

GARDEN PLANTS FOR BUTTERFLIES, BEES AND MOTHS.

COMMON NAMES.

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NECTAR PLANTS FOR BUTTERFLIES AND BEES

Nectar's sweet energy packed food attracts butterflies, moths and bees to certain flowers from early spring through to late autumn. The proteins and fats contained in pollen are sought after by bees to raise their many bee larvae. The extent to which nectar is secreted is influenced by factors such as temperature, humidity and soil moisture. To attract more butterflies, moths and bees into your garden, grow their favourite feeding plants in large clumps or drifts in a sunny, sheltered place.

Culinary herbs and some vegetables are valuable to butterflies and bees. Certain trees and shrubs are more attractive to bees because of their high nectar production. Although many species of flowers are good for nectar searching butterflies, their caterpillars or larvae are far more particular requiring very specific foodstuffs to be able to survive.

Moths need long grasses for their larvae and shelter in summer with trees and shrubs to overwinter in safety.

Look at the garden plants listed below, which also offer some tasty berry and seed foods for our garden birds.

LATE WINTER AND SPRING NECTAR PLANTS

TREES

Almond, Strawberry Tree, Judus Tree, Laburnum, Crab Apple, Pear, Willow.

SHRUBS

Blackthorn, Broom, Buckthorn, Californian Lilac, Christmas Box, Daisy Bush, Firethorn, Flowering Currant, Flowering Quince, Hawthorn, Hazel, Mahonia, Sloe, Winter Honeysuckle, Witch Hazel.

BORDER PERENNIALS

Aubretia, Columbine, Crocus, Grape Hyacinth, Heather, Hellebore, Lungwort, Snowdrop, Sweet Rocket, Wallflower, Winter Aconite.

WILD PLANTS

Bluebell, Dandelion, Garlic Mustard, Honesty, Lady's Smock, Primrose, Viola.

SUMMER AND AUTUMN NECTAR PLANTS

TREES

Alder Buckthorn, Catalpa, Golden Rain Tree, Lime, Maple, Mountain Ash, Purging Buckthorn, Robinia.

SHRUBS

Barberry, Butterfly Bush, Box, Caryopteris, Clerodendrum, Cotoneaster, Dogwood, Echium, Enkianthus, Escallonia, Fatsia, Foxglove, Gooseberry, Gorse, Hebe, Heather, Holly, Honeysuckle, Hop, Ivy, Jasmine, Laurel, Lavender, Lilac, Loganberry, Parthenocissus, Phacelia, Prunus, Raspberry, Rose, Snowberry, Weigela.

BORDER PERENNIALS

Agastache, Allium, Angelica, Aster, Bergamot, Borage, Brassica, Campion, Candytuft, Catchfly, Catmint, Centranthus, Ceratostigma, Chives, Chrysanthemum, Cinquefoil, Comfrey, Cardoon, Daphne, Evening Primrose, Fennel, Forget-me-not, Gaultheria, Geranium, Giant Scabius, Globe Thistle, Golden Loosestrife, Honesty, Hyssop, Ice Plant, Japanese Anemone, Lambs Ears, Lemon Balm, Ligularia, Mallow, Marjorum/Oregano, Mint, Monkshood, Mullien, Phlox, Pinks, Rock Rose, Rosemary, Russian Sage, Sage, Sea Holly, Sea Lavender, Sunflower, Sweet William, Thyme, Verbena, Viola.

ANNUALS

Alyssum, Ageratum, Borage, Dahlia, French Marigold, Lady's Smock, Lobelia, Nasturtiums, Petunia, Poppy, Tobacco plant.

WILD PLANTS

Buttercup, Bramble, Birds's Foot Trefoil, Cornflower, Dandelion, Dead Nettles, Dock, Garlic Mustard, Great Willowherb, Hawkbit, Hemp Agrimony, Honesty, Knapweed, Lady's Smock, Meadow Cranesbill, Orchids, Oxeye Daisy, Purple Loostripe, Red Clover, Red Valerian, Scabious, Sorrel, Stinging Nettle, Sweet Rocket, Teasel, Thistle.

MAIN FOOD PLANTS FOR BUTTERFLY LARVAE

Alder buckthorn and purging buckthorn: eaten by **Brimstone**.

Birdsfoot trefoil: Common Blue.

Cabbage, other brassicas and nasturtium: **Large Whites**.

Bird's foot trefoil, buddleja, bugle, daisy, red clover: Small White.

Docks and Sorrels: Small Copper.

Garlic/Hedge mustard and Lady's Smock: Orange-tip and Green veined White.

Holly and Ivy: Holly Blue caterpillars eat holly flowers in late spring and ivy flowers in autumn.

Bird's foot trefoil, black medic, restharrow, white clover: Common blue.

Stinging nettles, annual nettles, hops: **Peacock**.

Stinging nettles and annual nettles: **Small tortoiseshell**.

Stinging nettles, hops and Pellitory-of-the-wall: **Red Admiral**.

Stinging nettles: Needs to be grown in a sunny position to attract egg-laying females, preferably large clumps.

Thistles, Mallows, nettles, Viper's buglos: **Painted Lady** lays eggs on Welled and Creeping thistles and on the giant thistle *Onopordum spp.*

Cuckoo flower and wild cabbage: Green-veined white.

Hops, Ladies Slipper, Stinging nettles, currants and willows: **Comma**.

Mixed grasses grown as a meadow: Speckled Wood, Wall, Gatekeeper, Meadow Brown, Marbled White, Ringlet, Small Heath, Large Skipper, Small Skipper and Essex Skipper.

Bent and fescue meadow grasses: Meadow brown.

Many types of grasses: Speckled wood.

Red fescue grasses: Marbled white.

Bent, fescue and couch grasses: Gatekeeper.

Bent and other grasses: Wall.

Cock's foot grass: Large Skipper.

Cock's foot and other grasses: Ringlet.

Common dog violet growing at the base of trees often oak: Silver-washed Fritillary.

Hawthorn: for many different caterpillars and moths.

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FOR BOTANICAL NAMES OF KEY FOOD PLANTS contact Susan Young

Revised October 2014.