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Massachusetts Estuaries Project

Linked Watershed-Embayment Model to Determine Critical Nitrogen Loading Thresholds for Rushy Marsh Barnstable, Massachusetts

Executive Summary

1. Background

This report presents the results generated from the implementation of the Massachusetts Estuaries Project's Linked Watershed-Embayment Approach to the Rushy Marsh embayment system, a coastal embayment within the Town of Barnstable, Massachusetts. Analyses of the Rushy Marsh embayment system was performed to assist the Town with up-coming nitrogen management decisions associated with the Towns' current and future wastewater planning efforts, as well as wetland restoration, anadromous fish runs, shell fishery, open-space, and harbor maintenance programs. As part of the MEP approach, habitat assessment was conducted on the embayment based upon available water quality monitoring data, historical changes in eelgrass distribution, time-series water column oxygen measurements, and benthic community structure. Nitrogen loading thresholds for use as goals for watershed nitrogen management are the major product of the MEP effort. In this way, the MEP offers a science-based management approach to support the Town of Barnstable resource planning and decision-making process. The primary products of this effort are: (1) a current quantitative assessment of the nutrient related health of the Rushy Marsh embayment, (2) identification of all nitrogen sources (and their respective N loads) to embayment waters, (3) nitrogen threshold levels for maintaining Massachusetts Water Quality Standards within embayment waters, (4) analysis of watershed nitrogen loading reduction to achieve the N threshold concentrations in embayment waters, and (5) a functional calibrated and validated Linked Watershed-Embayment modeling tool that can be readily used for evaluation of nitrogen management alternatives (to be developed by the Town) for the restoration of the Rushy Marsh embayment system.

Wastewater Planning: As increasing numbers of people occupy coastal watersheds, the associated coastal waters receive increasing pollutant loads. Coastal embayments throughout the Commonwealth of Massachusetts (and along the U.S. eastern seaboard) are becoming nutrient enriched. The elevated nutrients levels are primarily related to the land use impacts associated with the increasing population within the coastal zone over the past half-century.

The regional effects of both nutrient loading and bacterial contamination span the spectrum from environmental to socio-economic impacts and have direct consequences to the culture, economy, and tax base of Massachusetts's coastal communities. The primary nutrient causing the increasing impairment of our coastal embayments is nitrogen, with its primary sources being wastewater disposal, and nonpoint source runoff that carries nitrogen (e.g. fertilizers) from a range of other sources. Nitrogen related water quality decline represents one of the most serious threats to the ecological health of the nearshore coastal waters. Coastal embayments, because of their shallow nature and large shoreline area, are generally the first coastal systems to show the effect of nutrient pollution from terrestrial sources.

In particular, the Rushy Marsh embayment system within the Town of Barnstable is at risk of eutrophication (over enrichment) from enhanced nitrogen loads entering through groundwater from the increasingly developed watershed to this coastal salt pond. Eutrophication is a process that occurs naturally and gradually over a period of tens or hundreds of years. However, human-related (anthropogenic) sources of nitrogen may be introduced into ecosystems at an accelerated rate that cannot be easily absorbed, resulting in a phenomenon known as cultural eutrophication. In both marine and freshwater systems, cultural eutrophication results in degraded water quality, adverse impacts to ecosystems, and limits on the use of water resources.

The Town of Barnstable has recognized the severity of the problem of eutrophication and the need for watershed nutrient management and is currently developing a Comprehensive Wastewater Management Plan, which it plans to rapidly implement. The Town of Barnstable has also completed and implemented wastewater planning in other regions of the Town not associated with the Rushy Marsh embayment system. The Town has nutrient management activities related to their tidal embayments, which have been associated with the MEP effort in Three Bays, Centerville River/Harbor and the Lewis Bay embayment systems. The Town of Barnstable and work groups have recognized that a rigorous scientific approach yielding site-specific nitrogen loading targets was required for decision-making and alternatives analysis. The completion of this multi-step process has taken place under the programmatic umbrella of the Massachusetts Estuaries Project, which is a partnership effort between all MEP collaborators and the Town. The modeling tools developed as part of this program provide the quantitative information necessary for the Towns' nutrient management groups to predict the impacts on water quality from a variety of proposed management scenarios.

