

Flowering Plants for bees, butterflies and other pollinators

Butterflies, moths, bees and hoverflies are all in decline and all need sources of nectar and pollen to thrive.

1. Add more nectar-rich flowers and shrubs to your garden (see below).
2. Leave dandelions, clover and daisies to flower in your garden.
3. Mow less often or leave areas unmown till late summer so plants can flower and Meadow Brown and Gatekeeper butterflies have longer grass on which to lay their eggs; mow a path through the lawn and keep the edges trimmed to make it look neat.
4. Allow some ivy to flourish: Holly Blue butterflies depend on it (and holly); bees need the nectar in autumn, and birds love the berries and the shelter it provides.
5. Allow a patch of nettles to grow: our most spectacular butterflies need it for their caterpillars and a host of beneficial insects live on it too.
6. Avoid disturbing or destroying nesting or hibernating insects. Leave dead stems for solitary bees.
7. Ditch the damaging pesticides and allow insects predators to survive and keep any pests at bay.
8. Ensure you have plants that flower from early spring to late autumn & a few winter-ones too.
9. Add some night-scented flowers to attract moths and bats.
10. Plant some native trees and shrubs like holly, willow and hazel (bees need the pollen in spring).
11. Don't tidy up your garden in the autumn, caterpillars and pupae may be overwintering in dead plant stems and dead plant matter.
12. Enjoy the rewards: your garden will be full of life. Eg Butterflies will visit any garden, however small, if they can feed from nectar plants. A well thought out garden can attract more than 20 species of butterfly

<u>Bees</u> Marjoram Thyme Viper's bugloss Rosemary Comfrey Hellebore Borage Snowdrops Sunflower Crocus Mahonia Catmint Ceanothus Foxglove Geraniums Lungwort Ivy Sage Mint Cosmos Currant Grape hyacinth Primrose	Aquilegia Wild strawberry Apple Pear Willow & sallow Blackthorn Cherry Winter-flowering Honeysuckle Dandelions Red clover Daisies Veronicastrum virginicum 'Album' Heliopsis helianthoides False sunflower <u>Foodplants for caterpillars</u> Ivy Holly Hop Nettle Willow	Coarse grasses (unmown) Hazel Birds foot trefoil Honesty Lady's Smock Nasturtium Sorrel or dock Thistles <u>Butterflies* & Moths+++</u> Buddleia davidii * +++ Verbena bonariensis * +++ Lavendar * Perennial wallflower (Bowles Mauve) * Marjoram * Evening primrose +++ Hebe spp* +++ Honeysuckle# +++ Sweet rocket* Tobacco plant Ice plant Michaelmas daisy Red valerian
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<https://www.wildlifetrusts.org/actions/plant-flowers-bees-and-pollinators>

<https://butterfly-conservation.org/how-you-can-help/get-involved/gardenin>

<https://butterfly-conservation.org/sites/default/files/butterflynectardownload.pdf>

<https://www.rhs.org.uk/science/conservation-biodiversity/wildlife/plants-for-pollinators>

Plants for pollinators (nectar rich)
Mow less
Leave dandelions, clover, daisies
No pesticides
Nettles

Five simple actions

Whether people live in a town or in the countryside, they are being urged to help create or improve a habitat for pollinators in five simple ways:

1. Grow more nectar- and pollen-rich flowers, shrubs and trees
2. Leave patches of land to grow wild
3. Cut grass less often
4. Avoid disturbing or destroying nesting or hibernating insects
5. Think carefully about whether to use pesticides

The five simple actions were drawn up with experts from Natural England, the Food and Environment Research Agency, conservation charities and the research community.

Many of our prettiest insects feed on nectar, so need flowering plants for their survival. Butterflies, moths, bees and hoverflies all need sources of nectar and pollen to thrive. As they travel from flower to flower, they also pollinate them, enabling them to set seed or bear fruit. So, setting up a nectar café benefits both your plants and you, allowing you to enjoy the flitting and fluttering of beautiful butterflies.

Bumblebees are key pollinators of many fruits, vegetables and wild plants. Without them, some crops could fail, reducing food for humans and countless other species

Take Action for Insects and help tackle this crisis

Insects are dying out up to 8 times faster than larger animals and 41% of insect species face extinction. This is a grave cause for concern - it impacts us all as well as all wildlife. Insects pollinate three quarters of our food crops, as well as being the main food source for many birds, small mammals and fish. Loss of their habitat and overuse of pesticides are two of the major causes of this looming catastrophe.

However, the good news is that it's not too late to act. Insect populations can recover, and we know what needs to be done to save them. By working together we can change the future of

insects, starting right now, you can help by taking our pledge to take two simple actions in your home or outside space that will make a difference .

