



Help for Local Birds & Other Wild Creatures

■ *By Lisey Good, Wild Cohasset Founder*



Local environmental group Wild Cohasset is a non-profit dedicated to preserving the South Shore's native plants. But its real aim? To support butterflies, songbirds, hummingbirds, turtles, owls, frogs and more.

Founded in 2017 by Marshfield resident Lisey Good, the group's aim is simple: to help plants that local wildlife need to survive.

Many don't realize that planting just "any old" flower or tree often isn't enough to support songbirds or other wild creatures. According to biologists, the plants most critical to wildlife are native plants, the ones that were growing in the region before European settlers arrived. Because native plants evolved over millennia alongside wildlife, they alone are perfectly suited to support it. One example: our state bird, the Black-capped Chickadee, needs a 70% native plant diet in order to be healthy enough to breed. Yet most of our yards and gardens feature only 20% (or fewer) native plants, and mainstream garden centers only offer a tiny sampling of true native plants.

Wild Cohasset supports regional native plants in three ways. First: relying largely on volunteer labor, they remove non-native invasive plants that threaten critical wildflowers and conservation land on the South Shore. Second, they re-introduce native plants that birds, butterflies and pollinators need to survive, sowing seeds or installing native plant gardens. Finally, they educate: lecturing about the intersection between plants and wildlife at garden clubs all over the state or even making free house calls to homeowners.

For more information, please visit our website: **WildCohasset.org**