Nitrogen Loading Thresholds and Watershed Nitrogen Management: Realizing the need for scientifically defensible management tools has resulted in a focus on determining the aquatic system's assimilative capacity for nitrogen. The highest-level approach is to directly link the watershed nitrogen inputs with embayment hydrodynamics to produce water quality results that can be validated by water quality monitoring programs. This approach when linked to state-of-the-art habitat assessments yields accurate determination of the "allowable N concentration increase" or "threshold nitrogen concentration". These determined nitrogen concentrations are then directly relatable to the watershed nitrogen loading, which also accounts for the spatial distribution of the nitrogen sources, not just the total load. As such, changes in nitrogen load from differing parts of the embayment watershed can be evaluated relative to the degree to which those load changes drive embayment water column nitrogen concentrations toward the "threshold" for the embayment system. To increase certainty, the "Linked" Model is independently calibrated and validated for each embayment.

Massachusetts Estuaries Project Approach: The Massachusetts Department of Environmental Protection (DEP), the University of Massachusetts – Dartmouth School of Marine Science and Technology (SMAST), and others including the Cape Cod Commission (CCC) have undertaken the task of providing a quantitative tool to communities throughout southeastern Massachusetts (the Linked Watershed-Embayment Management Model) for nutrient management in their coastal embayment systems. Ultimately, use of the Linked Watershed-Embayment Management Model tool by municipalities in the region results in effective screening of nitrogen reduction approaches and eventual restoration and protection of valuable coastal resources. The MEP provides technical guidance in support of policies on nitrogen loading to embayments, wastewater management decisions, and establishment of nitrogen Total Maximum Daily Loads (TMDLs). A TMDL represents the greatest amount of a pollutant that a waterbody can accept and still meet water quality standards for protecting public health and maintaining the designated beneficial uses of those waters for drinking, swimming, recreation and fishing. The MEP modeling approach assesses available options for meeting selected nitrogen goals that are protective of embayment health and achieve water quality standards.

The core of the Massachusetts Estuaries Project analytical method is the Linked Watershed-Embayment Management Modeling Approach, which links watershed inputs with embayment circulation and nitrogen characteristics.

The Linked Model builds on well-accepted basic watershed nitrogen loading approaches such as those used in the Buzzards Bay Project, the CCC models, and other relevant models. However, the Linked Model differs from other nitrogen management models in that it:

- requires site-specific measurements within each watershed and embayment;
- uses realistic “best-estimates” of nitrogen loads from each land-use (as opposed to loads with built-in “safety factors” like Title 5 design loads);
- spatially distributes the watershed nitrogen loading to the embayment;
- accounts for nitrogen attenuation during transport to the embayment;
- includes a 2D or 3D embayment circulation model depending on embayment structure;
- accounts for basin structure, tidal variations, and dispersion within the embayment;
- includes nitrogen regenerated within the embayment;
- is validated by both independent hydrodynamic, nitrogen concentration, and ecological data;
- is calibrated and validated with field data prior to generation of “what if” scenarios.

The Linked Model Approach’s greatest assets are its ability to be clearly calibrated and validated, and its utility as a management tool for testing “what if” scenarios for evaluating watershed nitrogen management options.

