Feeling thirsty? The Butterfly Fuel menu

Your garden is a really important place for butterflies and moths. One of the reasons they visit your garden is to look for nectar – the sugary liquid produced by flowering plants. They need nectar to give them the energy they need to fly.

Some plants are especially good for nectar, so we have listed them here on our Butterfly Fuel Menu.

Why not try planting some and making your garden a butterfly and moth fuel station.

Lavender loves to be in a sunny, sheltered position and by cutting it back after it has finished flowering you will get lots of new bushy growth for next summer’s moths and butterflies.

Lavender

Honeysuckle

Moths, in particular, will love honeysuckle as it releases its lovely smell at night.

Honeysuckle

Catmint is easy to grow and has lovely blue flowers from early summer. It likes to grow in full sun or slightly shady areas. This plant may attract some feline friends too!

Catmint

Verbena has beautiful purple flowers on top of tall delicate stems. This is a great plant for providing nectar from summer through to autumn.

Verbena

Plant your fuel in the sunny, sheltered spots in your garden – butterflies and day-flying moths like to be nice and warm!
The pretty blue flowers of Forget-me-nots will appear early in the spring. They will grow in full sun or partly shaded areas.

Oxeye Daisies are wonderfully bright and cheerful flowers. They need full sunlight and will flower from June to August.

Marjoram is easy to grow and will flower from July all the way through the summer. It's a lovely herb for cooking with too.

Plant flowers that bloom at different times and there will be nectar available from early spring all the way through to autumn.

Thyme is great for providing nectar in mid summer. It smells lovely and can be used in cooking. Clipping it after it has flowered will keep the growth nice and dense.

Primroses are particularly good for providing nectar early in the spring and they also are eaten by the caterpillars of some moths.

Marjoram

Primrose

Thyme

Oxeye Daisies

Forget-me-not

Get planting!

Look after your plants and they will look after the moths and butterflies! Keep them well watered and remove old dead flower heads to encourage new buds.

Munching Caterpillars

Butterfly and Moth Nectar Plants

Butterfly Conservation:
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