

## What is a Natural Heritage Area?

Newmarket's Natural Heritage Areas consist of meadows, woodlots, watercourses, and wetlands; or any combination of the four. Natural Heritage Areas are locally significant, and the Town tries to protect them by limiting or excluding development in and around these areas. Meadows, woodlots and wetlands provide excellent habitat for a wide range of plants and animal species in Ontario. The more species, or biodiverse an area is, the healthier the Natural Heritage Area remains. Ensuring the longevity of these areas should not only be the goal of the Town, but for everyone in the community!

## What can you do to help protect these areas?

- Properly dispose of yard waste
- Don't stock wetlands or storm water ponds with fish
- Allow for a buffer zone consisting of dense native vegetation around any water courses on your property to help reduce erosion and pollutants entering the water
- Support local initiatives aimed at protecting our natural heritage by donating or volunteering
- Get involved with a conservation organization, local community group and/or municipal planning meetings
- Enjoy the areas when you have a chance!

# NATURAL HERITAGE AREAS IN NEWMARKET AND YOU!



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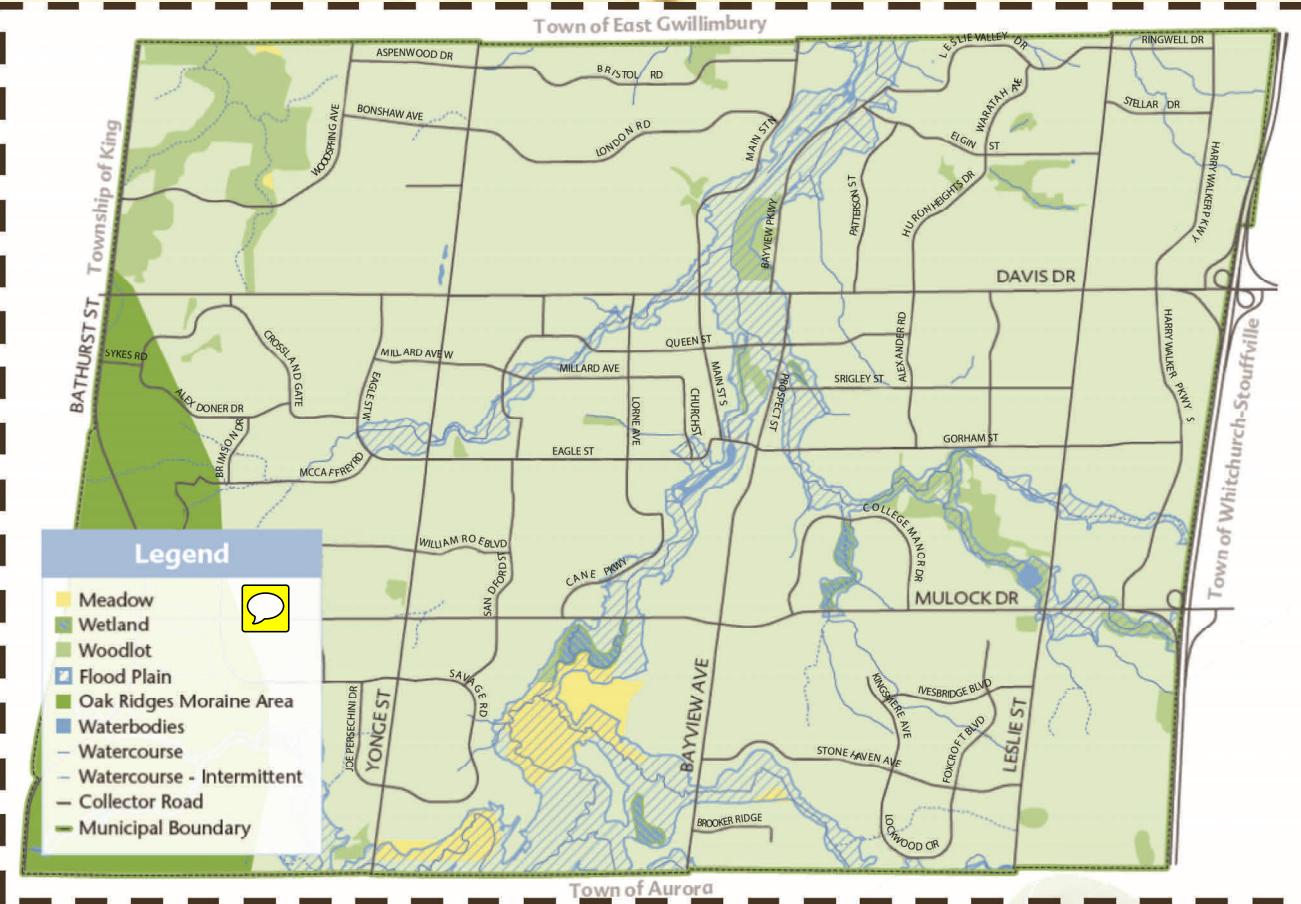


# Natural Heritage Areas

## Why are they important?

According to the Ontario Ministry of Natural Resources, a high percentage of endangered, threatened, and species of concern species reside in the most populated parts of Ontario. Each of these species require a specific habitat in order to survive. By creating and maintaining Natural Heritage Areas, Newmarket is helping to provide these plants and animals with a place to live.

Natural Heritage Areas provide positive benefits for people as well as plants and animals. The enjoyment of green spaces has been linked to improved attention spans, impulse control, and stress management<sup>1</sup>; not to mention the shade from trees offers relief from the heat during summer months.



## Non-native invasive species

One of the most important functions of a Natural Heritage Area is to preserve the diversity of plant and animal species found in the area. When non-native species are introduced, there is a chance they may overtake and replace the existing natural, native species we are trying to protect.

The improper dumping of yard waste into a Natural Heritage Area is a common way

non-native plant species are introduced. The release of fish into wetlands and storm water ponds is a common example of a non-native animal introduction. These acts damage our ecosystems and can harm the species we are trying to protect. Check out the back of this brochure to see what you can do to help protect these wonderful areas.

<sup>1</sup>Taylor, A., Kuo, F. (2011). Could exposure to everyday green spaces help treat ADHD? Evidence from children's play settings. *Appl. Psychol. Health Well-Being*, 3(3); 281-303.