For a comprehensive description of the Linked Model, please refer to the *Full Report: Nitrogen Modeling to Support Watershed Management: Comparison of Approaches and Sensitivity Analysis*, available for download at <http://www.state.ma.us/dep/smerp/smerp.htm>. A more basic discussion of the Linked Model is also provided in Appendix F of the *Massachusetts Estuaries Project Embayment Restoration Guidance for Implementation Strategies*, available for download at <http://www.state.ma.us/dep/smerp/smerp.htm>. The Linked Model suggests which management solutions will adequately protect or restore embayment water quality by enabling towns to test specific management scenarios and weigh the resulting water quality impact against the cost of that approach. In addition to the management scenarios modeled for this report, the Linked Model can be used to evaluate additional management scenarios and may be

updated to reflect future changes in land-use within an embayment watershed or changing embayment characteristics. In addition, since the Model uses a holistic approach (the entire watershed, embayment and tidal source waters), it can be used to evaluate all projects as they relate directly or indirectly to water quality conditions within its geographic boundaries. Unlike many approaches, the Linked Model accounts for nutrient sources, attenuation, and recycling and variations in tidal hydrodynamics and accommodates the spatial distribution of these processes. For an overview of several management scenarios that may be employed to restore embayment water quality, see *Massachusetts Estuaries Project Embayment Restoration Guidance for Implementation Strategies*, available for download at <http://www.state.ma.us/dep/smerp/smerp.htm>.

Application of MEP Approach: The Linked Model was applied to the Rushy Marsh embayment system by using site-specific data collected by the MEP and water quality data from the Water Quality Monitoring Program conducted by Three Bays Preservation in partnership with the Town of Barnstable, with technical guidance from the Coastal Systems Program at SMAST (see Chapter 2). Evaluation of upland nitrogen loading was conducted by the MEP, data was provided by the Town of Barnstable Planning Department, and watershed boundaries delineated by USGS. This land-use data was used to determine watershed nitrogen loads within the Rushy Marsh embayment system and each systems sub-embayments as appropriate (current and build-out loads are summarized in Table IV-3). Water quality within a sub-embayment is the integration of nitrogen loads with the site-specific estuarine circulation. Therefore, water quality modeling of this tidally influenced estuary included a thorough evaluation of the hydrodynamics of the estuarine system. Estuarine hydrodynamics control a variety of coastal processes including tidal flushing, pollutant dispersion, tidal currents, sedimentation, erosion, and water levels. Once the hydrodynamics of the system was quantified, transport of nitrogen was evaluated from tidal current information developed by the numerical models.

A two-dimensional depth-averaged hydrodynamic model based upon the tidal currents and water elevations was employed for the Rushy Marsh embayment system. Once the hydrodynamic properties of the estuarine system were computed, two-dimensional water quality model simulations were used to predict the dispersion of the nitrogen at current loading rates. Using standard dispersion relationships for estuarine systems of this type, the water quality model and the hydrodynamic model was then integrated in order to generate estimates regarding the spread of total nitrogen from the site-specific hydrodynamic properties. The distributions of nitrogen loads from watershed sources were determined from land-use analysis. Boundary nutrient concentrations in Vineyard Sound source waters were taken from water quality monitoring data. Measurements of current salinity distributions throughout the estuarine waters of the Rushy Marsh embayment system was used to calibrate the water quality model, with validation using measured nitrogen concentrations (under existing loading conditions). The underlying hydrodynamic model was calibrated and validated independently using water elevations measured in time series throughout the embayments.

MEP Nitrogen Thresholds Analysis: The threshold nitrogen level for an embayment represents the average water column concentration of nitrogen that will support the habitat quality being sought. The water column nitrogen level is ultimately controlled by the watershed nitrogen load and the nitrogen concentration in the inflowing tidal waters (boundary condition). The water column nitrogen concentration is modified by the extent of sediment regeneration. Threshold nitrogen levels for the embayment systems in this study were developed to restore or maintain SA waters or high habitat quality. High habitat quality was defined as supportive of

eelgrass and infaunal communities. Dissolved oxygen and chlorophyll a were also considered in the assessment.

