

# Planting for Pollinators

## What are pollinators & why are they important?

Wild pollinators in the UK include bumblebees, solitary bees, butterflies and moths, flies and other insects such as beetles, wasps and thrips.

Many plants rely on these insects to pollinate their flowers and most plants cannot reproduce and set seed without being pollinated. Humans also rely on the power of pollinators: one out of every three mouthfuls of our food depends on them.

In the last fifty years, the abundance of insects has fallen by 50% or more, with the primary cause of the decline in pollinators identified as the loss of flower-rich habitat.

### How to help.

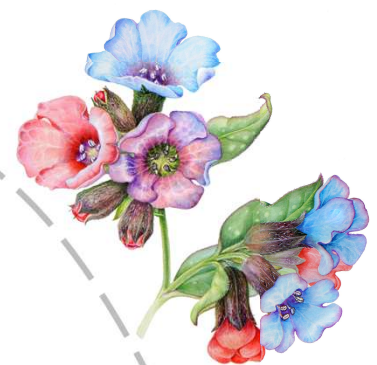
Plant your gardens with species that have long-lasting flowers to provide year-long nectar for a range of pollinators. Here is a selection of good examples, along with when they flower:

### Plants to avoid.

Many ornamental subspecies offer limited nectar, and those with double flowers can restrict pollinator access.

## Spring

Pulmonaria  
Comfrey  
Crocus  
Native bluebell  
Hellebore



Pulmonaria



Aquilegia

## Early Summer

Aquilegia  
Cranesbills  
Alliums  
Campanula  
Thyme  
Foxglove  
Globe thistle

## Late Summer / Autumn

Marjoram  
Hyssop  
Lupin  
Lavender  
Buddleja  
Rosemary  
Verbena



Marjoram

