C ongratulations on deciding to participate in the Neighborhood Environmental Stewardship Team (NEST) program and helping to improve a water body near you!

WELCOME!

NEST’s focus is to provide watershed education and get neighbors involved in activities that improve their communities and their watershed.

Let this resource guide help your group take an active part in improving water quality, restoring wildlife habitat and preserving our water environment.
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What is a Watershed?

Every home or business in Sarasota County is located within a watershed. A watershed is nothing more than an area of land where all the rain and surface water runoff within that area flows into a particular body of water. A bayshed is a smaller sub-basin associated with a creek, slough, bayou or stream within the larger watershed. In Sarasota County we have five major watersheds and 27 baysheds. Check out the watershed map (Map 1) and bayshed map (Map 2) on the following pages and see which one you’re in.

The problem is when it rains, the nutrients and pollutants contained in the stormwater run off from the yards, streets and parking areas associated with our homes and businesses eventually make their way into a pond, lake, stream or bay in that watershed. To properly maintain and improve the health of our water bodies, we must recognize that what we do on the land has a direct impact on the water around us. If we degrade the quality of our water environment, we also degrade our own quality of life.

Take a look at the activities contained in this resource guide and decide which activities you, your friends and neighbors would like to get involved in to enhance and protect your favorite water body and improve your neighborhood environment. All of these activities are important and they are arranged so you can begin right at your yard and street and continue down to the water’s edge and beyond.

You may have another project to suggest. If you do, let’s talk.
NEST RESOURCE GUIDE

Sarasota County Baysheds (Map 2)

1. Whitaker Bayou
2. Business District
3. Hudson Bayou
4. Phillippi Creek
5. Matheny Creek
6. Elligraw Bayou
7. Holiday Bayou
8. Clower Creek
9. Catfish Creek
10. North Creek
11. South Creek
12. Shakett Creek
13. Curry Creek
14. Hatchett Creek
15. Alligator Creek
16. Woodmere
17. Forked Creek
18. Gottfried Creek
19. Ainger Creek
20. Cow Pen Slough
21. Myakka River
22. Deer Prairie Slough
23. Big Slough
24. Little Salt Creek
25. Braden River
26. Coastal
27. Fox

Legend:
- Sarasota Bay
- Little Sarasota Bay
- Roberts Bay
- Lemon Bay
- Myakka River
- Future Study Area
Watershed-friendly Neighborhood 
SCORECARD

How we treat the land and what we do on our property has a direct impact on the environmental health of our neighborhoods, watersheds, ponds, streams and bays. How environmentally friendly is your community? To find out, complete this quick 15-question survey.

Community Name ___________________________________________ Date _____________

**My community practices good watershed management by:**

1. Selecting plants that are appropriate for the site conditions and using native plants when possible.
   - [ ] YES  [ ] NO

2. Adjusting the irrigation system seasonally, using a rain shutoff device, utilizing reuse water, if available, and never applying more water than is needed.
   - [ ] YES  [ ] NO

3. Using a slow-release fertilizer when needed in the minimum recommended amount and avoiding the use of “weed and feed” products that may injure some trees and shrubs.
   - [ ] YES  [ ] NO

4. Spot-treating plant problems (rather than performing routine applications) and using the least toxic treatment available (beneficial insects, biological controls, horticultural soaps and oils).
   - [ ] YES  [ ] NO

5. Using renewable mulch sources (eucalyptus, pine bark, melaleuca or free recycled Sarasota County mulch) to add nutrients, minimize evaporation, reduce weeds and improve soil.
   - [ ] YES  [ ] NO

6. Recycling grass clippings and yard trimmings to increase soil fertility and reduce waste leaving the site.
   - [ ] YES  [ ] NO

7. Using plants that provide food and shelter for wildlife and creating natural plant corridors that connect bordering green space and community areas.
   - [ ] YES  [ ] NO

8. Designating a nonfertilized “maintenance-free zone” between the lawn and stormwater runoff areas and conveyances (ditches, swales, stormwater ponds, creeks and bays).
   - [ ] YES  [ ] NO

9. Participating in a storm drain marking program to raise community awareness of stormwater quality issues. Don’t blow leaves or yard waste down the storm drain.
   - [ ] YES  [ ] NO