The nitrogen thresholds developed in Section VIII-2 were used to determine the amount of total nitrogen mass loading reduction required for restoration of eelgrass and infaunal habitats in the Rushy Marsh system. Tidally averaged total nitrogen thresholds derived in Section VIII.1 were used to adjust the calibrated constituent transport model developed in Section VI. Watershed nitrogen loads were sequentially lowered, using reductions in septic effluent discharges only, until the nitrogen levels reached the threshold level at the sentinel stations chosen for Rushy Marsh. It is important to note that load reductions can be produced by reduction of any or all sources or by increasing the natural attenuation of nitrogen within the freshwater systems to the embayment. The load reductions presented below represent only one of a suite of potential reduction approaches that need to be evaluated by the community. The presentation is to establish the general degree and spatial pattern of reduction that will be required for restoration of this nitrogen impaired embayment.

The Massachusetts Estuaries Project's thresholds analysis, as presented in this technical report, provides the site-specific nitrogen reduction guidelines for nitrogen management of the Rushy Marsh embayment system in the Town of Barnstable. Future water quality modeling scenarios should be run which incorporate the spectrum of strategies that result in nitrogen loading reduction to the embayment. The MEP analysis has initially focused upon nitrogen loads from on-site septic systems as a test of the potential for achieving the level of total nitrogen reduction for restoration of each embayment system. The concept was that since septic system nitrogen loads generally represent 90% of the controllable watershed load to the Rushy Marsh embayment system and are more manageable than other of the nitrogen sources, the ability to achieve needed reductions through this source is a good gauge of the feasibility for restoration of these systems.

2. Problem Assessment (Current Conditions)

A habitat assessment was conducted throughout Rushy Marsh based upon available water quality monitoring data, historical changes in eelgrass distribution, time-series water column oxygen measurements, and benthic community structure. At present, Rushy Marsh Pond is showing significantly impaired to severely degraded habitat quality. All of the habitat indicators are consistent with this evaluation of the whole of system (Chapter VII).

The effect of nitrogen enrichment is to cause oxygen depletion; however, with increased phytoplankton (or epibenthic algae) production, oxygen levels will rise in daylight to above atmospheric equilibration levels in shallow systems (generally $\sim 7\text{-}8\text{ mg L}^{-1}$ at the mooring sites). The clear evidence of oxygen levels above atmospheric equilibration indicates that the Rushy Marsh System is eutrophic.

The level of oxygen depletion and the magnitude of daily oxygen excursion and chlorophyll a levels indicate highly nutrient enriched waters and impaired habitat quality within the estuary. Oxygen depletion was frequently to levels $< 4\text{ mg/L}$ (29 days) and periodically to $< 3\text{ mg/L}$ (8 days). The oxygen data is consistent with high organic matter loads from phytoplankton production (chlorophyll a levels) indicative of nitrogen enrichment and eutrophication of this estuarine system, although the nitrogen enrichment stems primarily from the restriction of tidal exchange. The frequent significant level of oxygen depletion coupled to the frequent phytoplankton blooms is clear evidence of that Rushy Marsh Pond is presently nitrogen over-loaded eutrophic embayment.

Currently, eelgrass is not present within Rushy Marsh Pond. Rushy Marsh Pond is functionally a basin with fringing wetland, and the sediments are currently soft muds rich in organic matter, which in some locations overlay medium to fine sands. The current lack of eelgrass beds is expected given the high chlorophyll *a* and low dissolved oxygen levels and watercolumn nitrogen concentrations within this system. In addition, it does not appear that eelgrass beds were present in the system in 1951, as well. It appears that the restriction of the tidal exchange starting circa 1900 (as discussed in Chapter V), resulted in an absence of eelgrass sometime prior to 1951. The restriction of tidal exchange has resulted in an enrichment of estuarine waters in nitrogen to the extent that the system is currently eutrophic. Restoration of tidal exchange will be needed for habitat restoration of this system, as watershed nitrogen inputs are relatively low.

