

# Wetlands



**Captain John Smith  
Chesapeake National  
Historic Trail**



# Wetlands

Wetlands are areas along rivers and coasts where tall grasses and trees grow out of the water. Wetlands are diverse: birds, turtles, fish, frogs, crustaceans, insects, and mammals like raccoons and beavers all live in wetlands. The wild rice that grows there is an important food source for migrating birds. Wetland plants were harvested by American Indians using canoes. Wetlands act like filters, cleaning water before it flows into the bay. Blackwater National Wildlife Refuge on the Eastern Shore contains one third of Maryland's remaining tidal wetlands.