10. Properly disposing of pet waste and other contaminants (automotive fluids, paints, solvents, etc.) to prevent them from entering our water bodies.
    - [ ] YES  [ ] NO

11. Organizing community cleanup activities to collect and properly dispose of trash and litter to prevent it from entering our water bodies.
    - [ ] YES  [ ] NO

12. Participating in invasive (nonnative) plant removal programs or native plant installation programs on community and publicly owned properties.
    - [ ] YES  [ ] NO

13. Participating in native wildlife and plant (land and water-based) surveys to provide long-term monitoring information on environmental resources.
    - [ ] YES  [ ] NO

14. Participating in water body renovation projects to restore shoreline vegetation, minimize erosion and improve water quality and wildlife habitat.
    - [ ] YES  [ ] NO

    - [ ] YES  [ ] NO

**SCORE**

13 to 15 YES answers indicate - Your community is doing an **excellent** job of watershed management
10 to 12 YES answers indicate - Your community is doing a **good** job of watershed management
6 to 9 YES answers indicate - Your community is doing an **average** job of watershed management
0 to 5 YES answers indicate - Your community **can do a much better** job of watershed management

For information on how to improve your neighborhood’s scorecard, contact the Sarasota County Call Center at 861-5000 and ask for the UF/IFAS Florida Yards & Neighborhoods Program or the county’s Neighborhood Environmental Stewardship Team (NEST) program.
**Algae** – primitive one-celled or multicellular chiefly aquatic plants that lack true stems, leaves and roots but usually contain chlorophyll. They include diatoms, kelp and seaweeds. Certain types of algae, like the red tide organism (Karenia brevis) have been linked to fish kills and respiratory problems in humans.

**Aquifer** – an underground geologic formation or layer of earth, gravel or porous rock that yields or stores significant quantities of water.

**Cistern** – a water storage structure designed to catch and hold rainwater from the roof of a building for use as a future water source. This water-collection device can help reduce the amount of water needed to irrigate lawns and landscaping and help optimize water supplies for potable use.

**Estuary** – a semi-enclosed body of water that is connected to the open sea and where fresh water from land and salt water from the sea meet and mix.

**Florida-friendly landscaping** – a landscaping plan that emphasizes the use of the right plant in the right place to minimize irrigation, fertilization and stormwater runoff while promoting wildlife habitat.

**Harmful algal blooms (HABs)** – the excessive proliferation of toxic or nuisance algae in a body of water producing a negative or harmful effect on shellfish, fish, mammals and other aquatic organisms. HABs are often associated with excess nutrients such as nitrogen and phosphorus or sediment entering the water body.

**Littoral zone** – the strip of land along the shoreline in a fresh water body that allows for the growth of rooted aquatic plants between the high and low water level.

**Nutrient** – a substance that acts as a source of nourishment, a food source.

**Stormwater runoff** – surface water from a rainfall event that does not soak into the ground or evaporate.

**Turbidity** – having sediment or foreign particles stirred up or suspended; muddy, turbid water.

**Water cycle** – the paths water takes through its various states (vapor, liquid or solid) as it moves throughout earth’s oceans, atmosphere, ground water and rivers.

**Watershed** – the land area from which surface water runoff drains into a stream, lake, reservoir, bay or other body of water.
Sarasota County’s Storm Drain Marking Program is actively seeking volunteers to help mark drains throughout the county. The program’s goal is to raise community awareness about the pollutants that find their way into the county’s stormwater system and eventually into our ponds, lakes and bays.

Sarasota County’s public stormwater system is made up of a series of interconnected roadway curbs, storm drains, pipes, ditches and streams designed to collect stormwater and direct it away from roadways and homes to control flooding during heavy rains. However, that same system can route untreated stormwater directly into our waterways as well.

Most stormwater does not soak into the ground to replenish our surficial aquifer. Instead it ends up as runoff from our impervious roads and sidewalks, picking up and carrying whatever substances it encounters as it flows over the land’s surface. People often contribute unknowingly to this stormwater pollution when they improperly dispose of substances such as trash, automobile fluids and yard and animal waste on the ground or into a storm drain.

In addition to drain marking, residents can help keep stormwater safe by reporting unusual water flows in the street in the absence of rain, discolored water, water with an oily sheen or odor and anyone seen improperly disposing pollutants to the ground or any part of the stormwater system.

