Elements of Successful Watershed Projects

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Elements of Successful Watershed Projects

- Objective: achieve greater benefits/results of watershed projects.
- Share lessons learned, examples and insights.
- Questions?
- How could this presentation support your projects?
- Russ@EcoGro.net



"Do unto those downstream as you would have those upstream do unto you."

Wendell Berry







Cost = \$ amount to produce goods or provide a service

- **Price** = \$ paid for goods or service
- **Benefit** = what a consumer can gain from goods or service.
- Value = perceived worth

Value is **subjective and relative** based on how a product is utilized and the context.

- The goal of **"Value Added"** approach is to increase the margin between production Cost and Value/Benefit
- Provide a result or outcome that is greater than the price paid.





Optimized Value

Arbor Day Foundation

9 1 P

FOR BEES AND OTHER POLLINATORS

Trees for Bees and Other Pollinators

Bees and other pollinators rank at the top of the list of important insects, moving pollen from flower to flower to ensure pollination and the resulting production of many of our most important fruits and vegetables. Our supermarket shelves and dining room tables would look dramatically different if not for pollinators —



especially bees. But in many areas, parasites, a lack of forage, and other factors are threatening bee health and survival. Trees' flowers are a critical source of forage for bees, providing nutrient-rich pollen and nectar that bees use for food and to make honey.







Stream bank stabilization





 Basic needs: stabilize eroding bank, protect exposed infrastructure

Additional benefits of nature-based approach:

- shade keeps water cooler
- increase dissolved oxygen
- safety of park users
- aesthetic / attractive
- stakeholder preference for "green" options

When applied to "green infrastructure", the value-added approach can be used to address **social**, economic and environmental factors:

- cost/benefit comparisons of management scenarios,
- operations and life-cycle costs,
- stormwater treatment and environmental outcomes,
- user experiences and perceptions,
- cultural or social significance,

The Impact of Green Stormwater Infrastructure Installation on Surrounding Health and Safety

Michelle C. Kondo, PhD, Sarah C. Low, MS, Jason Henning, PhD, and Charles C. Branas, PhD American Journal of Public Health | March 2015, Vol 105, No. 3

UNIVERSITY OF KENTUCKY RESEARCH OPPORTUNITY



HEALTHY TREES HEALTHY PEOPLE

The Healthy Trees - Healthy People project is designed to enhance engagement with local parks and improve human health, while training participants in tree identification, health assessments, and pest detection. Study participants will be given specially developed maps of local parks and asked to walk on a regular basis for 8 weeks. Measurements of weight, blood pressure, physical activity, stress, and tree knowledge will take place before and after the program.



FOR MORE INFORMATION: healthytreeshealthypeople@uky.edu 859-257-3054

DO YOU HAVE AN Interest in:

- Trees
- ✓ Tree Health
- Physical Activity
- ✓ Healthy Eating
- Local Parks
- Become a citizen scientist while learning about trees, tree health, and your health!



Campus Tree Walks

What Is A Tree Walk?

The genesis of the Campus Tree Walk project stems from a cross-disciplinary interest in **preventative medicine**. These walks exist to facilitate both **stress reduction** and **mindfulness**. Literature in ecology and healthcare suggest that being in nature stimulates stronger **holistic health**. If this is the case, then there is a moral responsibility to promote this information, particularly to highly stressed populations, i.e. university students and hospital patients. Walks and other resources are available below.

Choose Your Walk



There is a strong relationship between human health and the natural environment. Studies have shown that being with trees can improve not only mental health, but physical health as well. Several institutions have already capitalized on these principles, such as by constructing "healing gardens" in hospitals, where recovery rates are heightened and nursing-staff turnover rates are reduced.

If you would like to learn more about the connection between health and nature, please refer to the articles provided.