Given that eelgrass has not been documented for this system, it is not clear that even when the system was much better flushed, it supported eelgrass beds. However, observations of brackish water submerged aquatic vegetation in the shallow region of the western channel suggest that eelgrass habitat might be sustainable under lower effective nitrogen loading rates (i.e. higher flushing). To the extent that conditions could be improved to the level of eelgrass colonization in this system, the acreage would likely range from 4-12 acres, most likely in the southern channel and the margins of the main basin.

The Infauna Study indicated that presently, habitat capable of supporting benthic infaunal communities is virtually absent in Rushy Marsh Pond (Table VII-3). The infaunal survey found that summer conditions apparently are sufficient to prevent a community from developing in the central basin. In the shallower southern channel region, again only very few individuals and species were found. The low numbers of species and individuals indicates that benthic infaunal habitat has been severely degraded throughout Rushy Marsh Pond. The conditions proximately result from the high level of nitrogen and organic matter enrichment and associated oxygen depletion of bottom waters. Ultimately, the cause is the highly restricted tidal exchange and very low flushing rate of Pond waters (system residence time ~48 d). However, restoration of infaunal animal communities should occur at the point that habitat can be restored.

3. Conclusions of the Analysis

The threshold nitrogen level for an embayment represents the average watercolumn concentration of nitrogen that will support the habitat quality being sought. The watercolumn nitrogen level is ultimately controlled by the integration of the watershed nitrogen load, the nitrogen concentration in the inflowing tidal waters (boundary condition) and dilution and flushing via tidal flows. The water column nitrogen concentration is modified by the extent of sediment regeneration and by direct atmospheric deposition.

Threshold nitrogen levels for this embayment system were developed to restore or maintain SA waters or high habitat quality. In this system, high habitat quality was defined as possibly supportive of eelgrass and supportive of diverse benthic animal communities. Dissolved oxygen and chlorophyll *a* were also considered in the assessment.

Watershed nitrogen loads (Tables ES-1 and ES-2) for the Town of Barnstable Rushy Marsh embayment system was comprised primarily of wastewater nitrogen. Land-use and wastewater analysis found that generally about 90% of the controllable watershed nitrogen load to the embayment was from wastewater.

A major finding of the MEP clearly indicates that a single total nitrogen threshold can not be applied to Massachusetts' estuaries, based upon the results of the Great, Green and Bourne Pond Systems, Popponesset Bay System, the Hamblin / Jehu Pond / Quashnet River analysis in eastern Waquoit Bay, the analysis of the adjacent Three Bays system and the Pleasant Bay and Nantucket Sound embayments associated with the Town of Chatham. This is almost certainly going to be true for the other embayments within the MEP area, as well.

The threshold nitrogen levels for the Rushy Marsh embayment system in Barnstable were determined as follows:

Rushy Marsh Threshold Nitrogen Concentrations

- Following the MEP protocol, since eelgrass has not been documented in Rushy Marsh Pond, restoration of infaunal habitat is the restoration goal. Infaunal animal habitat is a critical resource to the Rushy Marsh System and estuaries in general. Since there are virtually no infaunal animals remaining in the sub-tidal Rushy Marsh Pond sediments, comparisons to the muddy basins of other nearby estuarine systems were relied upon for setting the nitrogen threshold for healthy infaunal habitat at a nitrogen level of TN <0.5 mg TN L⁻¹. This level was found for Popponesset Bay where based upon the infaunal analysis coupled with the nitrogen data (measured and modeled), nitrogen levels on the order of 0.4 to 0.5 mg TN L⁻¹ were found supportive of high infaunal habitat quality in this system. Similarly, in the Three Bays System, healthy infaunal areas are found at nitrogen levels of TN <0.42 mg TN L⁻¹ (Cotuit Bay and West Bay), with impairment in areas where nitrogen levels of TN >0.5 mg TN L⁻¹ (North Bay), and severe degradation at nitrogen levels of TN >0.6 mg TN L⁻¹.
- The nitrogen load reductions within the system necessary to achieve the threshold nitrogen concentrations were not attainable with 100% removal of septic load (associated with direct groundwater discharge to the embayment) for the systems watershed. The limited circulation within the system prevents the threshold goals from being achieved. In order to meet the threshold concentrations in the system, alternative approaches beyond load reductions are required to increase circulation and water exchange with Nantucket Sound.

