

Ecosystem Services are commonly defined as benefits people obtain from ecosystems. Generally, ecosystem services can be categorized as Provisioning Services, Regulating Services, Supporting Services, and Cultural Services.	
Provisioning Services	Benefits to people
Fresh water supply	Water for municipal/drinking, livestock watering, irrigation, or industrial use
	Hydropower
	Recreation
	Transportation
	Supply of fish and other freshwater products
Forage	Food for livestock
	Food for game animals
Timber	wood products
	Fire wood
	Energy (biofuel, hogfuel, etc)
	Christmas trees
Fish & Wildlife	Food
	Recreational activity (hunting, fishing, viewing, photography)
	Medicinal uses (such as fish oil)
	Cultural uses
Plants	Cultural uses
	Food/food products (mushrooms, berries etc)
	Aesthetics
	Ornamental uses
Natural medicines, pharmaceuticals?	
Regulating Services	Benefits to People
Water quality (filtration)	Clean water
	Water purification and lower treatment cost. Consider http://www.tpl.org/publications/books-reports/report-protecting-the-source.html and http://www.forestsforwatersheds.org/storage/Freeman%202008%20DW%20cost%20s.pdf

Water regulation	Reduction of flood damage, sedimentation, peak flows
Groundwater recharge	Late season water availabiltiy
Soil stabilization and erosion regulation	Reduce soil loss, sedimentation to streams,
Air quality	Disease prevention
	Enhanced recreational and aesthetic value
	Planet habitability
Climate regulation (global, regional and local/microclimate) & carbon sequestration	Human health
	Crop productivity
	Recreation
	Water supply
Pollination?	Increase/maintain productivity of crops
Natural hazard regulation?	reduce risk of landslides, downstram flooding,
Supporting Services	Benefits to People
Nutrient cycling	Support the provision of ecosystem services
Soil Formation	Support the provision of ecosystem services
Primary Production	Supoprt the provision of ecosystem services
Water and nutrients	Support of plant growth and aquatic habitats
Biological diversity	Support the provision of ecosystem servcies
Ecosystem resilience	Support the provision of ecosystem servcies
Cultural Services	Benefits to People
Cultural/Heritage/Education Values	Using natural systems for education and scientific research.
	Attachment/sense of belonging to community & place

	Heritage tourism
	Interpretation
	Education
	Public partnership programs
Spiritual and religious values	Connection to place, maintainance of spiritual and or religious tradition
Aesthetic Values	Sensory enjoyment from viewing scenic landscapes and experiencing nature's beauty, sense of place/community identity, increased quality of life (backdrop/backyard), tourism draw/ attraction & increased real estate values
Recreational settings/opportunities/experiences	Outdoor activities - exercise, stress reduction (health benefits), social interaction (community and family connections), solitude & challenge (self reliance), relief from heat (water-based and high elevation settings), on-forest jobs (Outfitters/Guides) & economic benifits of tourism to communities
	Experiencing nature - religious, historic, heritage, educational, community identify/sense of belonging/attachment to place (quality of life benefits as well as increased social value/capital of NF to communities and partners)
Additional???	