In the UK our gardens cover two million acres of land – that’s 15 million gardens, each of which can be a mini nature reserve for butterflies and moths, cared for by gardeners.
Since the 1940s, 97 per cent of wildflower meadows have been destroyed, along with much downland, ancient woodland and peatbogs. Many species are in serious decline, as their countryside habitat has been lost to industrial and housing developments, intensive farming and roads.

Your garden, or even a window box, can provide a lifeline for butterflies struggling to find food and shelter.

Butterflies and moths are far less common now than they were 50 years ago and you don’t have to look hard to find out why.

Create a wildlife haven

Top ten nectar plants

1. Buddleia
2. Ice Plant
3. Lavender
4. Michaelmas Daisy
5. Origano
6. Aubretia
7. Red Valerian
8. French Marigold
9. Hebe
10. Candytuft.

For more information about butterfly friendly gardening visit www.butterfly-conservation.org

Left: Small Tortoiseshell
Encourage butterflies into your garden

FLOWER POWER
Butterflies visit gardens to drink nectar from flowers. A window box in a built-up area can supply the fuel a butterfly needs to fly on to a more suitable habitat. In a larger plot you can provide nectar throughout the season and enjoy butterflies all summer long. Many good nectar plants are hardy, perennial and easy to grow.

THE HUNGRY CATERPILLAR
It is important to support butterflies at every stage of their life cycle. Adult butterflies lay eggs on the foodplant of their caterpillar. To encourage butterflies to breed in your back garden make sure you cater for their caterpillars too. Grow Nasturtium near the vegetable patch to lure Large and Small White caterpillars away from the brassicas. Stinging nettles are a favourite of the Comma and Red Admiral. You can limit their spread by planting them in a large container sunk in the ground.

GREEN FINGERS
Environmentally friendly gardening can make a big difference to butterflies.

Peat bogs are home to many special animals and plants, including the Large Heath butterfly, which is declining across Europe.

Avoid peat-based compost and help to preserve these rare habitats. Good alternatives are available from garden centres.

Cut down on your use of herbicides and pesticides. They kill butterflies, moths and many other pollinating insects, as well as ladybirds, ground beetles and spiders – the natural enemies of your garden pests.

GO WILD
If you have space, create a wildflower meadow. Sow a wildflower and grass seed mixture on bare ground or allow grasses already there to grow and add wildflower plants.

Try to buy genuine UK wildflower seed. Flora Locale has a list of specialist growers and suppliers of British native plants. Visit www.floralocale.org

In the first year cut the area several times to give wildflowers a chance against competitive grasses. In subsequent years, grass can be cut at the end of each summer. Leave a few patches of long grass where caterpillars can pass the winter.
Garden Butterflies

Identify the magical jewels that are our garden butterflies

This guide only covers the most commonly occurring garden butterflies. If you see any other species or would like to know more about how to encourage butterflies, please visit www.butterfly-conservation.org

**Speckled Wood 47-50mm**
The Speckled Wood is territorial and will defend its patch from other butterflies, dogs and people.

**Smaller White 48mm**
The Small White is attracted to white flowers where it likes to rest as it is camouflaged from predators.

**Large White 63-70mm**
The Large White caterpillar is brightly coloured to warn predators that it is full of poisonous mustard oils.

**Small Tortoiseshell 50-56mm**
Blue spots on wing edges are a key difference between Small Tortoiseshell and Painted Lady.

**Olive-tip 45-50mm**
Only the male Olive Tip has orange tips. The female is white all over, but both have green camouflage underneath.

**Gatekeeper 40-47mm**
The Gatekeeper gets its name because it likes to live in hedgerows, so it is often spotted around gates.

**Comma 55-50mm**
The Comma’s name comes from the comma shaped marking on the underside of its wing.

**Meadow Brown 50-55mm**
Because the Meadow Brown caterpillar feeds on many different grasses, this species can be found in many places.

**Holly Blue 35mm**
The Holly Blue is the only blue butterfly found in our gardens; the caterpillar feeds on Holly and Ivy.

**Green-veined White 50mm**
There are four white butterflies in Britain, and none of them are called the Cabbage White.

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**Peacock 63-69mm**
The Peacock flashes the eye-spots on its wings to stop birds trying to eat it!

**Painted Lady 64-70mm**
The Painted Lady arrives here every year after flying all the way from Europe.

**Red Admiral 67-72mm**
The Red Admiral used to migrate from Africa but now lives here due to climate change.

**Small Tortoiseshell 50-56mm**
Blue spots on wing edges are a key difference between Small Tortoiseshell and Painted Lady.

**Orange-tip 45-50mm**
Only the male Orange Tip has orange tips. The female is white all over, but both have green camouflage underneath.

**Small White 48mm**
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BECOME A MEMBER TODAY

Join by Direct Debit for your FREE GIFT Butterfly Gardening by Jenny Steele, plus receive three months free membership!

Visit www.butterfly-conservation.org/join and select ‘Gardening Leaflet’ in the Where did you hear about us tab or call us on 01929 406015.

Thanks
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