

The Swampscott microFOREST at Walker & Paradise Roads



Planted in May 2022, this triangular space of unused town property was transformed into a mini forest called the Swampscott microForest. Based on research conducted by Japanese botanist Akira Miyawaki, this dense planting of native tree and shrub seedlings in a very small space grows into a mature forest in 20 years. Vegetation planted densely will stabilize and regenerate the soil while growing tens times faster than a natural forest. Within 3 years, weeds are suppressed and natural succession takes over. As the first Miyawaki forest on the North Shore, it boasts more than 750 trees, shrubs and woodland perennials native to Essex County, as well as a native pollinator garden.

A collaboration between the Town of Swampscott, the Tree Committee and the Swampscott Conservancy, the microForest project is a direct action as part of the [Resilient Swampscott Climate Action Plan](#) which was unanimously approved by Town Meeting in 2023.

How does a mini forest help Swampscott?

- Reduces flooding and erosion
- Cools and filters the air
- Stores carbon
- Increases biodiversity
- Grows ten times faster
- Lowers maintenance costs
- Restores natural cycles
- Provides habitat
- Lessens noise pollution
- Improves human health

TREES & SHRUBS

Chinkapin Oak (*Quercus muehlenbergii*)
 Red Mulberry (*Morus rubra*)
 American Hazelnut (*Corylus americana*)
 Alternate Leaf Dogwood (*Cornus alternifolia*)
 Gray Dogwood (*Cornus racemosa*)
 Wild Black Cherry (*Prunus serotina*)
 Nannyberry (*Viburnum lentago*)
 Black Chokeberry (*Aronia melanocarpa*)
 Red Berried Elder (*Sambucus racemosa*)
 Silver Maple (*Acer saccharinum*)
 Black Raspberry (*Rubus occidentalis*)
 Beach Plum (*Prunus maritima*)
 Shagbark Hickory (*Carya ovata*)
 Fragrant Sumac (*Rhus aromatica*)
 Pawpaw (*Asimina triloba*)
 Sugar Maple (*Acer saccharum*)
 Staghorn Sumac (*Rhus hirta*)
 Redbud (*Cercis canadensis*)
 Shadbush (*Amelanchier canadensis*)
 Ninebark (*Physocarpus opulifolius*)
 Red Oak (*Quercus rubra*)
 Burr Oak (*Quercus macrocarpa*)

PERENNIALS

Blue Violet (*Viola sororia*)
 White Wood Aster (*Eurybia divaricata*)
 White Goldenrod (*Solidago bicolor*)
 Bluestem Goldenrod (*Solidago caesia*)
 Jewelweed (*Impatiens capensis*)
 Seaside Goldenrod (*Solidago sempervirens*)
 Foxglove Beardtongue (*Penstemon digitalis*)
 Black-eyed Susan (*Rudbeckia hirta*)
 Butterfly Milkweed (*Asclepias tuberosa*)
 Aromatic Aster (*Symphyotrichum oblongifolium*)
 Blue Mistflower (*Conoclinium coelestinum*)
 Blazing Star (*Liatris spicata*)
 Yarrow (*Achillea millefolium*)

Miyawaki Method — Steps & Growth

