

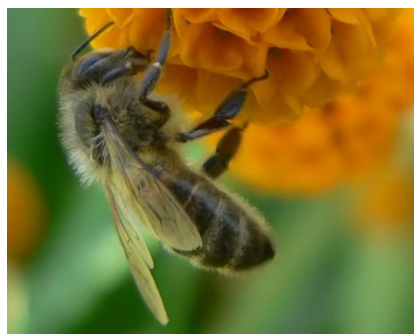


Pot Delights for your Garden

Nectar and pollen flavour



The UK has lost more than 3 million hectares (bigger than the whole of Wales) of wildflower rich meadows since the Second World War. Many of our important pollinators rely on nectar rich plants. You can do your bit for such valuable insects as bees, butterflies and ladybirds by adding a pot, container or trough in your garden, some planting ideas are listed below.



Bees love herbs such as rosemary, marjoram, sage and thyme. These plants provide flowers for butterflies and hoverflies as well as ingredients for your cooking! Use a suitable pot with drainage holes. Fill the container with some loam based, peat free compost. Plant the pot with herbs and water.



Wildflowers - if you don't have room for a wildlife area why not buy a packet of mixed wildflower seeds containing flowers such as Ragged Robin, cornflowers, ox-eye daisies. Sprinkle your seeds in a pot containing peat free compost and water.

Spring Support — early spring is a crucial time for insects as they emerge from winter dormancy, needing to replenish their energy resources. To help these insects survive choose spring plants with flowers rich in nectar and pollen like *Pulmonaria* (lungwort), Primroses, Lavender, *Muscari* (grape hyacinth), or *Aubrietia*. Later flowering nectar plants could include, *Lavatera* (mallow), *Eryngium maritimum* (Sea holly), *Verbena bonariensis*, *Erysimum cheiri* (wallflower) French marigolds, sedums and coneflowers.

Top Tips

- ❖ Group planters together to provide shelter between for wildlife as well as increasing your watering efficiency.
- ❖ Add a bee hotel in your pots by adding hollow canes or short lengths of plastic or terracotta pipe.
- ❖ Use traditional single petalled plants as modern hybrids often produce less pollen and nectar.
- ❖ Avoid pesticides as much as possible. Try using biological controls like nematodes or traditional methods like companion planting.
- ❖ Choose a sheltered and sunny spot.
- ❖ Remember to provide a food bar for moths – plant some night scented flowers like evening primrose.
- ❖ Remember - to provide a nectar and pollen source for bugs all year around.