Nature Therapy and Preventative Medicine

"Shinrin-Yoku," or Japanese forest bathing

The Influence of Urban Green Environments on Stress Relief Measures

Healing gardens in healthcare

Cascading Benefits

Designing Green Stormwater Infrastructure for Human Wellness



2018 PARKLANDS EXPLORER Pathways to Wellness

Enbark on a pathway to wellness for body and mind! The 2018 Parklands Explorer. Pathways to Wellness program, presented by Trilogy Health Services and The Bufford Family Foundation, invites community members of all ages and abilities to join Parklands Interpretive Rangers each month to traverse a new hiking trail and delve into a related educational topic, Parklands Explorer hikes are FREE and open to all at 10 a.m. on the second Saturday of each month. From April through September, arrive at 9 a.m. for bonus wellness activities, such as Yoga, Tai Chi and meditation.

DATE	WELLNESS ACTIVITY (9:00 AM)	EXPLORE (10:00 AM)
JAN 13 FEB 10 MAR 10		Forest Management, Coppiced Woods Trail Geology, Li nestone Gorge Trail Reading the Landscape, Big Beech Trail
APR 14 MAY 12 JUNE 9 JULY 34 AUG 11 SEPT 8	Heart Healthy Walking by American Heart Association Yoga by YMCA at Norton Commons Yoga by YMCA at Norton Commons Functional Body Movement by 502 Fit Pass Tai Chi by Grandmaster Mingye Ding Intro to Mindfulness Meditation by Earth & Spirit Center	Biodiversity: The Heart of The Parkfards, Riparian Ramble Trail What's Eating the Ash Treev?, Hickory Trail Forest Succession, Paw Paw Trail The Importance of Wellands, Elack Willow Trail How Water Shapes Land, Paw Paw Trail Botany: Why Plants Make the Place, Riparian Ramble Trail
OCT 13 NOV 10 DEC 8	Van Reiner	Birds & Their Ecological Functions, Valley of the Gants Trail Parklands History, Seaton Valley Trail Sinkholes, Highland Crossing

SEE BACK FOR DETAILS ON WELLNESS ACTIVITIES. REGISTER AT THEPARKLANDS.ORG/EVENTS. Presented by: Special thanks to our American

wellness partners:

Heart Walk

Grandmaster Mingye Ding

Heart Association.

Presented by:

THE PARK LA

Important Ways a Tree Helps with Stormwater Management



National Tree Benefit Calculator

www.TreeBenefits.com

Beta



Click on one of the tabs above for more detail

inches, it will provide \$105 in annual benefits.

Bur oak Quercus macrocarpa



Plants and landscaping tend to increase property values.
Trees tend to increase in benefits and value over time.



Woodfield Pond (2006)





Woodfield Pond (2018)





Value is perceived worth

Include considerations for a potential partner's history, experiences and expectations. Understand what motivates your clients. Work with key decision makers with agency/capacity to sustain your project. How will your client see a positive return on investment? Provide situations that are worth more than the costs of doing nothing.

Lexington Green (2008 & 2013)

Lexington Green (2008 & 2013)

Lexington Green (2008 & 2018)

Values Added (realized benefits)

 increased safety, reduce sediment & dredging in pond, Lexington In Bloom Award, reduce goose poop (bacteria and nutrients), reduce costs of AquaShade, increase retail and recreation destination, LFUCG Environmental Commission Award.

Millcreek Elementary (2009)

Millcreek Elementary (2009)

Mill Creek http://www.millcreek.fcps.net Wetland and Stream Restoration Project

It's kids. about kids. Fayette County Public Schools

Location: Millcreek 1212 Reva Funded by: KDFWR W

Millcreek Elementary School 1212 Reva Ridge Way, Lexington, KY 40517 KDFWR Wetland and Stream Mitigation Program 5-Star Restoration Challenge Grant Mill Creek is currently under construction. We are creating habitat for fish, bugs, and streamside plants. Please stay out of the construction zone until the project is completed. We look forward to showing the project later this fall. Thank you for your patience.

Project Partners:

VISION

ONRCS

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Millcreek Elem. (2009 - 2015)

Issue 24 Spring/Summer 2011

Kentucky Institute for the Environme

The Kentucky Wetland and Stream Mitigation Program recently completed construction on Mill Creek, a small perennial stream in Lexington. The project is located at Milkreek Elementary School and will serve as an outdoor classroom for grades K-4. Mill Creek was es-

sentially a large ditch prior to construction. The flood stresses in the original channel were so great, that during flood events, fish, amphibian and bugs had trouble persisting there and the banks were badly eroding.

