

5 STEPS FOR POLLINATORS



- 1. Plant more nectar and pollen-rich flowers, shrubs and trees** – to provide food for pollinating insects from spring to autumn. Some of the best plants are listed on the back of this leaflet. If you do not have a garden you could plant in pots with drainage holes to provide a mini refuelling station for pollinators.
- 2. Leave some wild areas** – grass tussocks and other ‘weeds’, even dead material, provide shelter, breeding sites and food for insects. Nettles in sunny spots are eaten by some caterpillars while foxgloves and dandelions are particularly rich sources of nectar and pollen.
- 3. Cut the grass less often** – even if only on parts of the lawn as this allows clover, selfheal and other low-growing plants to flower and provide food for bees and other pollinators.
- 4. Leave bare soil patches in sunny places** – some solitary bees form small nests in the ground, in bare patches in lawns. Try to avoid disturbing these areas.
- 5. Avoid using pesticides** – even organic ones can harm pollinators like bumblebees. They kill insects that provide natural pest control and may also be pollinators. Hoverfly larvae eat aphids, and wasps eat other insects that can be garden pests.

GOOD GARDEN PLANTS FOR POLLINATORS

Flowers

Knapweed (*Centaurea*)
Cranesbill (e.g. *Geranium ibericum*)
Cosmos (*Cosmos*)
Sage (*Salvia*)
Lamb's Ears (*Stachys byzantina*)
Marjoram (*Origanum vulgare*)
Lavender (*Lavandula*)
Foxglove (*Digitalis purpurea*)
Lungwort (*Pulmonaria officinalis*)
Catmint (*Nepeta*)
Yarrow (*Achillea*)
Michaelmas Daisy (*Aster*)
Stonecrops (*Sedum*)
Hebe (*Hebe*)
Crocus (*Crocus*)
Snowdrop (*Galanthus*)
Heathers (*Calluna*, *Erica*)
Ivy (*Hedera helix*)
Globe Thistle (*Echinops ritro*)

Shrubs and trees

Willow (*Salix*)
Blackthorn (*Prunus spinosa*)
Hawthorn (*Crataegus monogyna*)
Cherry (*Prunus*)

For further information:

Buglife

www.buglife.org.uk/get-involved/gardening-for-bugs/

Bumblebee Conservation Trust

www.bumblebeeconservation.org/gardeningadvice/

Butterfly Conservation

www.butterfly-conservation.org/how-you-can-help/get-involved/gardening

Royal Horticultural Society

www.rhs.org.uk/science/conservation-biodiversity/wildlife/plants-for-pollinators

Keep Scotland Beautiful (Garden for Life Forum)

<https://www.keepsotlandbeautiful.org/local-environmental-quality/community-projects/garden-for-life/resources>

Plantlife (The Wildflower Garden)

http://plantlife.love-wildflowers.org.uk/wildflower_garden