Pledge 4 Grow plants and flowers butterflies & bees will love



Insects are declining globally, we can really help them by providing nectar-rich plants.

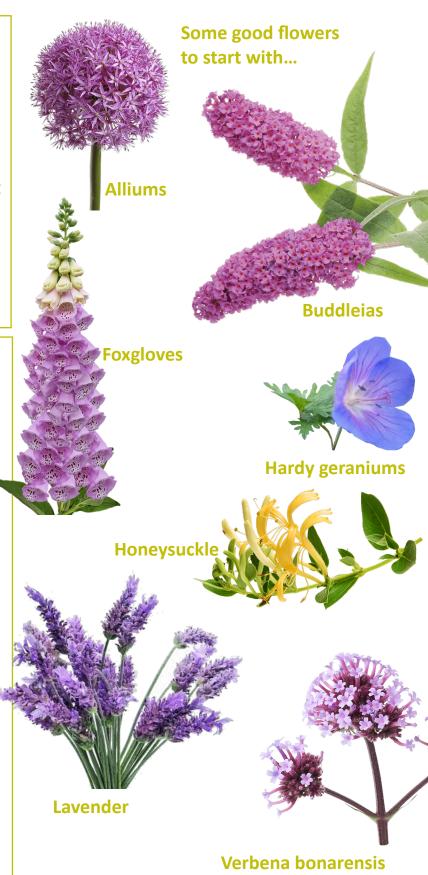
Many flowers and shrubs found in garden centres are no good for bees or butterflies — they just don't produce any nectar or pollen.

Few sights are prettier than a butterfly fluttering around and few sounds more relaxing than the steady buzz of bees. You don't even need to have a garden, some of these plants can be grown in containers and out on a windowsill, or in a hanging basket.

Now its time to get planting!

- Choose your location. Are there spaces in your garden that are in need of life? Insects prefer sheltered and sunny spots.
- 2. Choose the right plant. There is a nectarrich plant for every location but avoid 'double flowers' which usually have so many petals that bees or butterflies can't reach the nectar and pollen.
- 3. Bees can see purple more clearly than any other colour.
- 4. Butterflies love feeding on flat daisy-like blooms, as well as plants with long tubular flowers.
- 5. Don't forget about the caterpillars.

 Some of the most colourful butterflies feed on nettles, so if you have a patch in your garden, it's a good reason to leave them alone!
- 6. Grab a trowel and plant those new additions.



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