# Conservation, Restoration and Sustainability

One yard at a time

The CW Native Plant Nursery's mission is to provide the best quality nursery plants native to the Western New York area. This nursery began the moment we discovered that few, if any, native species are offered for sale in mainstream nurseries. Our local roots keep us grounded and communityfocused. We're proud to provide quality plants and products, and the highest level of customer service you've come to expect from a local business. Stop by to enjoy the beauty of nature and leave with something that will help bring nature home.

# CW Native Plant Farm

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# CW Native Plant Farm

A women owned small business serving the Western New York communities. Owned and operated by Kathleen M. Contrino. Kathleen presents the use of native plants in residential gardens in order to improve ecological diversity and volunteers for Iroquois National Wildlife Refuge and the Buffalo



## Resiliency

Resiliency is important for the environment as well as for individuals. The pandemic has demonstrated how vulnerable we are to fluctuations in our environment. Chemicals, sun exposure, changing circumstances and age all have an impact on our bodies and immune systems. Native plants have long been known to be medicinal.

The nursery uses root pouches to promote strong root growth and grows all the plant material outside without forcing flowering in order to reduce the amount of transplant shock the plant will show once planted.

#### CW Botanicals

"A few years back I became very sick and strong antibiotics were needed to save my life. Those antibiotics saved me but took a toll on my body. It took years to rebuild. I found certain plants were beneficial to my overall health and well-being." Since then Kathleen began studying native plants and their medicinal nature. Her dog Justice, for example, suffered for years with a compromised immune system until she found that a nettle supplement could bolster it.

## Resiliency

Native plants offer the ecosystem a way to restore the resiliency it needs in the face of a changing climate. CW Botanicals offers herbal infused lotions, creams and soaps to help restore the body's resiliency. Plants truly have the power to heal.

#### What do we offer?

Landscape Planning and Restoration

Every yard has its own challenges. Invasive species, heavy clay soils, dry shade, seasonal flooding can be an opportunity to add native plants as they are ideally suited for those sites.

#### **Landscape Consultation**

All plants look good in the nursery but may not be right for you. If you are unsure whether a plant will work for you then take a tour of the property. The nursery stock has many of the plants that are on the property right now.

The farm 10 acres has every possible sun, soil and water condition with demonstration beds.



#### Gardens and Nursery

The farm has demonstration gardens and a Murder Creek Bird Trail. Examples of native trees, bushes and plants are found throughout the property. Many of those are available for sale in the nursery.

#### Restoration and Education

Want to know what, if any, native plants are already on your property? Schedule a site visit to evaluate your yard in terms of native plants and invasive species.

"Doug Tallamy, scientist and native plant proponent urges "that we plant 'keystone plants.' Those plants are so critical to birds and insects that if they were lost it would create a domino effect. The key to the keystone" is caterpillars. Butterflies must lay enough eggs to feed all the birds and insects that need them for survival and allow enough to survive to become adults in order to lay more eggs for more caterpillars. Only 5% of native plants support 75% of caterpillars."

### Contact Us

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Visit us on the Web: www.cwnativeplantfarm.com