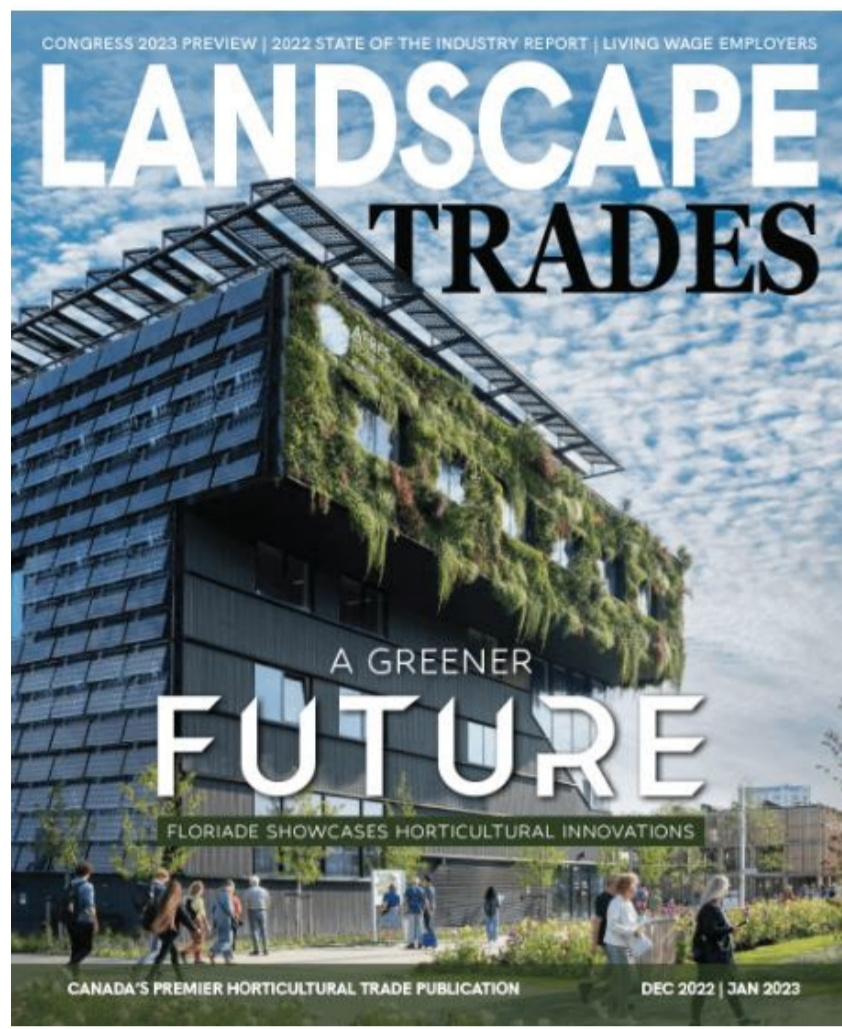


Community-led, Volunteer Driven

How did we plant over a million trees in two years? Good question. In 2021 and 2022, we planted these trees in the urban environment through more than 70 community-led projects in 5 provinces. Truth is, we do not solicit municipalities for tree planting, they solicit us. [Read more.](#)

