

Your Guide to Planting an Insect A+E



**Butterfly
Conservation**

Saving butterflies, moths and our environment



**Bumblebee
Conservation
Trust**

Make space for nature in your garden

Plant your own Insect A+E and help pollinators thrive. Small changes in your garden can make a massive difference to wildlife.

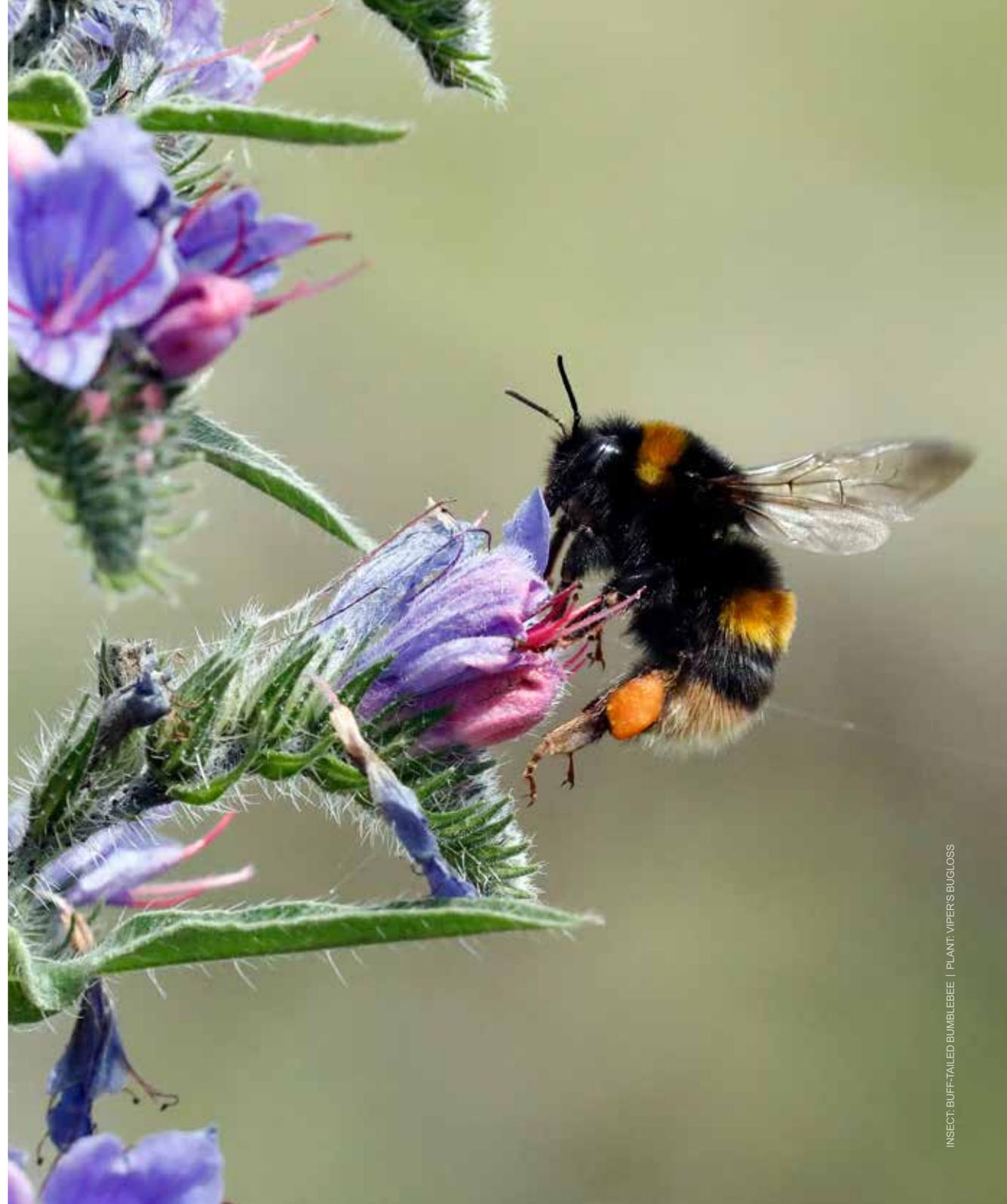
We all know that wildlife is in crisis around the world but the good news is that you can make a big difference in your garden for insects this year.

Butterflies, moths and bumblebees use some plants as bases on which to recover and recuperate as they do their jobs pollinating our planet.

The problem is, they are running out of places to go. Homes for bumblebees and butterflies are disappearing and their populations are plummeting.

Here's the good news. By planting a couple of these plants, your garden can become a haven for pollinators, or even... a hospital they can recover in. You can build an Insect A+E and help these amazing and precious creatures.

PLUS being in nature has many beneficial physical and mental effects so why not get out there and relax and reconnect with nature by planting your own Insect A+E?





NASTURTIUM

Become a nature doctor today and plant for pollinators

Why do these insects matter so much?

Butterflies, moths and bumblebees are an essential part of our eco-system. They are an important element of the food chain and are prey for birds, bats and other insectivorous animals.

Did you know that in Britain and Ireland, blue tits eat an estimated 50 billion moth caterpillars each year.

Taking action is more important now than ever, as insect populations across the country continue to decline.

By encouraging beautiful and important insects like butterflies, moths and bumblebees into your garden you can make a big difference by making some easy plant choices.



ERYNIBIDUMS



HONEYSUCKLE

Start today by:

1. Refusing to use chemical pesticides and letting nature do the work.
2. Planting more native shrubs and wildflowers for caterpillars can help to feed future generations of butterflies and moths.
3. Choosing varieties of plants with open flowers can sustain a whole host of hungry bumblebees.
4. Leaving a wild patch gives them all somewhere to hibernate.

