

MAKING SPACE FOR NATURE:

Pollinator Plants

Pollinators and the plants they pollinate are important

Pollinators like bees, butterflies, and other insects help many plants to fruit, set seed, and reproduce. This in turn provides a variety of foods and habitats for other organisms to benefit from. This cycle of life is important and the health of our pollinators is complexly linked to the health of our environments.

This is a list of garden plants that can be grown as a nectar source to attract and provide for insects, or a seed source to attract and provide for birds in your garden.



Start planting

If possible, ensure that you're providing a food source throughout the year, catering for all species - those who awake from hibernation in the spring as well as those who don't hibernate at all. It's particularly important to provide food in the autumn to ensure that insects can top up before hibernating. Ivy is a fantastic plant to have in the garden because it provides one of the latest autumn nectar sources in addition to offering cover all year round.

A note on native versus non-native

Some non-native garden plants can play a part in providing cover and food for insects, often in the form of pollen and nectar. However, our native plants are of particular importance due to the complex associations that they often have with many of our invertebrates and they therefore play an integral part in our ecosystems. Our insects have evolved with our native plants and often rely on one particular species to provide food for their larvae.

Gardens tend to have a mixture of natives and non-natives. Out in the countryside however, including road verges and riverbanks, there really is no substitute for native flora. We need to protect and link up these valuable wild habitats, encouraging native plants that will support our wildlife.

Perennials versus annuals

You've probably heard of the terms perennials and annuals to describe plants. Annuals are plants that bloom and die in one season, where perennials come back and flower year after year. A variety of perennials and annuals in your garden adds long-lasting interest in your garden and provides a range of habitats and food sources for wildlife throughout the year.

Annuals tend to need soil disturbance each year to germinate. If this does not happen, the annuals often disappear and are replaced by perennials.

When to plant

Most flowering plants should be put in the ground around October before the first frost makes the ground too hard to plant. Native flowers will need the winter to break the seed's dormancy. Some flowers may be planted in the first weeks of Spring when the ground has started to soften.

Where to buy plants

You can find plants and seeds in your local garden centres, online, and in some supermarkets.

For further reading

If you would like to find out more about how to make space for nature in your garden or outdoor area, please see the wildlife gardening pages on our website at: hiwwt.org.uk/wildlife-gardening.

Visit our page: hiwwt.org.uk/actions for more ideas of creating wetland habitats in your garden.

Email Wilder@hiwwt.org.uk if you have any questions.

**Hampshire & Isle of Wight
Wildlife Trust**


Beechcroft House, Vicarage
Lane, Curdridge, Hampshire
SO32 2DP

Registered Charity Number 201081

01489 774400
Feedback@hiwwt.org.uk
hiwwt.org.uk



Suggestions for Spring flowering plants

*UK native plants are marked: 

Dandelion



Primrose



Cowslip



Red campion



Garlic mustard



Cuckoo flower



Honesty



Bugle



Bird's foot trefoil



Bluebell




Flowering currant



Borage



Suggestions for Spring flowering plants

*UK native plants are marked: 

Pear tree



Plum tree



Cherry tree



Apple tree



Rosemary



Grape hyacinth



Aubrieta



Allium



Forget-me-not



Lungworts




Violet



Wood anemone



Suggestions for Summer flowering plants

*UK native plants are marked: 

Lavender



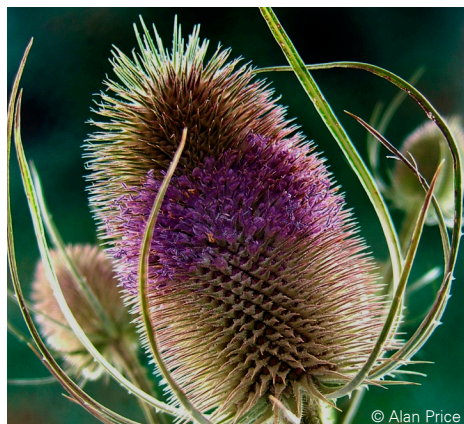
Yarrow



Hollyhock



Teasel



Chives



Foxglove



White Clover



Honeysuckle



Comfrey



Sage




Thyme



Bramble



Suggestions for Summer flowering plants

*UK native plants are marked: 

Scabious



Knapweed



Marjoram



Red clover



St. John's wort



Viper's bugloss



Wild carrot



Heather



Lady's bedstraw



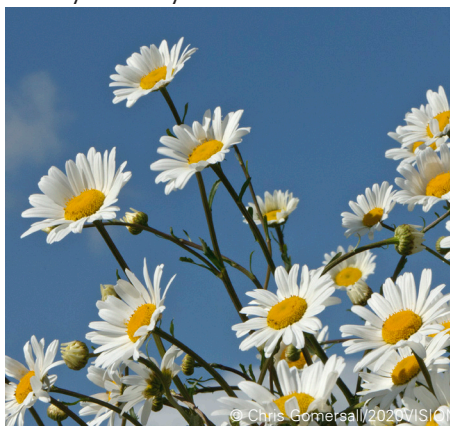
Hedge bedstraw




Betony



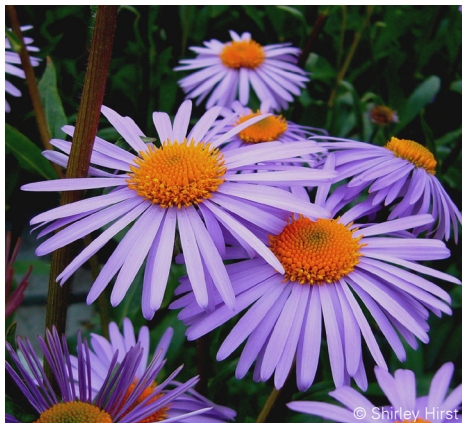
Ox-eye daisy



Suggestions for Autumn flowering plants

*UK native plants are marked: 

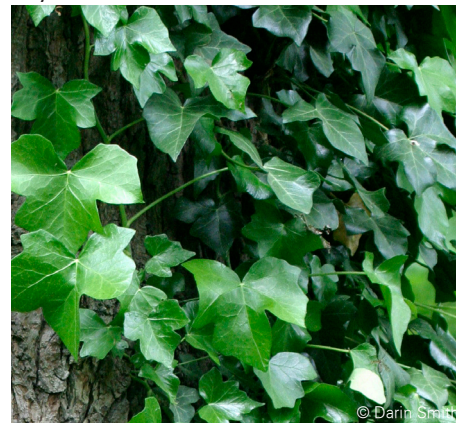
Aster



Sedum



Ivy



Goldenrod



Hesperantha



Beautyberry



Crocus



Clematis cirrhosa



Cotoneaster



Nerine




Hemp agrimony



Common toadflax



Suggestions for Winter flowering plants

*UK native plants are marked: 

Winter iris



Christmas rose



Pansy



Winter aconite



Daphne



Snowdrop



Mahonia



Winter clematis



Winter heather



Cyclamen



Quince



Winter jasmine

