

Fed by the Tides: The Cove Environment

**GREAT BLUE HERONS,
BLACK DUCKS,
and EIDERS**
hunt for tiny fish
swept in by the tide

The tides rise and fall 10 to 12 feet here – enriching the ecosystem every 6 hours and 20 minutes.

Tides cycle through this cove approximately twice every day, with High Tide bringing salt water from the open ocean right to the banks, and Low Tide exposing vast expanses of mud.

This cycle produces an environmental niche that is rich with small plants and animals.

BLOODWORMS Prized fish bait, this segmented worm has small fleshy pincers. Its pale skin allows its red body fluid to show through.

HABITAT: Excellent burrowers, they use their pincers and muscle contractions to dig into the sandy mud and silty clay of intertidal and subtidal areas.

DURING WINTER, they swim to other areas, repopulating the mud flats.

EATING: Its large proboscis is armed with four hollow jaws connected to poison glands. These “fangs” impale and kill their prey and can inflict a painful bite.

SIZE: Bloodworms can grow up to fifteen inches long.

