Your garden is a really important place for butterflies, moths and their caterpillars. Even if your garden is small, there could be over 100 different types of moth and 18 different butterflies coming to visit! That means lots of hungry caterpillars. Caterpillars can be very fussy eaters, so a garden with lots of different types of plants, shrubs and trees will be best for them.

Take a look at our Caterpillar Munch Menu and see how many you have in your garden. Perhaps there is room for a few more?

Caterpillars of the **Green-veined White** and **Orange-tip** butterflies feed on **Garlic Mustard**, which grows in damp shady places. Female Orange-tip butterflies tend to lay just one egg per plant as the caterpillars have a horrible habit of eating each other!

Be nice to **nettles**! We should always be careful near nettles to avoid being stung but they really are brilliant for butterflies. The caterpillars of the **Peacock**, **Red Admiral**, **Small Tortoiseshell** and **Comma** feed on them. Many moth species love nettles too. A patch of nettles in a nice sunny spot will certainly keep your caterpillars happy.

Garlic Mustard and Orange-tip butterflies love to munch on **Nasturtiums**. Plant them anywhere—in patio planters or maybe in amongst the veggie patch. They produce lovely bright flowers.

**Fruit trees such as cherry, apple and plum are brilliant for lots of different types of moth caterpillars.**
Caterpillars of the Common Blue butterfly and the Six-spot Burnet moth feed on Common Bird's-foot-trefoil. The bright yellow flowers appear around June and this plant loves to be in a sunny spot. Help them grow by keeping them clear of grass and weeds.

Caterpillars of the Brimstone butterfly feed on Buckthorn. Buckthorn blossom is also a great source of nectar for other insects such as bees, and the berries provide food for birds in the autumn.

Caterpillars of the Elephant Hawk-moth love munching on Rosebay Willowherb, but they will also eat Fuchsias, which might be a better option for your garden. The caterpillars of the Elephant Hawk-moth are grey and wrinkled, just like the trunk of an elephant!

Caterpillars of the beautiful Scarlet Tiger moth feed on Common Comfrey. The plant has lovely pinky purple flowers and its leaves can be used for slug control and for fertiliser.

Thistles are munched by caterpillars of the Painted Lady butterfly. The caterpillars build themselves silk tents to keep them safe from predators as they feed.

Don’t forget to download our instructions for planting your own Munch Boxes and Fuel Stations.