

Wildlife Gardening: Nectar rich plants

This factsheet lists garden plants that can be grown as a nectar source to attract insects such as butterflies and bees, or a seed source to attract birds, to your garden. Why not take this sheet with you when you make your next trip to the garden centre and pick out a few of the plants on the list to add to your borders?

Plants are listed roughly in order of flowering time throughout the year, January to December.

Late winter

Christmas Rose	<i>Helleborus niger</i>
Winter Aconite	<i>Eranthis hyemalis</i>
Elephant's Ears	<i>Bergenia cordifolia</i>
Spring Crocus	<i>Crocus chrysanthus</i>

Spring

Anemone	<i>Anemone Blanda</i>
Grape Hyacinth	<i>Muscari botryoides</i>
Lenten Rose	<i>Helleborus orientalis</i>
Cowslip	<i>Primula veris</i>
Soldiers & Sailors	<i>Pulmonaria saccharata</i>
White Arabis	<i>Arabis albida</i>
Honesty	<i>Lunaria biennis</i>
Sweet Rocket	<i>Hesperis matronalis</i>
Aubretia	<i>Aubretia deltoides</i>
Wallflowers	<i>Cheiranthus cheiri</i>
Forget-me-not	<i>Myosotis spp.</i>
Leopard's Bane	<i>Doronicum paradalianches</i>
Golden Alyssum	<i>Alyssum saxatile</i>
Sweet William	<i>Dianthus barbatus</i>
Perennial Cornflower	<i>Centaurea spp.</i>
Poached Egg Plant	<i>Limnanthes douglasii</i>
Shasta Daisy	<i>Chrysanthemum maximum</i>
Fleabane	<i>Erigeron speciosus</i> varieties



Summer

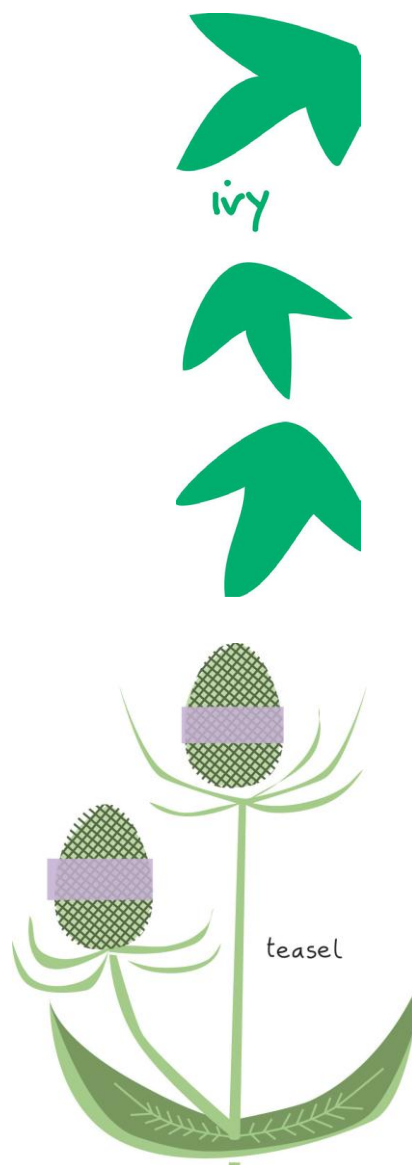
Cranesbills	<i>Geranium</i> species
Sweet Bergamot	<i>Monarda didyma</i>
Buddleia	<i>Buddleia davidii</i>
Evening Primrose	<i>Oenothera biennis</i>



Oriental Poppy	<i>Papaver orientale</i>
Spiked speedwell	<i>Veronica spicata</i>
Valerian	<i>Centranthus ruber</i>
Sweet Alyssum	<i>Lobularia maritime</i>
Angelica	<i>Angelica archangelica</i>
Lovage	<i>Levesticum officinale</i>
Lavender	<i>Lavendula spicata</i>
Tobacco Plant	<i>Nicotiana affinis</i>
Mignonette	<i>Reseda odorata</i>
Corncockle	<i>Agrostemma githago</i>
Yarrow	<i>Achillea filipendulina</i>
Alkanet	<i>Anchusa azurea</i>
Chicory	<i>Cichorium intybus</i>
Yellow Loosestrife	<i>Lysimachia vulgaris</i>
Hollyhock	<i>Alcea rosa</i>
Snapdragon	<i>Antirrhinum majus</i>
Candytuft	<i>Iberis umbellata</i>
Californian Poppy	<i>Eschscholtzia californica</i>
Sunflower	<i>Helianthus annuus</i>
Mallow	<i>Lavatera rosea</i>

Autumn

Golden Rod	<i>Solidago canadensis</i>
Phlox	<i>Phlox paniculata</i>
Teasel	<i>Dispacus fullonum</i>
Basil	<i>Ocimum basilicum</i>
Mint	<i>Mentha rotundifolia</i>
Globe Thistle	<i>Echinops ritro</i>
Meadow Saffron	<i>Colchicum autumnale</i>
Cosmos	<i>Cosmea bipinnatus</i>
Cherry Pie	<i>Heliotropum x hybridum</i>
Michaelmas Daisy	<i>Aster amellus, A. acris, A. novae angliae, A. belgii</i>
Ice Plant	<i>Sedum spectabile</i>
Ivy	<i>Hedera helix</i>



These plants are suggestions from Chris Baines book "How to make a Wildlife Garden"

If you would like to **find out more** about how to encourage wildlife into your garden, please see the Wildlife Gardening pages of our website at <http://www.hiwwt.org.uk/wildlife-gardening>.

If you have a question about wildlife you may find in your garden please contact **WildLine**, the Trust's free **wildlife information service** on 01489 774406 or Email: wildline@hiwwt.org.uk