In these ways we can create gardens that are truly alive and thriving. They are both better for us, and better for the planet.

Happy gardening!

Anthony McCluskey
Butterfly Conservation
conservationist
and RHS qualified
horticultural expert
has written a handy
guide to planting for
pollinators in your
garden this year.



HONESTY



PRIMROSE



LUNGWORT

Choose the plants to suit your garden. All of these will help butterflies, moths and bumblebees.

March

Early-flowering Heather

Some types of Heather flower very early in the year, making them vital sources of food for queen bumblebees when they emerge from hibernation and for the earliest butterflies. They have pink or white flowers, and grow well in pots and planters.

April

Bugle/Ajuga

Bugle is a native wildflower, but you can find garden varieties with more flowers. Usually they have dark-purple leaves, and the light-purple flowers are small and easy for a wide variety of insects to access. They grow well in sun or dappled shade, and each year will spread out and produce new plants.

May

Honesty

Honesty is a biennial plant, meaning that it flowers in its second year and dies afterwards. It produces large seeds which means it can come back itself year after year. It's very easy to grow from seed, which can be sown in pots or in prepared soil in the ground. Honesty is one of the plants used by caterpillars of several white butterflies, including Large White, Small White and Orange-tip – look for their eggs on the flower stalk or on the leaves.

June

Allium

Alliums are very easy to grow from bulbs planted in autumn or early spring. They have a large range of flower types, but most varieties have purple flowers held in a ball on tall flower stalks. Larger types are best planted in flower borders, but small ones like chives can be grown in herb boxes or planters.

July

Thyme

There are dozens of varieties of thyme that can be grown in gardens, and some of the best are lemon thymes with lemon-scented leaves that can be used in cooking. They are covered in small pink or white flowers and can be grown with Mediterranean herbs like oregano, lavender and rosemary in window boxes and planters as they can survive with less water.

August

Mint

There are many types of mint which grow well in gardens in a variety of conditions. Watermint and Spearmint grow well around ponds, but there are dozens of other types with scented leaves including orange-mint, lavender-mint, and even chocolate mint! All produce clusters of pale flowers above the leaves, and you might even get the beautiful Mint Moths laying eggs on them.

September

Sea Holly

There is a native Sea Holly, but garden centres have dozens of other varieties which mostly have blue or white flowers that open in late summer. They prefer to grow in sunny places and do well in flower beds or in planters.

October

Sedum

It's really important to have plants which flower in late summer and early autumn to give butterflies and new generation queen bumblebees a last meal before they go into hibernation. There are many sedums available but most flower in late summer, with pink or white flowers that can be completely covered in insects. They are succulent plants and can survive drought so they do really well in pots and planters.

Native Primrose

The name Primrose means 'Spring Rose', and they are one of the first native wildflowers to bloom. The yellow flowers are quite deep and are most attractive to butterflies and bumblebees with longer tongues.

Lungwort

Lungwort flowers are usually blue or pink. They are a favourite of the Early bumblebee, and males of that species will often chase other insects away! They grow well in flower beds and can be used to fill the gaps between taller plants and provide colour at the front.

Ragged Robin

Ragged Robin is a native wildflower usually found in damp grasslands. There are now many garden varieties, and all of them have tall flower stalks with frilly pink flowers. You can plant them around the margins of ponds where the ground stays damp, but they do well in flower-beds too.

Nasturtium

Nasturtiums are tender annual plants, meaning that each one only lives for a year. But they're very easy to grow from seeds on a windowsill, and planted out after the risk of frost has passed. Attractive to bumblebees with long tongues, such as the Common carder bee and the Garden bumblebee. Large White and Small White butterflies lay their eggs on the leaves, so they're an excellent plant for those munching caterpillars.

Honeysuckle

Honeysuckle is a native climbing shrub that grows best in part-shade and needs a solid structure for support. The large cream and pink-coloured flowers are heavily scented, especially in evening, and are attractive to butterflies and bumblebees through the day, and moths at night.

Catmint

Catmint is different to regular mint but is still excellent for insects. Most types have masses of purple flowers on many long stalks held above the plant. They come back year after year and do well in flower beds or large planters in sunny situations.

Phlox

Phlox flowers in late summer and early autumn, with large heads of flowers which are mostly accessible to butterflies and moths, and bees with long tongues. They come in a range of colours from white to pink or lilac and do best in flower beds in soil that does not dry out in the summer. You can also grow Night-Scented Phlox as an annual plant from seed, which has a strong fragrance in the evening and is attractive to moths.

Fuchsia

The deep flowers of fuchsias are favoured by bees with longer tongues and by butterflies. Caterpillars of the Elephant Hawk-Moth can also feed on the leaves and you might find the large caterpillars crawling over paths looking for a place to overwinter. Fuchsias come in many forms, including small shrubs which are suitable for planters and large shrubs which can be used as hedging. All have large drooping pink or purple flowers that contain both pollen and nectar.

You are saving these beautiful insects, thank you!

Some of the amazing pollinators that might visit your garden Insect A+E. **Thank you for taking positive action to save our pollinators, and our planet.**



HUMMINGBIRD HAWK-MOTH



TREE BUMBLEBEE



PEACOCK



HOLLY BLUE



ELEPHANT HAWK-MOTH



EARLY BUMBLEBEE



HOLLY BLUE



WHITE-TAILED BUMBLEBEE



RED-TAILED BUMBLEBEE



LARGE WHITE



HOLLY BLUE



ORANGE-TIP