To remind residents of the importance of clean stormwater, Sarasota County has begun placing drain markers at the entrance of storm drains in several communities. In one of the most notable of these efforts, neighborhood volunteers marked approximately 450 drains around the Hudson Bayou basin.

Each marker bears the phrase, “No dumping!” in both English and Spanish and is permanently affixed to the curb at the storm drain location.

For more information on storm drain marking, to volunteer or report pollution, contact the Sarasota County Call Center at 941-861-5000 and ask for the Storm Drain Marking Program.
One of the most visible sources of pollution reaching our ponds, bays and eventually the Gulf of Mexico is man-made floatable and non-floatable debris that we unthinkingly throw on the ground or into our waterways, even though there may be a trash or recycling receptacle nearby. Today’s waste products, because of their chemical composition, often last for many years in the natural environment. Consider their cumulative impact over a long period of time.

Even one of the smallest litter sources, the cigarette butt, can have a significant impact to our water environment. Anyone who has ever been involved in a beach cleanup will tell you that this item is often the largest source of litter collected. However, most cigarette butts, like other litter collected, may not have originated on the beach. They are often discarded on a road or sidewalk where they wash into a storm drain and eventually float into the bays and Gulf of Mexico. Not only are they an unsightly form of litter, but when they enter the water environment, they can be mistaken as a food source by fish and sea turtles, which can lead to their injury or death.

For more information on organizing routine trash cleanup activities in your community or on your school campus, contact the Sarasota County Call Center at 941-861-5000 and ask for Keep Sarasota County Beautiful.

Properly dispose of trash and waste and recycling materials. Also, if each person in the county took the time to pick up one piece of litter each day for one year, we would remove almost 134 million pieces of trash off our land and out of our waters.

Source: 2005 U.S. Census Bureau, based on Sarasota County population of 367,867
Keep Sarasota County Beautiful
Mission and Programs  FY2006-07

Keep Sarasota County Beautiful
Mission Statement
To educate the public and promote interest and participation in the overall improvement and beautification of the environment throughout the county. Keep Sarasota County Beautiful is a countywide program.

Community Cleanups
The cleanups are a major public education effort to raise awareness about how careless behavior threatens Florida’s environment and the economy.

• Great American Cleanup – Keep Sarasota County Beautiful (KSCB) participates in the Great American Cleanup annually. The cleanup is a major public education effort to raise awareness about how careless behavior threatens Florida’s environment and the economy. KSCB expanded this program to target cigarette butts as a major focus each year during the cleanup. Locally the program is called Keep Sarasota County Beautiful, Control the Butts Sarasota. The name has served as a hook, increasing awareness and gaining more volunteers.

• Coastal Cleanup – An Annual International Coastal Cleanup is the world’s largest one-day volunteer effort focused on the marine environment. Volunteers from Sarasota County participated in the cleanup, collecting over 50,000 pounds of marine debris. Volunteers also found entangled animals, a reminder of the dangers that marine debris poses in the coastal environment.

Trash Dude – A talking trash can that has plenty to say to us about garbage. The Dude can speak six different phrases when trash is thrown through the opening in its giant eyes. He is the Dude with the “Can Do” attitude. The Dude is looking for businesses or organizations to sponsor him so he can be placed around town and encourage citizens to use him by disposing of litter properly.

Cigarette Litter Prevention Program – Cigarette butts are litter, too! That’s the message from KSCB. KSCB is encouraging smokers to be responsible when disposing of cigarette butts by offering smokers a portable, reusable pocket ashtray. Smokers have a choice of an automobile ashtray as well. KSCB has distributed more than 75,000 ashtrays since the program began.

Bag-it-in-Your-Car Day – Encourages motorists to use a litterbag for trash and promote awareness of littering from vehicles in an attempt to reduce litter on roadways.

Chapter Program – KSCB works in concert with four municipalities, the cities of Venice, Sarasota, North Port and Town of Longboat Key through combined efforts. KSCB effectively reaches the grassroots of Sarasota County to support conservation initiatives and heighten environmental education.

Awards Program – Keep Sarasota County Beautiful recognizes scores of dedicated volunteers at an annual awards celebration.
Individuals, businesses and civic groups have an opportunity to make the community cleaner by selecting and adopting a road, park, pond, campus, shore or spot to maintain. KSCB signs are erected along adopted roadways, which credit sponsors for their efforts.

