Plants for Pollinators

Plants for pollinators need to provide lots of nectar. Choose plants with abundant numbers of flowers or with massed clusters of stamen in the centre, such as flowers in the daisy family.

Some plants can be left to naturalise ('wild' plants labelled **W**), while others are perfect choices for neat beds and borders and more tidy, clipped shapes ('tidy' plants labelled **T**)

Take a look at these suggestions, for year-round nectar.

SPRING

Rosemary **T**

Bugle (Ajuga reptans) **WT**

Broom (Cytisus) **WT**
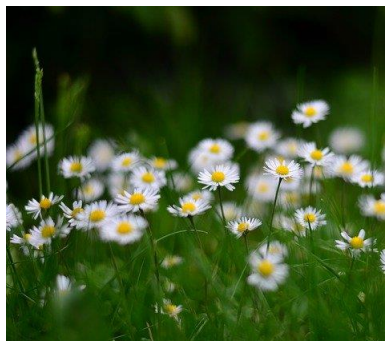

Wisteria **T**

Forgetmenot **WT**

Lungwort (Pulmonaria) **WT**

Daisy **WT**

Fire Thorn (Pyracantha) **WT**

Apple Blossom **WT**

KEY: **W** = Wild Garden   **T** = Tidy Garden

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SUMMER

Asters **T**

Ox Eye Daisy **W**

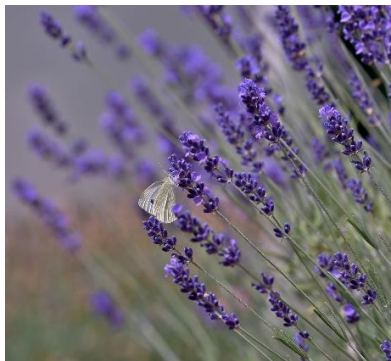Comfrey **WT**

Lupins **T**

Sweet Peas **T**

Thyme **T**

Salvias` **T**

Lavender **T**

Bellflower (Campanula) **WT**

Remember that different flower shapes suit different types of insect and so if you provide flowers from a wide range of families, you'll support a good diversity of insects.

The lists on these pages include pea family, mint family, bellflower family, borage family, daisy family, rose family and carrot family and together will support many different kinds of bees, butterflies, moths, hoverflies and pollinating beetles.

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Echinacea **T**

Helenium **T**

Michaelmas daisy **T**

Monarda **T**

Phlomis **T**

Single Flowered Roses **WT**

Fennel **W**

Rudbeckia **T**

Sedums(Hylotelephium) **WT**

These lists are far from exhaustive and there are countless more plants you could also include.

If choosing your own additions to these suggestions, remember to avoid 'doubles' – flowers with extra rings of petals in place of the stamen and nectaries in the centre of the flower.

When choosing plants to be grown in neat beds and borders, avoid those that easily seed around, or that spread rapidly through underground root systems. Native meadow flowers, while very beautiful, can be problematic in traditional beds. They often create space for weeds to grow through them, which are then extremely difficult to weed out.

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