In order to relieve flood stresses, provide temperature stabilization, nitrogen treatment and instream habitat for fish and bugs, the stream valley was reshaped and a new channel constructed. Like many natural channels, Mill Creek now has what is called a hyporheic

zone in which some water flows through substrates beneath a channel.

These areas help to stabilize stream temperatures, provide refugia for small project completed

Students from Millcreek Elementary and staff from Transvivania University learn about stream ecology by sampling aquatic invertebrates already present in the recently restored stream channel

fishes and invertebrates and can help treat excessive nitrogen loads in the watershed. Like all construction projects, the site is a little muddy at first, but once the site has a chance to green up this spring with See "Creek," page 2

planted vegetation Mill Creek will look like a healthy stream. The school is very excited about

Millcreek Elementary (2011)

Values Added (realized benefits)

 Stream Days for hands-on environmental education, increased safety, increased stream wildlife habitat, reduced mowing, U of L monitoring and academic research on design approach

Clays Mill Elementary (2013)

Clays Mill Elementary (2013-18)

Clays Mill Elementary (2013-19)

Values Added (realized benefits)

 increased safety, hands-on environmental education, increased stream wildlife, reduced mowing, LFUCG stormwater incentive grant funding, enjoyment by park users / neighbors, featured in Southsider article.

Clays Mill Elementary (2018)

Values Added (realized benefits)

 Stream stewardship training site for BCTC students, UK staff and Friends of Wolf Run volunteers.

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Three zones – each managed differently for ecosystem functions and site context

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Rural Cropland	Zone 3 Grass	Zone 2 Managed Forest	Zone 1 Undisturbed Forest	Streambed	Zone 1 Undisturbed Forest	Zone 2 Managed Forest	Zone 3 Grass	Urban/Suburban Developed
Farmers employ agricultural Best Management Practices	Grass helps to evenly spread surface waterflow and absorb nutrients	Trees can be harvested. Organic soils remove nitrogen	Tree roots help stabilize streambank	Woody debris slows velocity of water and improves aquatic habitat	Trees shade stream and keep water cool	Soil particles trap phosphorus, and trees use excess nutrients for growth	Porous grass- covered land increases infiltration and water storage. Controls concentrated runoff	People practice conservation measures

A diagram of the three zones from *"Chesapeake Bay Riparian Handbook: A Guide for Establishing and Maintaining Riparian Forest Buffers".*

Understanding the Buffer Zone: Function and Management

Comprised of two or three zones, these zones become areas where specific plants and management are combined to create a forested riparian buffer that is highly effective at improving and maintaining water quality and aquatic habitat.

ZONE (Location, species choice)	FUNCTION	MANAGEMENT • Unmanaged zone, trees allowed to mature & fall into stream contribut- ing important large woody debris • Large woody debris not allowed in streams with tile drainage or other specific drainage functions. • Along above streams selective har- vest, with replacement from planting or coppice resprouting • Logging equipment excluded • Grazing is excluded • Active management encouraged • Marketable products encouraged from trees and shrubs were feasible • Harvest should stimulate new growth • Avoid soil compacting activities • Grazing excluded • Wildlife activi- ties such as bird watching or lease hunting	
Zone 1 (Beginning near the edge of the stream) (fast growing trees/shrub species)	 Shade the stream and moderate water temperature Provide bank stabilization Enhance aquatic habitat with organic matter Final filter of material moving through the buffer Reduce velocity of over-the-bank flood waters 		
Zone 2 (Beginning at the edge of Zone 1) (fast and slower growing trees and shrub species)	Provide maximum infiltration Uptake of Non-Point Source (NPS) nutri- ents and chemicals Storage of NPS pollutants Breakdown NPS pollutants Provide forest-grown products Enhanced wildlife habitat Reduce velocity of over-the-bank flood waters Trap debris moving in flood waters to keep it out of crop fields		
Zone 3 (Beginning at the edge of Zone 2) (grass and forb species)	 Slow surface runoff converting concentrated flow to sheet flow Slowed runoff drops most sediment/debris at outside edge of zone Remaining sediment is filtered from sheet flow High infiltration of water delivering NPS nutrients & chemicals to soil filter Uptake of nutrients and chemicals 	Maintain vigorous vegetative growth Remove biomass – mow and bail so as not to smother remaining plants. Remove biomass – flash grazing possible with fencing of woody zones Remove biomass – burn on 3-5 yea cycle Work accumulated sediments away from the buffer edge, back into the field	

