

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!

1. 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 nectar-rich 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.

Some good flowers to start with...



Alliums



Buddleias



Foxgloves



Hardy geraniums



Honeysuckle



Lavender



Verbena bonariensis

Please remember to share your progress with us on our Facebook, Twitter or Instagram pages using #mywildlifepledge