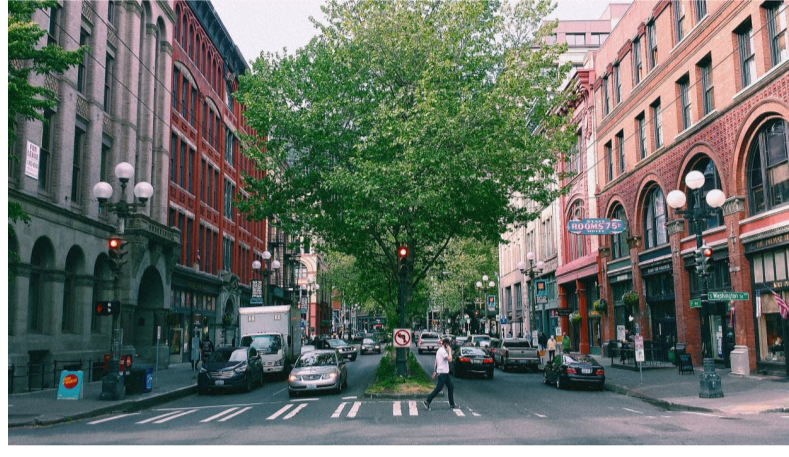


Latest Updates



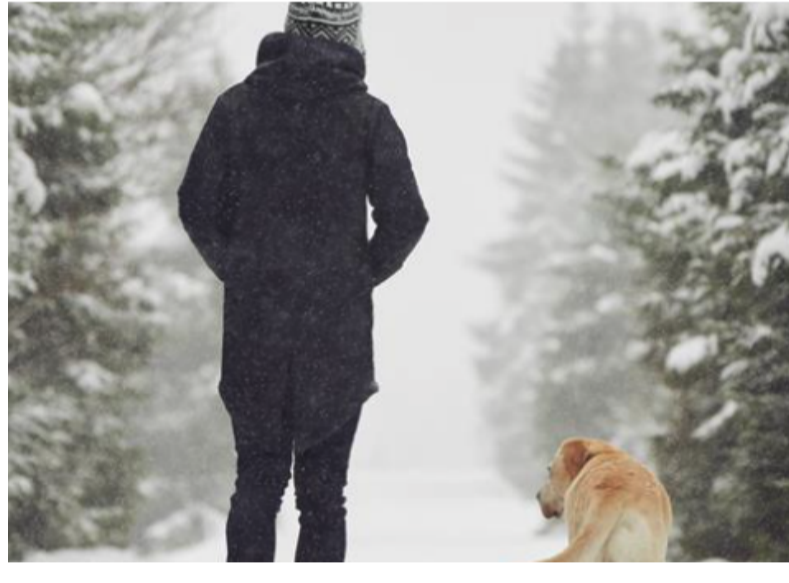
Liveable, Green Cities

A liveable city is a green city. It's a place where biodiversity and sustainability drive innovation. In search of inspiration for Canadian landscape and horticulture professionals, our friends at Landscape Ontario's [Landscape Trades](#) magazine journeyed across the ocean to uncover the creative solutions celebrated at Floriade Expo 2022, an event that happens once every 10 years! Read more about it in Landscape Trades magazine and look for our [article](#) on how TFL supports greening cities in Canada.



Planning for Future Resilient Urban Forests

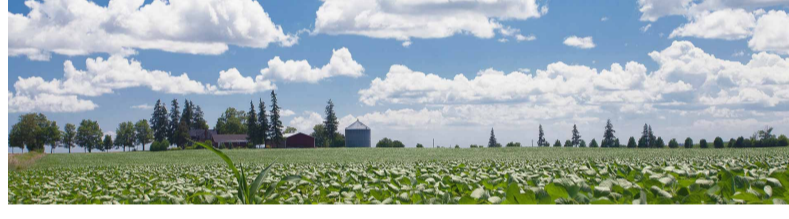
When it comes to tree species and climate change, being picky is good. It's encouraging to see communities here and across the border thinking about their future tree canopies. Trees for Life supports this approach and we aim to build on the planting momentum you helped to create. To read this article in FastCompany.com, [click here.](#)



Trees and Our Health and Well-being

At Trees for Life, we are working to create greener communities because we know the positive impact trees have on our well-being. On #BellLetsTalkDay, we shared a recent study out of McMaster University that found trees are associated with several beneficial effects on the physical and mental health of people of all ages.

At Trees for Life, we work to create healthier communities across Canada by planting trees where we live, work and play. To learn more about the benefit of trees on our health and well-being, [Read more.](#)



Greater Great Lakes Grant

We are grateful to the Great Lakes Local Action Fund which granted Trees For Life \$50,000 to support the Lynde Shores Conservation Area restoration project, which is managed by the Central Lake Ontario CA. [Read more.](#)

Quinte West, a Special Place

The region of Quinte West holds a special place in our hearts. Not only is it where the Highway of Heroes starts at CFB Trenton, but over the past four years we have developed a partnership over shared values that has brought the community together to benefit future generations through 9 events at 8 project sites. [Read more.](#)



Roots, Shoots & Branches



Get to Know Your Native Plants by Nature:

Some interesting facts you may not know about native plants: Increasingly, gardeners are looking for native plant varieties – generally defined as “species which existed in North America prior to European contact”. Discovering native plant varieties opens our garden design to new possibilities. Read more [here.](#)

In support of the Trees for Heroes campaign, we will be featuring all types of heroes who make our country and communities great places to live, work and play. Today the spotlight shines on Harold and Elaine Turner



Hall of Heroes Spotlight: Harold and Elaine Turner

Both Harold & Elaine Turner volunteered to serve in the war, but for different reasons, they were not accepted. Instead they served the war effort by working at the Cominco Smelter in Trail, BC, during those years. Their family has honoured their memories and their contribution to the war, albeit here in Canada through the planting of two trees. [Read more.](#)



We are grateful to those who have shared the stories of their heroes and loved ones. To share a story for publication, contact us today.



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