

# Create your own 'Nature Garden'

Recent studies have shown that being close to nature and spending time outdoors is good for mental and physical wellbeing

## Which animals can benefit from a nature garden?

Butterflies Bees Dragonflies Beetles Birds Bats  
Hedgehogs Frogs Toads & lots more!

## What can I add to my garden to help these animals?

Here is a basic check list for a perfect nature garden!

Flowers will attract all nectar drinkers and pollinators. They will also add beautiful colour to your garden.

Keep some areas long to create mini jungles for beetles, caterpillars, grasshoppers & butterflies. Some British butterflies lay their eggs on long grasses.

A ground level water feature will attract frogs, toads and hedgehogs. Don't forget a bird bath!

Perfect home for all sorts of minibeasts, that will benefit your garden. Fun to make too!

Trees allow birds to nest in your garden.

Hedgerows, rather than fences provide protection and corridors to other gardens.

These will attract moths to your garden. Which in turn becomes a bats paradise!

No need to buy peat if you recycle your green bin waste!

A great way to attract native birds.

**Garden**

- Trees
- Lots of Flowers
- Hedgerows
- Long Grass
- Night Scented Flowers
- Water Feature
- Compost Pile
- Bug House
- Bird Table or Feeders

If you don't have a garden try attaching a birdfeeder or a nest box outside your window and plant a window box with herbs, crocus and bluebell bulbs and wildflowers

## Flowers for Butterflies

The best thing to attract butterflies & other insects are flowers. Butterflies visit flowers in search of nectar. Whilst they drink, they also pollinate each & every plant they land on. Butterflies are great gardeners!

| WHAT'S BEST?   | WHY?   |
|--|--|
| Blue, purple, pink and yellow flowers                        | Butterflies only see in violet, blue, green and yellow   |
| Tubular and flat topped flowers                              | Butterflies have a long straw like mouth part called a proboscis. Tubular flowers are easiest to drink from. Flat topped flowers are easy to sit on whilst feeding |
| Group your flowers   | Butterflies smell using their antenna so groups of flowers are easier to locate  |
| Flowers that will bloom throughout Spring, Summer and Autumn | Butterflies are active from early spring until late autumn. Keep your garden filled with flowers. Use wild flower seeds or plant specific plants                   |
| Caterpillar 'food plants'                                    | In order to see beautiful native butterflies, caterpillar food plants need to be planted too   |



# Best Nectar Flowers for Butterflies

Key = Very Important   Flowers in Autumn   Good for Bees

## Spring

- Bluebells
- Bugle
- Candytuft
- Forget me not
- Heather
- Lavender
- Lilac
- Ox eye Daisy
- Primrose
- Sweet William



- Sweet Rocket
- Thyme
- Violet

## Summer

- Buddleia (Butterfly Bush)
- Catmint
- Common Valerian
- Cornflower
- Evening Primrose
- French Marigold
- Globe Thistle



- Honey Suckle
- Hyssop
- Knapweed
- Marjoram
- Michaelmas Daisy
- Purple Loosestrife
- Scabious
- Sunflowers
- Autumn
- Ice Plant
- Ivy

## Food Plants for the most common British caterpillars

|   |   |
|---|---|
| Stinging Nettles                          | Red Admiral<br>Small Tortoiseshell<br>Painted Lady<br>Peacock |
| Thistles                                  | Painted Lady  |
| Nasturtiums<br>Cabbage Family             | Large White<br>Small White                                    |
| Lady's Smock<br>Honesty<br>Garlic Mustard | Orange Tips<br>Green Veined White                             |
| Buckthorn                                 | Brimstone   |

## Bee-friendly our Bee-utiful Bees with a Bee and Bee



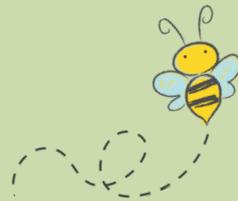
Solitary Bees do not live in hives. They prefer to make their own nests and lay their eggs inside small tunnels instead.

Use bamboo or drill holes into old logs, put as many as you can fit into a wooden box or old bird house.

If you don't have the time to make one, you can always buy one!

These items make a fantastic 5 ★ bug hotel!

- Old or broken flower pots
- Dried grass
- Old logs and twigs
- Old Bricks
- Plastic Bottles and Cardboard
- Unwanted tiles or slate
- Wooden Pallets



## BUILD A BUG HOTEL—best made in spring!



Bugs hotels are not about clean bedding and spas! The bugs will LOVE it no matter how messy it looks to us.

## .....AND FINALLY

### DO ✓

- Enjoy your garden
- Relax and see what animals and insects you have been able to attract
- Feed the birds
- Complete Butterfly Conservation's 'Big Butterfly Count' during July & August

### DON'T X

- Use chemical pesticides, instead use biological methods
- Create complete barriers in your garden - we need our wildlife to be able to pass through
- Leave milk and bread out for hedgehogs - the best feed for them is cat or dog food.