**Adopt-A-Road:** Adopt a two-mile section of a roadway. These highly visible adoptions are better suited for adults and older teens for safety reasons. Signs are provided on each end of the segment to identify the adopting group.

**Adopt-A-Park:** Adopt a local area park. This is a great way for groups to make a highly visible impact on the community. Park adoptions are fantastic ways for youth groups to be an active part of keeping their community clean.

**Adopt-A-Spot:** Great opportunity for small groups or families to make a big difference. Spot adoptions can include bus stops, community green space areas and public buildings. Many areas qualify as “spots.” The KSCB office can help you find or designate a new area.

**Adopt-A-Pond:** The naturalist’s delight, pond adoptions are often full of wildlife sightings. Pond areas are generally smaller in scope but offer an important environmental impact. These adoptions are great for those avid about maintaining our wonderful natural resources.

**Adopt-A-Shore:** Shore adoptions are defined as any open waterway, river, tributary, creek and canal adoption that is not designated park area.

**Adopt-Your-Campus:** Public and private schools are encouraged to participate in this growing program. Educational information and speakers are available, as well as resources for indoor and outdoor beautification projects, recycling programs and much more.

These programs offer organizations an inexpensive project that gives members the satisfaction of making a contribution to their environment and community. We provide your supplies (bags, gloves, safety vest) and safety training. You provide the manpower. The Adopt signs will have your group name, reflecting the pride you take in your commitment and community.
What we do on the land has a direct impact on the health of our water resources. Also, the choices we make in landscaping and maintaining our individual properties play a major role in the amount of pollutants that can wash off our yards when it rains. The way we mow our grass, trim our trees and select our plants all have a significant impact on pollution control. Once the fertilizers, pesticides, animal waste, yard waste or sediment from erosion enter the stormwater system, they can often travel unimpeded into our waterways and bays. There they cause pollution problems in a variety of ways.

Following an environmentally friendly landscaping and yard maintenance plan is one of the most important things you can do to protect and preserve our water environment. You may be surprised to learn that, even if you do not live on the water, your landscape choices and maintenance activities still play a major role in the amount of nutrients and contaminants that enter our water bodies.

So what’s so bad about nutrients, pesticides, animal waste and other pollutants entering the waterways? Don’t they just get diluted by the rainfall and large volume of water in the ponds, lakes and bays they enter?

The answer is a resounding NO!

• If fertilizers or pesticides are over-applied or applied at the wrong time of year, they can wash off and cause contamination in our fish and shellfish or stimulate algae blooms in our bays.

• Animal waste that washes off our yards into ditches and water bodies carries bacteria that can cause infections and disease and also acts as a food source for algal blooms.

• Yard waste, leaf litter and grass clippings, when they enter a water body and decompose into sediment, can add a significant amount of nitrogen that acts as a food source for algae growth.

• Even soil that erodes from your yard can cause turbidity (cloudy water) in our waterways, clogging fish gills, covering clams and oysters, and providing additional food for algae growth that can fill in canals, creeks and bays.

In this section we provide ideas, tips and information on the benefits of proper landscaping, tree planting, cisterns, rain barrels, and offer other suggestions that can help you make your yard watershed-friendly and a haven for native wildlife and birds.
Section 4 – Pond, Lake and Bay Shoreline Restoration

There are more than 5,000 bodies of water in Sarasota County including ponds, lakes, streams and bays. Our goal is to help citizens like you take an active role in reassessing the appearance and functionality of these water bodies by planting or maintaining appropriate watershed-friendly vegetation and trees along the banks or in the water. This shoreline restoration will help to:

- Minimize bank erosion
- Improve water quality
- Provide wildlife, bird and fish habitat

Whether your stormwater flows into a freshwater pond, lake or stream or directly into a bay or the Gulf of Mexico, shoreline restoration is an easy way to add beauty to your yard and neighborhood at the same time you help improve the health of the water body your stormwater impacts. On the following pages you will learn ways you can start a restoration and maintenance program for your shoreline and find out what others are doing to make a difference in their communities.

If the runoff from your yard enters a stormwater pond, the graphic at left illustrates the typical flow pattern of stormwater from your property toward our bays and the Gulf of Mexico.

