This study was designed to investigate the health of Valley Creek, which flows through Belwin conservancy in Afton, MN, to see the effect land restoration has on the stream and compare the results with a pond in a developed residential area in St. Paul, MN. This was done using standard water quality tests following EPA protocols. The water measurements included: temperature, dissolved oxygen, turbidity, conductivity concentrations of nitrates and phosphorous, and pH. Test sites were at different locations along the creek as well as a pond in the conservancy and a pond in a developed residential area. The findings show that Valley creek is within the range of acceptable values for the tests. However, the pond in the developed area was outside of the acceptable range on several tests such as turbidity, conductivity, concentration of nitrates, and dissolved oxygen.