On non-recreational or non-incised streams, Zones 1 and 2 are often combined, and management becomes more closely aligned to that of Zone 2 alone. In each of the zones it is important to recognize the role that buffer health plays in maintaining function. Healthy and actively growing vegetation provides the best capture and utilization of problem NPS nutrients and chemicals prior to their entering waterways. Training Manual for Applied Agroforestry Practices 2013 Edition

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Community Food Forest

- American chestnut
- hazelnut
- wild plum
- serviceberry
- persimmon
- pecan & hickory
- paw paw
- walnut
- mulberry

- Give it "Curb Appeal"
- Invest in most visible or accessed areas

 Single pass mower width along fence.

UK / FEMA Alumni Drive (2016)

- UK, Bell Engineering, Bluegrass Contracting
- 2 stormwater basins and stream channel

UK Alumni Drive (2016)

 increased monarch butterflies and pollinators, UK Entomology and Biosystems & Ag. Eng. research

UK Alumni Drive (2015)

UK Alumni Drive (2016)

UK Alumni Drive (2017)

UK Alumni Drive (2018)

UK Alumni Drive (2019)

UK Alumni Drive (2020)

UK, Alumni Drive (2015 & 2020)

Values Added (realized benefits)

 increased safety, reduce flooding, increase stream base flow, incorporated with educational programs and academic research, reduce mowing, increase wildlife, beautification of campus

UK Alumni Drive #2 (2019)

"How can you call this restoration? It looks like a tornado just tore it up."

What is "ecological succession"?

understory

shrubs, pines

© Nicolle R. Fuller

and hickory trees

It's easier to work with the flow of succession than fight it.

understory

shrubs, pines

© Nicolle R. Fuller

and hickory trees

Enter a word or phrase ...

	maintenance <>					
Related Terms	Definitions (4) See Examples Cite Term Add to Flashcards	s				
building codes	1. Activities <u>required</u> or undertaken to conserve as nearly, and as long, as possible the <u>original condition</u> of an <u>asset</u> or <u>resource</u> while compensating for normal <u>wear and tear</u> .					
application pro						
grant	 Accounting: A periodic cost incurred in activities that preserve an asset's operational status without extending its life. Maintenance is an expense that, unlike capital improvement (which extends an asset's life), is not capitalized. Engineering: Actions necessary for retaining or restoring a piece of 					
web hosting						
fixed asset man	equipment, machine, or system to the specified operable condition to achieve its maximum useful life.					

Maintain original condition

- Address wear and tear, or reduce loss
- A cost or expense to keep in service (no ROI)

- Growth and development
- Build capacity, abilities or increase benefits
- An investment, profitable (positive ROI)

When is a project "finished"?

© Nicolle R. Fuller

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UK Alumni Drive Stormwater Project (2019)

Service (FOR-112)

UK Alumni Drive #2 (2020)

Food Forest

- American chestnut
- hazelnut
- wild plum
- serviceberry
- persimmon
- pecan & hickory
- paw paw
- elderberry
- sunchokes

What phase is the project in now?

Field: Year 1 Crabgrass Crabgrass, horseweed

Years 3-25 Broomsedges, heath aster

Ragweed,

Pine forest, perennial flowers. hardwood shrubs, pines understory

Years 100-200 Remnant pines with young oak and hickory trees

Years 200+ Oak-hickory climax forest

WINCONE R. FUNE

"The care of the Earth is our most ancient and most worthy, and after all our most pleasing responsibility. To cherish what remains of it and to foster its renewal is our only hope." -Wendell Berry

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