Graphic provided by Hillsborough County Adopt-A-Pond Program
The vast majority of the freshwater bodies in Sarasota County are older man-made stormwater ponds designed to reduce or eliminate flooding in our urban and suburban environment. As such, these ponds were typically constructed with sodded slopes down to the water’s edge with little or no vegetation along the pond banks or in the pond. Although useful for flood control, these ponds provide minimal water quality treatment or wildlife habitat.

Newer stormwater ponds are somewhat better as they are required to have a water quality component in the form of a shallow shelf or “littoral zone” within the pond, planted with aquatic vegetation at the discharge end of the pond. This vegetation helps remove nutrients and trap sediment to improve water quality leaving the pond. However, there is still significant room for improvement even in these updated designs.

Chances are that “lake” in your subdivision is really one of these man-made stormwater ponds. The good news is there are a number of things your community can do to bring a more “natural” look to your pond, reduce pollution levels and still maintain its flood control capability. Why settle for a pond like the one at left that is prone to erosion, difficult to mow and provides limited water quality treatment and habitat?

Instead, you may choose to have one like the one pictured here that minimizes bank erosion, helps remove nutrients and pollutants from the water and provides wildlife and fish habitat through the use of Florida native vegetation in and around the pond.
Six families band together with NEST to reduce lake erosion in their community.

This story was written by Ross Allard, an avid environmentalist who lives in the Waterford subdivision. (Waterford Watch, December 2006).

Lake erosion is a problem throughout Sarasota County, and the Waterford subdivision in Sarasota is no different. So six of my neighbors used their own funds to join a pilot project that would improve water quality in our stormwater pond, reduce erosion and increase the fish, native birds and wildlife that use the lake, which drains into Dona and Roberts bays.

The project started in May 2005 when the subdivision’s Lakes and Drains Committee gave us their blessing for reducing or eliminating fertilizer on the pond’s embankments. Then we planted a variety of native plants that were recommended by members of Sarasota County’s Neighborhood Environmental Stewardship Team (NEST). Here’s what we have achieved so far:

• Lake erosion has slowed dramatically.
• Our embankments are now green and no longer have that dried or burnt grass look.
• Water quality and clarity have improved, and the algae that appeared every time we fertilized has disappeared.

The wildlife likes it, too. Although the turtles have found the lilies delicious and are eating their way through most of them, the fish are jumping again. Bass have returned in larger numbers and are munching away on the over-population of tilapia. Wading birds have also returned to munch at the water’s edge. We believe this is just the start, and we’ll continue to monitor the project and consider it for other areas within Waterford.

Feel Like Nesting in Your Neighborhood?
Contact Rob Wright at 861-0929. Rob worked directly with Ross Allard and his neighbors. “Allard was the driving force behind the stormwater pond restoration project in his subdivision,” says Rob. “Neighborhood-initiated projects like this are the heart of the NEST concept. This community took an active role in restoring habitat and reducing fertilizer and nutrient runoff into their stormwater ponds, which ultimately will enhance the health of Roberts and Dona bays.” The NEST program is available to all Sarasota County residents and has a number of ways to help improve water quality and the environment.

Photo left: Before Waterford neighbors took action to reduce fertilizer use in their pond, the shore was dry and barren.

Photo right: Today, Waterford’s pond teems with fish, live plants and a home for wading birds and other wildlife.
These suggestions can help your community prevent the introduction or spread of invasive and non-native plants in the pond, restore wildlife habitat, improve water quality and promote the overall health of the pond.

**DO**

- Know your plants. Take an inventory of the plants in and around your pond to determine which ones to keep. Florida native plants provide a food source for wildlife, promote biodiversity and are well adapted to our Florida environment. If you are unsure of a plant’s identity, you may take a sample to the Sarasota County Extension (IFAS) office or native plant society for assistance.

- Control exotic and invasive plants in your landscape by either removing them entirely or by cutting or using a herbicide on them. Left unmanaged, they may spread and “take over” native plants you are trying to establish.

- Set up a pond maintenance program, make monthly inspections and organize a workday at least once every three months.

- Volunteer to assist in exotic plant removal and planting native plant projects.

- Provide a vegetative barrier or “no mow” zone around the pond perimeter to minimize erosion and filter runoff.

