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Did you know monarch butterflies will travel almost **3,000 miles** from the northeastern US to southwestern Mexico to reach their overwintering grounds?

[Here](#) is a map that tracks their migration. These are amazing creatures, that are almost ubiquitous to gardens around NJ, but their populations have declined drastically in the past few decades

What plants should you provide to help these butterflies ?

- Milkweed - this is where they lay eggs and where the larvae eat before making chrysalises and becoming the beautiful creatures we see flying around
- Native plants- to provide good sources of energy and nutrients for their long flight

by upwards of **90%**. This is caused by the effects of climate change, pesticides, and widespread habitat loss.

So what can you do to help these butterflies escape extinction?

Widespread habitat loss means lack of access to good quality food to fuel larvae, breeding, and their epic migrations.

You can find a list of native plants to attract pollinators [here](#).



Fall 2021

Official Quarterly Newsletter
of the NJ River-Friendly Programs

Learn more at: www.njriverfriendly.org

Or contact us at: njriverfriendly@gmail.com

Congratulations New River-Friendly Organizations!



Johnson & Johnson Supply Chain of Bridgewater is committed to making their facilities more sustainable and employees more knowledgeable about the environment. The site has been LEED GOLD certified since 2020 as well as installed multiple bee hives, bird houses, and bat boxes to support local wildlife. Employees actively learn about environmental topics



Congratulation to **Timberlane Middle School**, a public school which serves students 6th through 8th grade! Timberlane teachers and students did a fantastic job of adapting lessons and activities to overcome COVID restrictions. Although students couldn't be together in classrooms, they worked in groups to learn about things like water quality or conservation and how it affects their community. We look forward to

through the office-wide online chats plus have participated in beach clean ups and tree plantings. In July 2021, J&J Supply Chain was recognized as a River-Friendly Business. Congratulations!

seeing what is in-store for Timberlane's continued dedication to environmental education and actions as they get back into the classrooms!

River-Friendly Summer/Fall Yard Care Tip



Try to water plants or lawn between **5am and 9am**. This reduces the amount of water lost to evaporation. Plus, it allows plants to dry quickly and reduces risk of water-borne fungal infections.

As Fall approaches, you should slow down or completely stop watering your lawn as the grass should be hydrated enough to stay green until first frost. When tree leaves begin falling, instead of raking and tossing, mow directly over leaves to break them up to become free fertilizer for your lawn!

Upcoming River-Friendly Events!



September 19, 2021

11am - 3pm, South Riverwalk Park

Join us for **free** 3rd Annual Trenton River Days which celebrates the history, culture, and recreational benefits of the Delaware River!

The event will feature canoe and boat rides, free food, live performances, hayrides, fly fishing demonstrations, crafts, and other fun! This will be an in-person event with educational games and exhibits for hands-on fun.

Trenton River Days is a partnership of The Watershed Institute, Mercer County Park Commission, Tulpehaking Nature Center, Friends for the Abbott Marshlands, The Alliance for Watershed Education of the Delaware River, Mercer County, and the City of Trenton.

[Click to learn more](#)

What to expect in upcoming newsletters:

- Highlights for new River Friendly facilities
- Upcoming events
- River Friendly tips

Is there a topic you would like us to feature in a future newsletter?

Email us at : njriverfriendly@gmail.com

