When at the beach this summer, be sure to dispose of your trash properly. Besides being unsightly, plastics and other debris are dangerous to birds and sea life, which can choke on them or become entangled. You can also make a difference by cleaning up trash you find on the beach. Bring gloves and get your family and friends to help!

You can support butterflies in your garden by planting herbs such as dill, parsley, and fennel, along with nasturtium. Milkweed is an important food source for monarchs. Other colorful flowers provide nectar for honeybees.