

Rain Gardens 101

Welcome to your 5-minute crash course on rain gardens! Learn about why we want to reduce stormwater runoff and how rain gardens can help. This is something anyone can do on their property to take action to improve the water quality of the streams, rivers, and lakes that we love!

Here are some excellent resources to get you started on your own rain garden:

- [NH Lakes Lake-Friendly Living webinar series \(May 28th is Lake-Friendly Landscaping\)](#)
- [Soak Up the Rain NH rain garden resources page \(especially the DIY fact sheet\)](#)
- [UNH Cooperative Extension rain garden resources](#)

Connection to current events:

Another danger of unchecked stormwater runoff is the increased flood potential. If water is running along all of our impervious surfaces with nowhere to go, the amount of water builds and builds and can overwhelm our drainage infrastructure. Or our dams. The news about the Michigan flooding came out just as I was writing this post: [Read the article here.](#)

Headlines like this have become more and more common. Climate change means that we are seeing and will continue to see an increase in extreme weather events. Our wettest days of the year are getting wetter, increasing flood risks all across the country. [Click here to learn more.](#)