



Eelgrass

Eelgrass (*Zostera marina*) is a flowering marine plant. They are found along shorelines, growing in the soft seabed in the intertidal zone. They can grow as tall as 2.5 metres in water and up to 6 metres deep. Many animals depend on dense eelgrass meadows for food and habitat. These meadows are especially important for juvenile species, making a nursery habitat that protects them from predators.

Like trees and flowering plants on land, eelgrass produces oxygen through photosynthesis, helping keep the oceans healthy and full of life. Eelgrass beds also help keep the ocean floor stable by trapping sediment with their roots. This then creates more soft-sediment habitat for more eelgrass to grow.

Learn more about the Resilient Estuaries of the Salish Sea project at seachangesociety.com