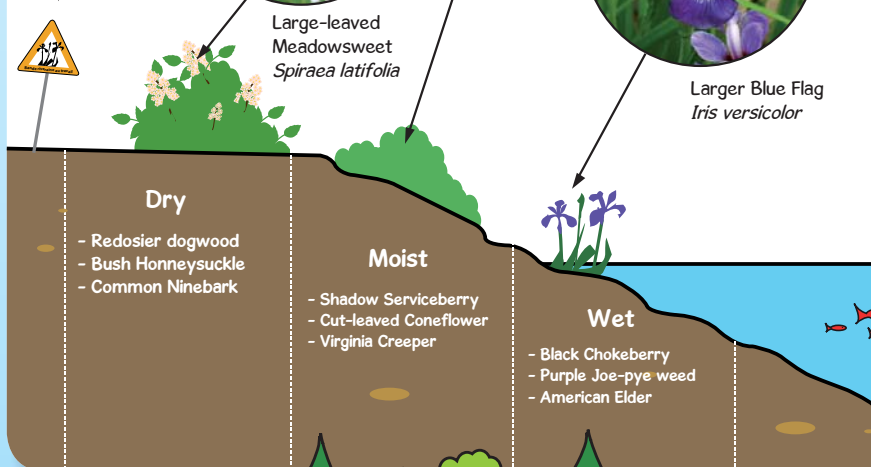
Sweet Gale  
*Myrica gale*



Large-leaved Meadowsweet  
*Spiraea latifolia*



Larger Blue Flag  
*Iris versicolor*



To learn more: [www.troussedeslacs.org](http://www.troussedeslacs.org)