

A mangrove is a salt-tolerant tree or shrub that grows in tropical and subtropical coastal regions, uniquely adapted to living in intertidal zones between land and sea. These ecosystems are vital for supporting diverse marine life, providing critical habitats, and protecting coastlines from storms and erosion. Mangroves have special adaptations like aerial roots for breathing oxygen and unique methods of seed dispersal, and are essential nurseries for many fish and shellfish species.