A resolution for next spring and summer - mow less. Give clover, buttercups, dandelions and more a chance to flower for pollinators like bees, butterflies and hoverflies. Enjoy seeing which flowers emerge to add some natural joy to your garden! Cartoon courtesy of @sepponet <https://t.co/Lzfx8ayyM4>

Go chemical-free in your garden to help wildlife, make a safer environment for people and pets, and save money!

How to make your garden a chemical-free zone (eg encourage natural predators, companion planting wisely) <https://www.wildlifetrusts.org/actions/how-make-your-garden-chemical-free-zone>

Gardening without chemicals is a good way to ensure that the food and plants you grow are free of pesticides or chemicals, thriving without the extra expense of dangerous products that are harmful to our wildlife. If you've used chemicals in the past, this might sound like an invitation to every pest for miles around to shred your garden ... and that might well happen at first. But, with time and patience, you'll end up with a rewarding, healthier garden for ditching the chemicals.

Spraying to deal with pests can often kill the predators too, or at least make them want to avoid your garden. When you stop using chemicals, aphids are the first creatures to return as they have a short breeding cycle. Their predators may take longer to come back, but stick with it and know it will be better in the long run!

Insects may be small but they make up the bulk of known species on earth. They are critical to the functioning of terrestrial and freshwater ecosystems, performing vital roles such as pollination, seed dispersal and nutrient cycling.

Insects are dying out up to 8 times faster than larger animals such as birds, bats, fish, amphibians and lizards and 41% of insect species face extinction according to a report by Professor Dave Goulson – commissioned for the – South West Wildlife Trusts.

The Action for Insects campaign aims to combat the drastic declines in insect numbers which have far-reaching consequences for wildlife and people.

Insects face mass extinction

Insects pollinate three quarters of our food crops, as well as being the main food source for many birds, small mammals and fish and devastatingly "we are witnessing the largest extinction event on Earth since the dinosaurs" says Professor Goulson.

The decline is due to the loss of their habitat and overuse of unnecessary pesticides

Why should we care? –

Without insects many birds, bats, reptiles amphibians, small mammals and fish would die out as they would have nothing to eat.

87% of all plant species require animal pollination, most of it delivered by insects, that is pretty much all of them except grasses and conifers.

In addition, 3 out of 4 of all the crops that we grow require pollination by insects.

Matt Shardlow, the chief executive of the conservation group Buglife, said a [key report](#) in 2016 told world governments that declines in wild pollinators presented risks to societies and ecosystems.

Basically, humanity is collectively driving extinctions of many insect populations through our daily actions: the destruction, degradation and fragmentation of habitats; harmful agricultural practices; the widespread use of polluting and toxic substances; climate change; introduction of alien invasive species; overexploitation and by driving the extinction of species that vitally depend upon others for their very survival

The key causes of insect losses, according to the scientists, are the destruction of natural habitat for farming and buildings; the intensive use of pesticides; industrial pollution and light pollution; and invasive alien species; and the climate crisis.

As well as large-scale solutions, Cardoso said insect-friendly gardens could help halt the decline. “When lots of people implement these small solutions, it can make a big difference to many insect populations. Even a couple of gardens could be a big thing for a species.”

Tips for helping bees in your garden in winter:

Winter-flowering plants offer food for bumblebees emerging on warm days

Make a hibernation station with a north-facing log-pile/rockery

Don't dig ground where solitary bees nesting

Leave dead stems for solitary bee nests <https://t.co/oL4makgXRc>

<https://twitter.com/LGSpace/status/1214453629459009541?s=20>

Grow a bee and butterfly garden <https://t.co/rol8NMfKUY>

<https://twitter.com/LGSpace/status/1200180317686042624?s=20>

In 2020, let's give bumblebees a fighting chance by providing more native wildflowers in our gardens, green spaces, towns and countryside! The biggest threat to the survival of these amazing pollinating insects is loss of flower-rich habitat, with only 3% of UK meadows left

<https://www.weforum.org/agenda/2019/01/how-to-build-a-circular-economy-for-food/> Our food system is no longer fit for the 21st century. Here are three ways to fix it†including savings in GHG, antibiotic resistance, pesticide impacts

The irony with weedkiller is that instead of making green spaces 'neat & tidy', it makes them ugly. While so-called 'weeds' or wildflowers can bring joy & colour, as well as helping wildlife for no cost or effort. As shown by these contrasting verges in our town last spring <https://t.co/P8eGFqqGak>
<https://twitter.com/LGSpace/status/1226579177446543360?s=20>