**DON’T**

- Disturb natural areas or clear existing native vegetation.

- Use invasive exotic species in your landscaping or for erosion control projects.

- Dump yard waste and grass clippings into stormwater drains, swales or into the pond. Decomposing vegetation can take oxygen out of the water and release nutrients that promote algal blooms and fish kills. A better practice is to mulch yard waste and let it decompose naturally back into the soil.

- Forget your goal is to minimize pollution in your pond, so use herbicides, fertilizers and other chemicals sparingly and only on targeted areas. With proper management you may be able to reduce or eliminate the need for chemicals significantly after the first year.

- Forget that in winter and spring, water levels are low and the temperature is moderate, so plan your workdays to plant natives or remove invasive plants accordingly.

Remember, a healthy pond has plant diversity and even a well-managed pond may still have some nuisance plants and the occasional algae bloom.
If you live along the bayfront, you are dealing with a tidally-influenced water body that constantly fluctuates in the degree of freshwater or saltwater influence in the environment on a daily basis. Overall the same “Dos and Don’ts” of pond restoration and maintenance apply to your property on the bay. However, your plant selection will be different based on the plants’ salt tolerance. Also, follow the tips contained in Section 3. Watershed-friendly Landscaping is of the utmost importance.

Remember your property may offer the last opportunity to filter the stormwater as it enters the bay. As such, you have a double responsibility in maintaining your property to:

- Provide landscaping that filters or takes up nutrients and contaminants from runoff flowing along or across your property.
- Use landscaping practices that do not add more nutrients or contaminants to the stormwater as it leaves your property.

If you have a natural or hardened (seawall or riprap) bayshore, we encourage you to consider the following ideas:

- Establish a “low-maintenance zone” (10 feet minimum recommended) of native coastal vegetation that does not need fertilizer or pesticide application along the shoreline.
- Minimize fertilizer use, application frequency and consider a slow-release formula.
- Use only non-toxic pest control.

Remember, everything that you do in your yard directly impacts the water around you.

Consider planting mangroves in front of your seawall, or just try to create a mangrove-friendly shoreline on your property. Mangroves are excellent at trapping sediment, utilizing nutrients, buffering wave action and providing habitat for juvenile fish and other marine life. If necessary, mangroves may also be managed to maintain navigation and scenic views.

Also, planting salt-tolerant native plants along the bank can help stabilize the shoreline. Hardy native coastal grasses are easy to care for and will allow mangroves to naturally establish themselves in the area.

The following documents include additional information on plant selections, improving water quality and maintaining your freshwater or saltwater shoreline.
Volunteer Opportunities

Sarasota County Water Resource Management is currently working with a small number of volunteers to do a seagrass-monitoring program in the bays and tidal areas in certain parts of Sarasota County. The information collected will be placed on the Sarasota County Water Atlas that can be found at www.sarasota.wateratlas.org. This atlas is a great source for information on any of the water bodies in Sarasota County.

As the NEST program grows and becomes established, there may be other opportunities for volunteers to get involved in additional water-related monitoring and restoration activities. If you are interested in becoming one of those volunteers, please contact Water Resource Management at 941-861-5000 or access the Water Atlas at www.sarasota.wateratlas.org. We will add your name into our volunteer database. As future projects arise, we will use this database to match volunteers with activities they have expressed an interest in. For more information on becoming a volunteer in Sarasota County, check out the following pages.
Section 6 – Useful Web sites for every watershed-friendly citizen

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<td>Seafood and Health</td>
<td><a href="http://www.nmfs.noaa.gov/seafood.htm">www.nmfs.noaa.gov/seafood.htm</a></td>
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<td>Southwest Florida Water Management District</td>
<td><a href="http://www.watermatters.org">www.watermatters.org</a></td>
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<td>The Green Guide</td>
<td><a href="http://www.thegreenguide.com">www.thegreenguide.com</a></td>
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<td>U.S. Environmental Protection Agency</td>
<td><a href="http://www.epa.gov">www.epa.gov</a></td>
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<td>U.S. Fish and Wildlife Service</td>
<td><a href="http://www.fws.gov">www.fws.gov</a></td>
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<td>University of South Florida - Sarasota</td>
<td><a href="http://www.sarasota.usf.edu">www.sarasota.usf.edu</a></td>
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