It is important to note that the analysis of future nitrogen loading to the Rushy Marsh estuarine systems focuses upon additional shifts in land-use from forest/grasslands to residential and commercial development. However, the MEP analysis indicates that significant increases in nitrogen loading can occur under present land-uses, due to shifts in occupancy, shifts from seasonal to year-round useage and increasing use of fertilizers (presently less than half of the parcels use lawn fertilizers). Therefore, watershed-estuarine nitrogen management must include management approaches to prevent increased nitrogen loading from both shifts in land-uses (new sources) and from loading increases of current land-uses. The overarching conclusion of the MEP analysis of the Rushy Marsh estuarine system is that restoration will necessitate a reduction in the present (2004) nitrogen inputs and management options to negate additional future nitrogen inputs.

Table ES-1. Existing total and sub-embayment nitrogen load to the estuarine waters of the Rushy Marsh Pond estuary system, observed nitrogen concentration, and sentinel system threshold nitrogen concentration.

Sub-embayments	Natural Background Watershed Load ¹ (kg/day)	Present Land Use Load ² (kg/day)	Present Septic System Load (kg/day)	Present WWTF Load ³ (kg/day)	Present Watershed Load ⁴ (kg/day)	Direct Atmospheric Deposition ⁵ (kg/day)	Present Net Benthic Flux (kg/day)	Present Total Load ⁶ (kg/day)	Observed TN Conc. ⁷ (mg/L)	Threshold TN Conc. (mg/L)
RUSHY MARSH POND SYSTEM										
Rushy Marsh Pond System Total	0.08	0.10	0.35	0.00	0.45	0.20	-0.20	0.45	1.17-1.11	0.50⁸
¹ assumes entire watershed is forested (i.e., no anthropogenic sources) ² composed of non-wastewater loads, e.g. fertilizer and runoff and natural surfaces and atmospheric deposition to lakes ³ existing wastewater treatment facility discharges to groundwater ⁴ composed of combined natural background, fertilizer, runoff, and septic system loadings ⁵ atmospheric deposition to embayment surface only ⁶ composed of natural background, fertilizer, runoff, septic system atmospheric deposition and benthic flux loadings ⁷ average of 2002 – 2005 data. Individual yearly means and standard deviations in Table VI-6. ⁸ threshold for sentinel sites located at the mid point of Rushy Marsh Pond (RM2).										

Table ES-2. Present Watershed Load, Threshold Load, and the percent reduction necessary to achieve the Threshold Load for the Rushy Marsh Pond system, Town of Cotuit, Massachusetts.						
Sub-embayments	Present Watershed Load ¹ (kg/day)	Target Threshold Watershed Load ² (kg/day)	Direct Atmospheric Deposition (kg/day)	Benthic Flux Net ³ (kg/day)	TMDL ⁴ (kg/day)	Percent watershed reductions needed to achieve threshold load levels
<i>LITTLE POND SYSTEM</i>						
Rushy Marsh Pond System Total	0.45	0.09	0.20	-0.11	0.18	-79.1%
<p>(1) Composed of combined natural background, fertilizer, runoff, and septic system loadings.</p> <p>(2) Target threshold watershed load is the load from the watershed needed to meet the embayment threshold concentration identified in Table ES-1.</p> <p>(3) Projected future flux (present rates reduced approximately proportional to watershed load reductions).</p> <p>(4) Sum of target threshold watershed load, atmospheric deposition load, and benthic flux load.</p>						